

# What is Mental Health?

**Mental health is a sense of well-being. This does not mean that you feel happy all of the time, but you should be able to function well in your personal, social, and work life.**

## How can you take care of your mental health?

- Practice positive thinking. See the MOVE!<sup>®</sup> Handout, *Take Control of Your Thoughts, Feelings, and Behavior*.
- Socialize.
- Make time for fun.
- Have a passion.
- Do helpful and meaningful things for others.
- Have achievable goals.
- Let yourself experience the moment—“Stop and smell the roses.”
- Embrace life—make the most of each day.

Sometimes you might need a little extra guidance to support your well-being. The VA has services that can help. Talk with your primary care provider.

