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LIA Lifestyle Instruction Aid

abcd7. Mental Health; Awareness, Tools, a Plan

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What is a good definition of mental health?

Well, it needs to incorporate the fact that we live in communities with close proximity to other humans. So social consideration for others is part of the definition.

The definition should also incorporate the fact that universally, people seek happiness. Contentment alone is not good enough.

It must also incorporate the fact that an individual's temperament is part of the mix. An 'even keel' so to speak, leads to good mental health.

So our definition ends up something like this.

Mental Health is a socially considerate, happy person with an even temperament.

How do we obtain that? Especially how do we obtain it with the fast paced stressful lives that we seem to be leading today? How do we obtain this if we happen to be socially inept and terribly unhappy with fits of anger bordering on rage?

The circle of Wellness is the place to start. The five factors for Optimal Health & Wellness can help you achieve balance in your life.

First, you have to be aware that you can improve. Second, you have to have some tools to work with. And third, you have to have a plan.

OptimalHealthSecrets.Com can give you all of these.

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