

Diary of a Psycho Therapist

NOTICE NATURE

**“Try to be a rainbow in someone else's cloud”
— Maya Angelou**



Notice nature and try to make a habit of connecting to the nature every day. Stop to listen to the birdsong, smell the freshly cut grass, take care of a house plant, notice any trees, flowers or animals nearby. Take a moment to appreciate these connections.”
“What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.” Nelson Mandela.

Mental health is one part of the holistic health and wellness of a person. Mental health refers to the psychological, cognitive, and emotional conditions and well-being of a person.

The way to assess a person's mental health is to observe how they think, feel, and act. Different people manifest in different ways, happy, sad, withdrawn or extroverted. It isn't always obvious what is really going on behind the scenes. Be kind. Mental health exists on a spectrum of good mental health or poor mental health. It is important to be mentally healthy because our daily lives, activities, and relationships are affected by it.

Our physical health may also be affected by mental health – the two are not mutually exclusive.

The well-being of a person is not measured by physical health only, but by their mental health as well.

Mental health conditions know no age, gender, ethnicity, or social class.

Depression is just one type of mental health condition. It is normal to feel sad or experience an episode of depression when you've experienced loss or trauma.

When that feeling stays over a period of time and intensifies into levels of hopelessness and worthlessness, it can become a real struggle.

It doesn't necessarily take a mental health professional to help and support a person who is depressed.

Being a good friend to them, holding space, reserving judgement and caring for them in ways they need are enough to show empathy and care.

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