

Mental Health: a persons condition, with regard to their psychological and emotional well-being.

“all this pressure seems to be affecting his mental health”

It sounds so impersonal and non-descriptive. People throw around words like “mental health crisis”. Violence against one self or others can be rationalized when a person is not thinking normally or behaving like their usual selves. What is the tipping point?

Why is mental health only discussed when a person is having a difficult time? To be mentally healthy is just as important as being physically healthy. Mental affects physical and physical affects mental-positively and negatively.

We must train to be mentally healthy and create the habit of checking in on ourselves and others. How do we check to see how mentally healthy we currently are?

The mind weighs more than a ton and cannot be contained by physical measurements. It is not defined or shackled by “materialism”. It is beyond space time. All things are possible. It is more than the brain’s wrinkled walnut shape of 3 pounds-consisting of fat, water, protein, carbohydrates and salt.

Everything is impossible..until it is possible. Our collective mind and our personal mind’s are the key to positive mental health.

Mental Health is the only way