

### Applied Mental Health *Activity 1*

#### Fundamentals of Mental Health and the Individual

This is linked with understanding the fundamentals of mental health and learning about key topics that are important for the mental health and wellbeing of an individual.

Objective: To understand the factors that can influence mental health and strategies that can improve well-being.

Choose two factors from the following list that can influence mental health and wellbeing:

- social media
- sleep
- exercise
- friendships/family relationships
- stress
- diet
- financial pressures
- loneliness

Research and answer the following questions:

1. How does this factor affect mental health – describe both the positive and negative effects – for example, poor sleep can lead to poor mental health
2. Provide evidence/statistics linked to the factor – for example, we know that adults need on average 8 hours sleep per night
3. Discuss strategies that could improve wellbeing – for example, reducing screen time before bedtime can improve sleep