KNOW THE WORDS

Talking about mental health

Mental health	How we think, feel and cope. Everyone has mental health, as everyone has physical health.
Wellbeing	How well we feel in everyday life, including our mood, our energy and our relationships.
Stress	The pressure we feel when demands seem bigger than the time or support we have.
Resilience	The ability to get through hard times and keep going, often with support from others.
Stigma	Unfair negative attitudes that make people afraid to ask for help.
Self-care	Looking after yourself with rest, activity and time for the things you enjoy.