



# Mental Health 101

## Fact Sheet



## What Is Mental Health, Really?

At Soul Academy, we see mental health as more than the absence of illness. It's about how you live, function, and experience your life day to day.

The Centers for Disease Control and Prevention defines mental health as a state of well-being in which a person recognizes their abilities, can cope with normal stresses, works productively, and contributes to their community.

On the surface, that sounds straightforward. In reality, it's not where most people are operating.

Only about **1 in 6** adults in the U.S. are considered to be in optimal mental health. Many people are managing, getting through the day, and doing what they have to do—but not necessarily feeling well or fulfilled.

The encouraging part is this: research continues to show that positive mental health is closely tied to physical health, stronger relationships, and a greater sense of purpose.

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### Three Dimensions of Mental Well-Being

Mental health isn't one single experience. It's made up of three connected areas:

#### **Emotional well-being**

This is how you feel. It includes your overall sense of contentment, your ability to experience joy, and how you respond to stress or setbacks.

#### **Psychological well-being**

This reflects how you think and grow. It includes self-acceptance, personal development, purpose, and your ability to build meaningful relationships.

#### **Social well-being**

This is about connection. Feeling supported, valued, and part of something larger than yourself.

Together, these shape how you show up in your life—how you handle challenges, relate to others, and move forward.



## Your Brain and Body Work Together

Mental health isn't separate from physical health. It's part of it.

Your brain and body are constantly communicating through hormones and neurotransmitters. These systems affect your mood, energy, focus, and behavior. Ongoing stress or imbalance can disrupt that communication.

Mental illness, as defined by the CDC, refers to diagnosable conditions that affect thinking, mood, or behavior and can interfere with daily functioning.

Depression is one of the most common examples and continues to be a leading cause of disability worldwide.

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## The Mind-Body Connection

Mental and physical health influence each other more than most people realize.

Conditions like depression are often linked with chronic illnesses such as heart disease, diabetes, and obesity. They can also affect sleep, activity levels, and coping habits.

The reverse is also true. Supporting your physical health can improve your mental well-being. This isn't about perfection. It's about recognizing that small, consistent choices matter.

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## Daily Habits That Support Mental Wellness

If you're looking for a place to start, keep it simple:

- Eat in a way that supports steady energy
- Move your body regularly
- Spend time outside when you can
- Get consistent, restorative sleep
- Stay connected to people you trust

You don't have to do everything at once. Even small shifts can make a difference over time.



## A Note From Soul Academy

Thank you for taking the time to read this.

If something here resonated with you, or if you have questions or reflections, you're always welcome to reach out.

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You can also stay connected on [Facebook](#) or [Instagram](#)

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### **You're Invited: The Inner Light Circle**

If you're looking for a space to stay connected and supported, I'd love to invite you to The Inner Light Circle.

It's a private community built around steady growth, reflection, and shared support. Inside, you'll find:

- Gentle check-ins to help you stay grounded
- Monthly wellness themes and simple practices
- Encouragement from others on a similar path
- A space where you can show up as you are

It's free, and it's where this work continues beyond the page.

[Join The Inner Light Circle Here](#)