



Positive Mental Health

What is Positive Mental Health?

Positive mental health is more than just not having a mental health problem. It is about a person's ability to enjoy life, have positive relationships, and cope with challenges. Positive mental health is often called flourishing, which means feeling good in a life that one functions well in.

Why is it important?

Having positive mental health helps us learn, have healthy relationships, contribute to the society and enjoy life.

What affects our Positive Mental Health?

Our level of positive mental health is affected by individual competencies and characteristics as well as the wider environment and the opportunities and challenges that brings to our lives. Factors like our relationships with family and friends, living in a safe neighbourhood and having opportunities for employment and training, all influence how we feel about ourselves and our lives.

How can we support our Positive Mental Health?

Having a set of social and emotional competencies can help us better deal with challenges and enjoy life. Social and emotional competencies determine how we deal with our feelings, thoughts and behaviours, how we relate to others and how we feel about ourselves, our future and the outside world. Social and emotional competencies can be divided into six overall domains.



Developing Social and Emotional Competencies

We can practice social and emotional competencies in our everyday interactions at youth organisations, schools, communities and at home. There are also specific activities we can do to develop these competencies further. Spending time in nature, writing a gratitude journal, meeting friends and helping others are some examples of ways we can support our social and emotional wellbeing. It is good to know about social and emotional competencies and to recognise which competencies are particularly important to you. We all have areas of strength and other areas, where there is room for improvement. Talk about these competencies in your local youth organisation and think about ways to strengthen them.