

Concept of Mental Health:

Mental health is an integral and essential component of health. The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Mental health is fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world.

Symptoms of Good Mental Health:

1. He knows himself well and is in a position to evaluate his strength and weakness.
2. Adequate ability to make adjustment in the changed circumstances and situations.
3. Emotional maturity.
4. Adequate ability to get along well with himself and others.
5. Able to think independently and take proper decision.
6. Always lives in the world of reality.
7. Feels quite safe and secure in his respective groups and environment.
8. He tries to accomplish his work as nicely as possible.
9. Posses desirable social and health habits.
10. Self confident and optimist.

Role of Home environment for mental health promotion and protection:

Mental health promotion involves actions that improve psychological well-being. This may involve creating an environment that supports mental health.

An environment that respects and protects basic civil, political, socio-economic and cultural rights is fundamental to mental health. Without the security and freedom provided by these rights, it is difficult to maintain a high level of mental health.

- Regular physical and medical care.
- Proper emotional development.
- Proper care should be taken to help the child in the adjustment with his classmates and others.
- Parents should take care about their behaviour.
- Children should be helped to set a proper level of aspiration for them.
- Children should be helped to develop proper patience and power of tolerance.
- Children should not to be made to engage themselves in the blind race of unhealthy competitions.
- Home environment should provide adequate provision for a balanced religious and moral development.
- Overall improvement in the home environmental conditions.

Role of School environment for mental health promotion and protection:

- providing social and emotional skills programs
- providing timely support for those with additional needs
- involving students and families in decision-making.
- positive social connections
- safe environments
- life skills such as positive coping and problem solving skills
- pro-social values
- positive self-regard
- and a sense of purpose and agency or responsibility.
- learning to recognise and regulate emotions
- develop empathy for others and understand relationships
- establish and build a framework for positive relationships
- work effectively in teams and develop leadership skills,
- handle challenging situations constructively.

- Improvement and enrichment of the curriculum.
- Efficient methods of teaching.