



NARAYANA
COLLEGE OF NURSING

MENTAL HEALTH AND HYGIENE



BY

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MENTAL HEALTH

I. Definition

- ♣ the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people and the ability to adapt to change and cope with adversity;



MENTAL HEALTH

♣ **How a person:**

- looks at own's self
- looks at own's life and the others
- thinks, feels, and acts when faced with life's situations
- evaluates those challenges and problems, and explore choices. i.e. handling stress, relating to other people, and making decisions.



MENTAL HYGIENE

- ♣ developing, maintaining and promoting necessary behavioral, emotional and social skills to sustain good, effective and efficient mental health.



BASIC STRATEGIES

1. Reality Contact

- having a realistic appraisal of one's own reactions, emotions and abilities.

2. Impulse Control

- being in complete control over your impulse behaviors.



BASIC STRATEGIES

3. Self-Esteem

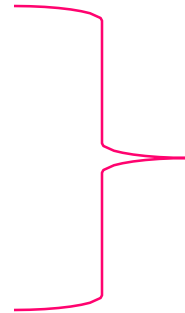
- evaluative component of self
- also includes **self-concept** which is the awareness about oneself

4. Positive Thoughts

- developing the power of positive thinking which generates positive emotions



Mental Health
Mental Hygiene
Mental Wellness



are **terms** used to describe the absence of mental illness

Mental status has two possibilities:
either **health** or **illness/disorder**



LACK OF MENTAL HEALTH AND HYGIENE AWARENESS WILL LEAD PEOPLE TO:

1. Stress
2. Problems relating to interpersonal relationships
3. Depression
4. Anxiety



LACK OF MENTAL HEALTH AND HYGIENE AWARENESS WILL LEAD PEOPLE TO:

5. Tension

6. Adjustment

7. Hassles (day to day problems)

8. Family problems

9. Sexual problems



EXAMPLES OF MENTAL DISORDERS

1. Depression/ Bipolar disorder
2. Anxiety Disorder
3. Schizophrenia
4. Obsessive-Compulsive disorder



EXAMPLES OF MENTAL DISORDERS

5. Stress disorder
6. Social phobia
7. Eating disorders (anorexia, bulimia or over eating)
8. Addiction



BETTER MENTAL HEALTH FOR ALL

1. To reduce stigma and discrimination against people with mental illnesses
2. To achieve equity for mental health care comparable to other health care



BETTER MENTAL HEALTH FOR ALL

3. To advance promotion, prevention and early intervention services for children and their families
4. To increase public awareness worldwide about mental health and mental illness and to stimulate local actions to address those issues



BEHAVIORS WHICH SUSTAIN GOOD HEALTH

1. Right Food (Ahara)
2. Right Routine (Achara)
3. Right Recreation (Vihara)
4. Right Thinking (Vichara)

According to Ayurveda,
the Science of Indian Medicine



Thank you

