

Unit CMH 301 understand mental health well-being and mental health promotion

1.1 Evaluate two different views on the nature of mental well-being and mental health

Mental health and wellbeing is an important part of overall health and wellbeing and can be affected by different factors, including life events such as relationship breakdowns, bereavements and work stress as well as mental health conditions such as depression or anxiety. There are two definitions which are helpful in understanding what is meant by mental wellbeing and mental illness.

Mental wellbeing – there are many different definitions of mental wellbeing but they generally include areas such as: life satisfaction, optimism, self-esteem, mastery and feeling in control, having a purpose in life and a sense of belonging and support.

Mental illness – this refers to a diagnosable condition that significantly interferes with an individual's cognitive, emotional or social abilities e.g. depression, anxiety, schizophrenia. It is also important to remember that it is natural to feel happy when something positive happens to an individual, or then to feel sad and angry when a bad event occurs, or scared and anxious if an individual is dealing with something worrying. Part of a good mental health and wellbeing is recognising that it is natural to feel different emotions, but also knowing when you perhaps need some help in dealing with life events and also mental health conditions.

1.2 Explain the range of factors that may influence mental well-being and mental health problems across the life span, including biological factors

The range of factors that may influence mental well-being and mental health can be such as biological, social and also psychological.

1.2a Biological factors are when there is family history, hereditary, genetics and if mental health runs in the family e.g. if a family member has a medical illness then an individual is more likely to develop the illness.

1.2b Social factors can have an effect on an individual's mental well-being, such as employment, unemployment, poverty, bullying, not having any family and friends, a death of someone very close e.g. loved one, parent or child or a family member, a very bad family life whilst they were young, where there might have been a lot of neglect or abuse, changing school or a job, if someone has grown up in a bad environment, where there is a lot of drug and alcohol abuse and a high rate of crime.

1.2c Psychological factors can be things like, if an individual has faced any traumas in their past, if they are stressed, which could be at home or at work, if someone has faced any kind of abuse, physical or sexual, any kind of neglect, loss of a loved one, relationship problems, where it can affect the individual emotionally, which can lead to low self-esteem, lack of confidence and

Answers To Unit Mental Wellbeing Cmh 301

Siddappa N.Byrareddy



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In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Answers To Unit Mental Wellbeing Cmh 301**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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