

QC0033SN - 5 Approaches to Good Mental Health

Maintaining your mental health is a broad topic. We're going to look at five approaches to good mental health.

[Mentalhealth.gov](https://www.mentalhealth.gov) tells us:

"Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood."

If you wanted a shorter definition, you might say...

Mental health is the lens through which we, understand and respond to everything.

There are 5 approaches to maintaining good mental health.

1. Self-Help.
2. Spiritual Awareness.
3. Healthy Relational Connection.
4. Counseling.
5. Medication.

We'll look at each approach in this episode.

DON'T FORGET...

Subscribe to Quick Counsel Podcasts.

Subscribe to bretlegg.com

Subscribe to Bret's YouTube channel - <https://www.youtube.com/channel/UCHY0oYUJSUMDz4dnF09mJJQ>

Follow Bret on:

Instagram - <https://www.instagram.com/bretlegg/>

Twitter - @bretlegg

Facebook - <https://www.facebook.com/bretalegg>