



Educate, Advocate and Serve

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ADULT TYPICAL or TROUBLED?

Mental Wellness is happiness, peace of mind, enjoyment and satisfaction in life. Mental health affects your everyday life and physical well-being. It involves the way that you balance your needs, ambition, abilities, ideals, feelings and conscience in order to meet the demands of everyday life.

- **Feel good about yourself.**
 - You are not overwhelmed by your own emotions. You can take life's disappointments in stride. You are tolerant, take pleasure in simple, everyday things and have an easy-going attitude toward yourself and others. You can respect and laugh at yourself, accept your shortcomings. You truly love yourself and forgive yourself.
- **Feel comfortable with other people.**
 - You are able to give love and to consider the interests of others. You have satisfying and lasting personal relationships. You like and trust others and believe that others will like and trust you. You are able to embrace other people's uniqueness. You do not take advantage of others, nor do you allow others to take advantage of you. You feel that you belong.
- **Able to meet the demands of life.**
 - You accept your responsibilities and take care of problems as they arise. You shape your environment whenever possible and adjust to it whenever necessary. You plan ahead and do not fear the future. You welcome new experiences and ideas. You make use of their talents and set realistic goals. You are able to make your own decisions and are satisfied with putting your best effort into what you do.
- **Think about your mental health and know that you have the power to change it.**
 - You realize that mental health is not something that is given to you at birth, it has developed and changed with you. You know that one of the most important steps you can take in life is accepting responsibility for your life; for your successes, your failures, your happiness.
- **Recognizing when you need help.**
 - You keep telling yourself that it takes courage and strength to ask for help.

Successful Qualities

- Enthusiasm
- Self-Discipline
- Sense of Humor
- Dependability
- Organization
- Self-confidence
- Proactive
- Personable
- Inspirational

Healthy Living

- It's okay to want what you want
- It's okay to see and hear what you see and hear.
- It's okay and necessary to have lots of fun and play.
- It's okay to make mistakes.
- It's okay to have problems.



Signs of Trouble

When making observations: note as many cues as possible, put the cues into context of the situation, and be mindful of environmental and cultural factors.

Tension & Nervousness

Easily annoyed
Critical of others
Crying easily
Losing temper easily
Feeling like you can't do anything right
Arguing for no reason
Feeling restless, like you can't relax
Extreme highs and lows in mood
Excessive fears, worries and anxieties

Change in Eating Habits

Loss of appetite
Weight loss
Weight gain
Food doesn't taste good
Too restless to eat

Illogical Thoughts

Lose associations
Grandiose ideas
Ideas of persecution
Obsessive thoughts
Denial of obvious problems

Change in Speech Patterns

Nonsensical speech or chatter
Word repetition
Pressured speech
Extremely slow speech

Environmental Cues

Surroundings inappropriate, i.e., strange trimmings, inappropriate use of items
Accumulation of trash or hoarding
Presence of feces or urine on the floor or walls
Childish objects
Growing inability to cope with daily problems and activities
Substance abuse

Numerous unexplained physical ailments

You can feel better and recover. We ask that you learn more about support groups, counseling, medications, changing to positive thought patterns, and enhancing your coping skills. Healthy lifestyles are also important. They include exercise, stress management, a balanced diet, faith and hope. For information, screenings, and resources please refer to www.guidetofeelingbetter.org or call your local Mental Health America.

Problems Sleeping

Can't fall asleep or toss and turn
Wake up during the night, can't get back to sleep
Stay awake all night
Sleep all day
Have nightmares
Don't feel like getting out of bed

Less Social Contact

Loss of energy, don't feel like making an effort to see people
Feel others don't really want to see you
Feel like you're better off alone
Argue with family/friends/neighbors
Don't feel like making an effort to take a shower, wash clothes, etc.
Talk excitedly or loudly

Trouble Concentrating

Forgetful
Can't remember where things are
Can't follow directions
Don't really hear what others are saying
Easily distracted – start to say something and forget what
Watching TV and not remembering what the program was about
Can't concentrate or read

Feeling of Being Laughed at or Talked About

Feel lonely
Think others don't like you
Think others make fun of you
Feel suspicious about motives of others
Don't believe others are concerned about you
Feel others lie about you
Feel embarrassed around others