

Mental Wealth

Frequently Asked Questions

FAQ'S

What is Mental Wealth?

Mental Wealth is all of the mental and emotional resources that we have which helps us function in our daily lives. The amount of our mental wealth is determined by our ability to make the most out of who we are. Our thinking and learning abilities (ex. how efficient and flexible we are at learning, understanding, and figuring out things) play a huge role. But even more important is what we actually learn - the knowledge and skills we acquire throughout life (ex. our self-awareness, emotional control, empathy, communication, social, conflict resolution, and stress reduction skills). And what we learn is determined by the opportunities and the experiences we have throughout our lives which are directly influenced by the quality of the settings where we live, learn, work and play. The more mental wealth resources we have, the better we can function.

What does Mental Wealth look like?

Someone with high levels of mental wealth loves being alive and lives life to the fullest of their capacity/ability (each person's capacity/ability is unique). They are actively working to develop their potential. They're resilient (that is, they bounce back quickly from difficult or stressful experiences and situations). They are engaged with others at home, at school, and in the community. They have a sense of purpose in life and frequently feel inner peace. They are 'firing on all cylinders'.

What determines our Mental Wealth?

For the most part, our mental wealth and positive mental health is based on five things:

- 1) Our biological make-up (the genes we received from our parents and how they develop over our lives)
- 2) The quality of our home, school, work and neighbourhood environments
- 3) The experiences we have and the learning which take place throughout our lives
- 4) Our attitudes, beliefs and values
- 5) The efforts we make every day to build our mental wealth and positive mental health

Why Invest in Mental Wealth?

Mental wealth and positive mental health are critically important to us and have a major impact on our path throughout life! They affect our quality of life and our level of prosperity as well as how well we are able to contribute to society. They also determine the level of our resilience (our ability to respond positively to stressful situations or experiences).

In addition, mental wealth and positive mental health are the foundation to the wellbeing and good functioning of families, schools, and communities. The level of mental wealth/positive mental health in a community determines the level of positive behaviour, social cohesion, community safety and levels of criminality, citizenship, economic competitiveness, and the overall prosperity of the community.

We invest time and effort to increase our 'financial' wealth so that we can provide for our physical needs. We should also invest time and effort to increase our 'mental' wealth so we can provide for our mental and emotional needs. When you really think about it, the amount of our mental wealth and positive mental health determines, to a great extent, our quality of life, our ability to increase and/or maintain our financial wealth, and the overall prosperity of the entire community.

What is Positive Mental Health?

Positive mental health is a state in which we are developing our potential (physical, social, emotional, intellectual, spiritual), working productively, building strong and positive relationships, contributing to the community and we have a real sense of purpose in our lives .

Can We Really Increase our Mental Wealth/Positive Mental Health?

The simple answer is “Yes, we can.” And it doesn’t have to be complicated or difficult—there are many little things we can do that can make a big difference in our life and the lives of those around us. But it does require some intentional action on our part.

What Can We Do to Build Mental Wealth?

There are five daily actions we can do that will build our mental wealth and increase the level of our positive mental health (and that of others in our community). **Invest time and effort in doing them every day!**



Connect...with the people around you – family, friends, co-workers, neighbours, parishioners...at home, work, school, and in your neighbourhood. Be supportive and accept support when you need it. Think of these connections as the cornerstones of your life. They will enrich you every day and are vital to our well-being.

Be active...walk, run, or cycle. Play a game. Garden. Dance. Exercising makes you feel good. Be sure to also eat a nutritious, balanced diet and get enough rest every night!

Take notice...be curious. Be aware the world around you and how you are feeling inside. Catch sight of the beautiful or unusual. Take time to savour the moment, whether you’re walking to work, eating lunch or talking to friends. Reflect on your experiences every day.



Keep learning...try something new. Rediscover an old interest. Sign up for that course. Fix a bike. Take on a different responsibility at work. Learn to play an instrument or how to cook a new dish. Discover your ‘spark’...learning new things builds confidence and is fun!



Give...do something nice for a friend or a stranger. Thank someone. Smile, open a door for someone, say ‘hi’. Volunteer your time. Support a worthy cause. Your happiness really **is** linked to the wider community.

Check our [website](#) for downloadable resources and posters on positive mental health and health promotion or scan this QR code:



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http://www.rqhealth.ca/programs/in_hospital_care/mental_health_services/promotion.shtml