



Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND NATIONAL MENTAL HEALTH ASSOCIATION

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MAINTAINING MENTAL AND EMOTIONAL WELLNESS

- Believe that you have the power to change
- Learn to understand and mobilize feelings
- Be realistic - if you are overwhelmed, learn to say no
- Learn how to respond to your fear cues
- Shed the "superman/superwoman" urge. No one is perfect, so don't expect perfection from yourself or others
- Meditate for ten to twenty minutes or find the relaxation technique that works for you
- Take anger and use it positively
- Visualize how you can manage a stressful situation more successfully
- Take on a hobby that will give you a break from your worries
- Live a healthy lifestyle with good nutrition, adequate rest, regular exercise, limited caffeine and alcohol, and balanced work and play
- Share your feelings with family and friends and don't try to cope alone
- Give in occasionally and be flexible
- Go easy with criticism, you may be expecting too much
- Learn how your body reacts to stress so that when your body sends its early warning stress signals you can regain control of your mental health

Guidelines for Encouraging Positive Personality

- Live together in mutual respect
- Focus on the positive
- Accept your child as is
- Give responsibility and expect responsible behavior
- Let your child learn from the logical consequences of living
- Have and communicate the courage to be imperfect
- Develop reasonable standards and expectations

- Listen carefully
- Care about things that are important to your child

Methods of Encouragement

- Show faith
- Build self-respect
- Recognize effort and improvement
- Focus on strengths and assets

Strategies To Encourage Children

- Give responsibility
- Show appreciation for contributions at home
- Ask for opinions and suggestions
- Encourage participation in decision making
- Accept mistakes
- Emphasize the process, not just the product
- Turn liabilities into assets
- Show confidence in child's judgements
- Have positive expectations
- Develop alternative ways of viewing situations

Encouraging Family Atmosphere

- Independence - child becomes self-reliant
- Respect - becomes responsible
- Acceptance - develops positive self-worth
- Equality - appreciates self and others
- Confidence - believes in own power to handle life
- Expression of feelings - is not afraid of own or others feelings

Discouraging Family Atmosphere

- Overprotection - child relies on others and self
- Rejection - low self-worth
- Permissive - is unconcerned about other's rights
- Pity - feels sorry for self
- Competition - becomes anxious, afraid to try unless success guaranteed
- Discouragement - becomes cynical, pessimistic