

# What is “Mental Health”?

Mental health is a sense of well-being. This does not mean that you feel happy all of the time, but you should be able to function well in your personal, social, and work life.



How can you take care of your mental health?

- Practice positive thinking.
- Be aware of what you are thinking. See the *MOVE!* Handout, “Take Control of Your Thoughts, Feelings and Behavior.”
- Socialize.
- Make time for fun.
- Have a passion.
- Do helpful and meaningful things for others.
- Have achievable goals.
- Let yourself experience the moment - “Stop and smell the roses.”
- Embrace life - make the most of each day.

Some problems require professional assistance. The VA has services that can help. Discuss your concerns with your primary care provider.

