



**SREE NARAYANA
NURSING COLLEGE**

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Sree Narayana Nursing College



Characteristics of a Mentally Health person

- *He knows himself such as own strength and weakness.*
- *Has the ability to make adjustments.*
- *Emotionally mature and stable.*
- *Socially adjustable.*
- *Intellectual powers are adequately developed.*
- *Lives in the world of reality.*
- *Courage and tolerance to face failures in his life.*
- *Free from mental illness.*
- *Good health habits.*
- *Self confident and optimist.*
- *Has an adequate sex adjustment.*
- *Healthy interest and aptitudes.*
- *Well balanced life.*
- *Satisfied with profession and occupation.*



wikiHow

1. Don't hold grudges. If you find yourself remembering and visualizing an old **wrong** someone did or said, immediately stop, and think of a new pleasant thought. Forgive and forget.



2 Tell yourself: "That was then and this is now." Which means "I've gone on to something new and I don't need to even think about that anymore."



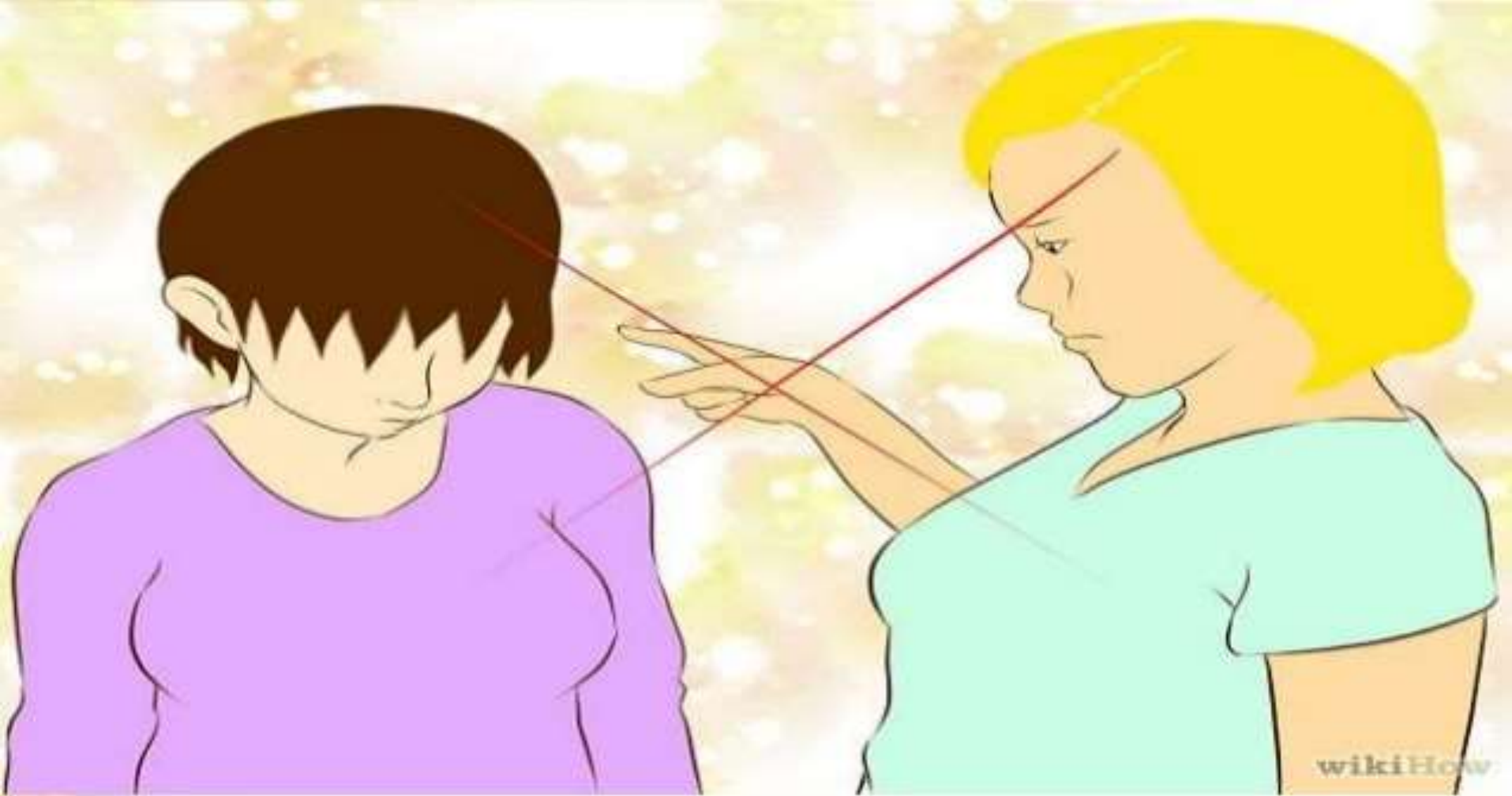
- 3 Dump the "junk" out of your conscious thoughts.** Cleanse your mind do not be double minded. Say "I forgive that." or "I will **not** hold onto that anymore." Try to forgive old wrongs quickly. Say so!
- Declare it! "I forgive that!" and then go on as if you do forgive it.
 - Don't entertain bad thoughts. Clean up your speech and your thoughts.



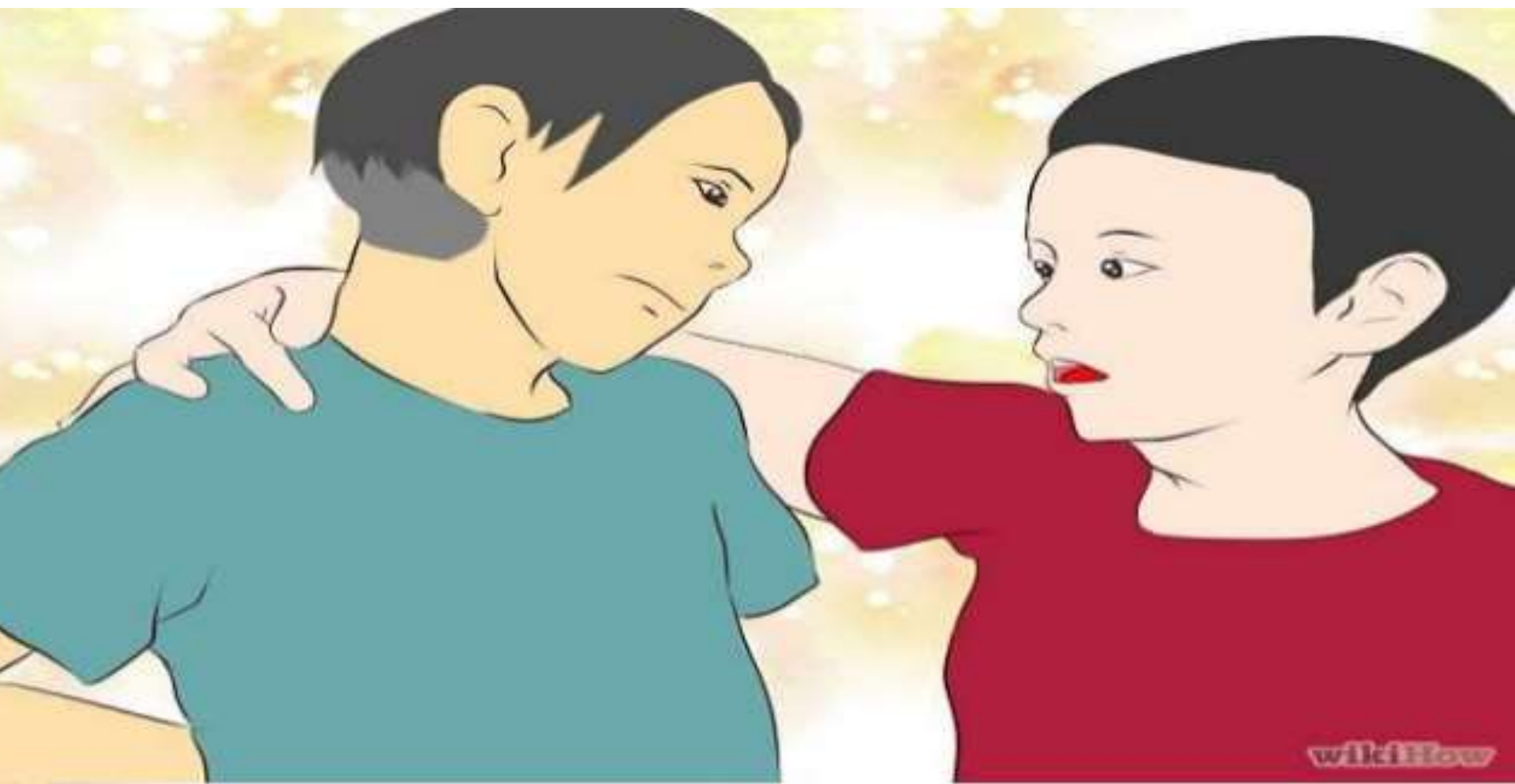
4 Accept yourself and your circumstances. Try to *appear* to be less flustered by major or minor events, and soon **you will be.**



5 Be kind to your enemy! Your revenge interferes with your peace of mind force or fights will **not** change anger to peace of mind!



6 Avoid blaming others but rather take responsibility for anything that you could have handled in a better way



7 Avoid being, thinking and talking negatively.

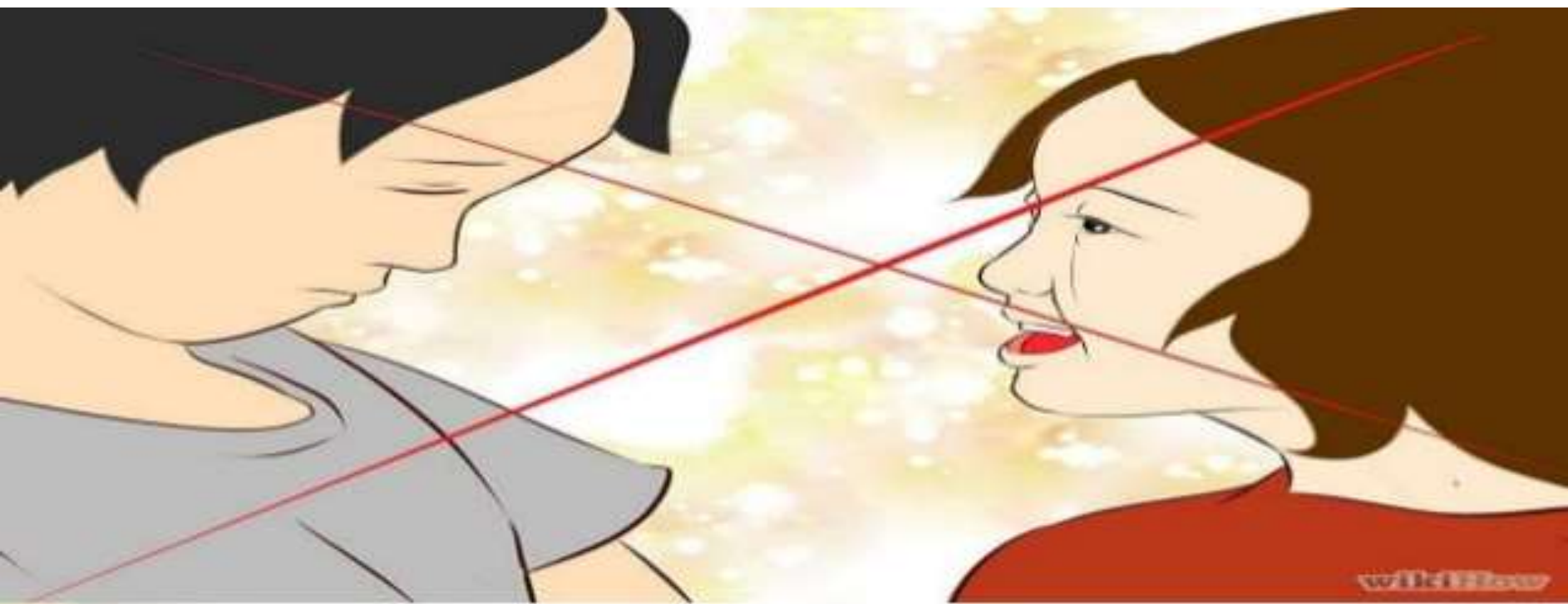


8 Doubt your hearing and your sight, doubt your negative interpretations of what you "heard" or "saw;" ignore subtle actions of others.



9. Assume that no one will think that you're odd if you:

- act calmly
- avoid erratic behavior don't act shocked, shake your head, whirl about, giggle (for no apparent reason);
- avoid rambling speech--get back on topic;
- do not glare and grimace at people-smile a little;
- do not argue or accuse people of insults, etc. in a public place.



10 Avoid publicly laughing for no apparent reason or talking *to yourself*--or muttering and giggling *in public*.



11. Realize that your attitude makes a great impact



- 12 Find an activity that seems worthwhile to accomplish and get busy.**