

GET A LIFE!

A BEGINNER'S TOOLBOX FOR ADULTING

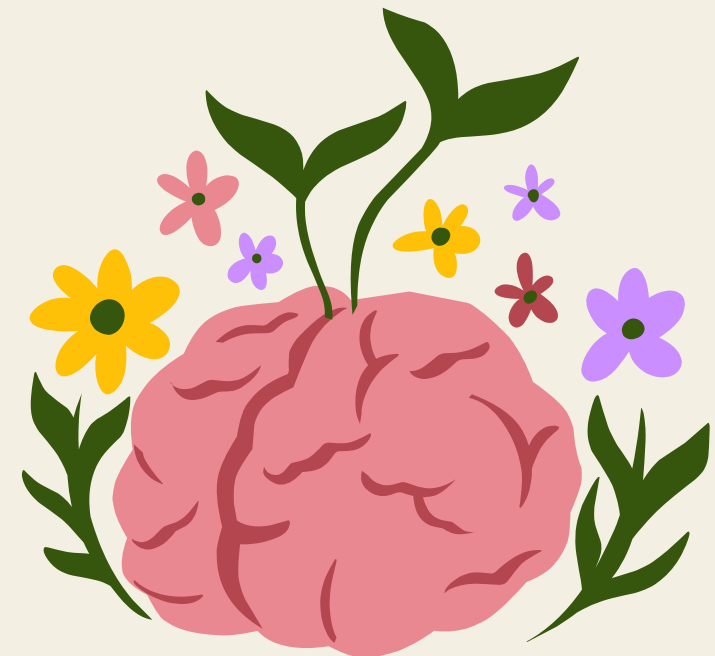
a collection of educational materials

MODULE 3: Mental health & emotional wellbeing.

Why do we need to talk about mental health?

Mental health encompasses our emotional, psychological, and social well-being. It influences how we handle stress, relate to others, and make choices.

Good mental health is not just the absence of mental illness but the presence of positive characteristics such as resilience, balance, and emotional regulation.



What is emotional well-being?

Emotional well-being refers to the ability to manage our emotions and express them appropriately.

It involves understanding our emotions, maintaining positive relationships, and having a sense of purpose.

Good mental health and emotional well-being support us through life. For example:

- **Managing transitions:** going from high school to university can be exciting yet stressful. Understanding the emotional impact of these kinds of big changes is important to know how to support yourself and to maintain well-being.
- **Coping with rejection:** whether it's a job rejection or a breakup, understanding and processing these emotions can lead to personal growth.
- **Social connectivity:** managing and maintaining meaningful connections is a key aspect of being a human and living a fulfilled life.

What materials you will find in this module:

1. An overview of what is mental health and emotional well-being
2. Tips on how to support & boost mental health
3. An overview of the benefits of journaling to support emotional well-being
3. 50 reflective journal prompts
4. A list of Nordic organisations and helplines with their contacts in case you need support

GET A LIFE!

A BEGINNER'S TOOLBOX FOR ADULTING

a collection of educational materials

MODULE 3: Mental health & emotional well-being. Part 1: Mental health



READING

Mental Health Explained

Mental health is a crucial aspect of overall well-being that influences how we think, feel, and act. It is about more than just the absence of mental disorders; it involves maintaining a positive state of mind and balanced emotions.

Key Components of Mental Health:

- **Emotional Regulation:** The ability to manage and respond to emotional experiences appropriately. This is a skill that can be learned and improved over time.
- **Resilience:** The capacity to recover quickly from difficulties; a mental toughness that helps you bounce back from setbacks. This is a very valuable skill in life!
- **Social Connections:** Building and maintaining healthy relationships offers you support and joy.
- **Self-Esteem:** Having confidence in your own worth and abilities.

Here are some common mental health challenges many young adults face:



Anxiety Disorders

- excessive worry, nervousness, or fear. It can manifest as social anxiety, or panic attacks.
- Common symptoms include restlessness, rapid heartbeat, and difficulty concentrating.



Depression

- A mood disorder. Causes persistent feelings of sadness, hopelessness, and a lack of interest.
- Symptoms often include changes in appetite, sleep disturbances, and loss of energy.



Stress

- Often related to academic pressures, career uncertainties, and social relationships.
- Can lead to physical symptoms like headaches, fatigue, and disrupted sleep patterns.

GET A LIFE!

A BEGINNER'S TOOLBOX FOR ADULTING

a collection of educational materials

MODULE 3: Mental health & emotional well-being. Part 1: Mental health



READING

Here are some common mental health challenges many young adults face:



Eating Disorders

- Includes conditions such as anorexia, bulimia, and binge-eating disorder, often linked to body image issues.
- Symptoms involve preoccupation with weight, food, and appearance.

Substance Use Disorders/Addiction

- Involves the harmful use of substances like alcohol or drugs which can impact mental and physical health.
- Signs include changes in behavior, neglecting responsibilities, and withdrawal symptoms.



Attention-Deficit/Hyperactivity Disorder (ADHD)

- Characterized by hyperactivity, impulsiveness and difficulties to focus on certain topics or at certain times. Usually, if the topic is engaging then the focus might go very deep, this is called hyperfocus.
- May affect academic performance and social interactions in both positive but also challenging ways.
- Misunderstood as a disability, but can also mean that you are very creative, an out of the box thinker and your brain just works differently. You can learn so much more about your wonderful brain when you research, try different things and get support from your mental health expert!

Post-Traumatic Stress Disorder (PTSD)

- Occurs after experiencing or witnessing a traumatic event.
- Symptoms include flashbacks, severe anxiety, and uncontrollable thoughts about the event.



Erasmus+



Nordic Council
of Ministers

GET A LIFE!

A BEGINNER'S TOOLBOX FOR ADULTING

a collection of educational materials

MODULE 3: Mental health & emotional well-being. Part 1: Mental health



PLEASE NOTE THIS DISCLAIMER

Disclaimer

- This educational material is intended to provide information and start conversations about mental health and emotional well-being.
- This educational material is not written by mental health professionals, but by young people for other young people. We have based this information collected here on research we have done, our own life experiences and the advice we wished we had when we or our loved ones were having challenges in life!
- The information provided should not replace professional advice, diagnosis, or treatment. If you are experiencing mental health issues, we strongly encourage you to seek help from a qualified mental health practitioner.
- Remember, taking steps towards understanding and improving your mental health is an important journey, and seeking professional guidance is a valuable part of that process.



**FOR HELP, OR MENTAL HEALTH SUPPORT PLEASE FIND THE
CONTACT DETAILS TO ORGANISATIONS & HELPLINES IN
THE NORDICS ON THE NEXT PAGE.**

**TAKE CARE OF YOURSELF AND YOUR LOVED ONES.
ASKING FOR HELP IS THE STRONGEST THING YOU CAN DO.
YOU DON'T HAVE TO SUFFER, WORRY, OR MANAGE ON
YOUR OWN.**