What is Mental Health?

Feeling Good...

- Happy, content, and satisfied with life
- Feeling good about who you are
- Having confidence about your abilities

And....

Doing Well...

- Getting along with others – family & friends
- Doing activities that bring you joy – hobbies & interests
- Bouncing back after a challenge
- Being able to express your emotions – both positive and negative

Developed by Susan Bazyk (s.bazyk@csuohio.edu) for Every Moment Counts (www.everymomentcounts.org)