



Tip sheet

What is mental health

Understand the facts

Mental health is one of your greatest assets. It helps you focus at work, overcome obstacles, get along with the people around you and get well and stay well. Research suggests that genetics, environment and lifestyle all influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events. One in five adults experience a mental health condition every year.

Assess

Characteristics of resilience - satisfaction with self:

- Not overwhelmed by emotions – anger, fear, jealousy, guilt, worry.
- Tolerant towards self and others.
- Respect for self and others.



Assess (continued)

- Accepting of life's disappointments and ability to move forward with future plans and dreams.
- Feel capable of coping with most of life's challenges.
- Pleasure from the simple things in life.

Characteristics of resilience – satisfaction with socialisation:

- Personal relationships are satisfying and enduring.
- Trust of others.
- Respectful of differences in others.
- Feel a sense of belonging.
- Assertive while taking into consideration the needs of others.



Assess (continued)

Characteristics of resilience – satisfaction with life responsibility:

- Accepting of responsibilities of self-care, family, work and/or school.
- Adaptable to suit the situation or change to environment.
- Sets goals and adjusts them when necessary.
- Ability to make decisions and problem solve, both individually and with others.
- Satisfaction from putting best effort in whatever they do.



Reach out

- Contact the [Employee Assistance Program](#) for free, confidential counseling services.
- Speak to your primary care physician if you are unsure where to start.
- Speak to a trusted friend or family member.
- Join a local support group or online forum.



Need more information?

- BeyondBlue:
www.beyondblue.org.au/get-support/staying-well.
- Heads Up:
www.headsup.org.au/home.
- World Health Organisation:
www.who.int/mediacentre/factsheets/fs220/en/.
- National Alliance on Mental Illness:
<https://www.nami.org/Learn-More/Mental-Health-Conditions>.