

Multi-Dimensions of Mental Health

OUR MENTAL HEALTH IS IMPACTED BY MANY FACTORS

Biology and Psychology

Genetics play a role in our susceptibility to mental illnesses. What is your mental illness family history? What seems to have been passed down? Anxiety? Depression? PTSD? ADHD? etc... Our thoughts also impact our mood. What types of thoughts dominate your mind daily?

Environment

The amount of light we are exposed to on a daily basis impacts our mental health. Are you getting enough sunlight? What does your home/work area look like? Clean vs. cluttered? Dark vs. bright? How is your mood when it is sunny vs. cloudy?

Relationships/Social

Healthy relationships contribute to our well-being. Are your personal and professional relationships healthy or dysfunctional? Do they add stress or reduce stress in your life? Are you lonely?

Physical (Food & Fitness)

Physical activity or the lack thereof can impact our mental wellness. Working out can release endorphins to boost your mood. Certain foods can also contribute to your mental wellbeing. Certain foods can cause fatigue and increase anxiety and depression. Are you eating healthy and getting enough exercise? How's your gut health? Bloating? Gassy? How's your sleep and appetite?

Spiritual

Regardless of your spiritual beliefs, research supports the notion that those who practice some sort of spiritual practice (i.e. prayer and meditation) have overall better mental well-being. How would you describe your spiritual life? Is there tension/avoidance in this area?



MULTI-DIMENSIONS OF MENTAL HEALTH

Describe the state of your life in the following areas:

Today's Date: _____

BIOLOGY AND PSYCHOLOGY

Rank this area on a 0 to 10 scale. 10 being 100% healthy _____

ENVIRONMENT

Rank this area on a 0 to 10 scale. 10 being 100% healthy _____

MULTI-DIMENSIONS OF MENTAL HEALTH

Describe the state of your life in the following areas:

RELATIONSHIPS /SOCIAL

Rank this area on a 0 to 10 scale. 10 being 100% healthy _____

PHYSICAL (FOOD & FITNESS)

Rank this area on a 0 to 10 scale. 10 being 100% healthy _____

MULTI-DIMENSIONS OF MENTAL HEALTH

Describe the state of your life in the following areas:

SPIRITUAL

Rank this area on a 0 to 10 scale. 10 being 100% healthy _____

OTHER

Rank this area on a 0 to 10 scale. 10 being 100% healthy _____