

Staying Well and Informed on Mental Health

Mental health is about how we think, feel and act when we face with ups and downs in our lives.

Mental Well-Being

Good mental health is more than just the absence of mental illnesses.


It is a state of well-being in which an individual realises his own abilities, can cope with the stresses of life, can work productively and is able to make a contribution to his community.

Mental Illness

Mental illnesses are common and can affect anyone.

They are not a sign of weakness.

Like many other illnesses, mental illnesses involve a complex interaction with the environment in which one grows up, lives and works in, that can protect against or trigger mental ill health.



It is important to learn how to build your mental resilience to help us better cope with stress, make good choices and relate to one another.

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Caring for yourself, is caring for your family

Your health is very important.

By taking care of yourself, you take care of your family back home too! To better cope with pent-up feelings and worries, try these tips to stay positive and happy!



Physical Care

Take care of your bodies. Have rest time every day. Exercise, eat and sleep well. Seek immediate help at your nearest MWMC if you are unwell.



Social Care

Connect with friends, look out for each other and enjoy activities together safely, with social distancing and mask use.



Emotional Care

Be aware of your thoughts, especially if you are having negative thoughts. Practice gratitude, and express yourself through writing, meditation. Seek help of your peer counsellors to help work through negative thoughts.



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Signs for when to seek help

It is important to remember that you are not alone. We encourage you to confide in your friends, family and seek help from the House Officers, Peer Leaders and at the Medical Centers.

Below are some **signs** to watch out for in yourself that you may benefit from support.



Lack of sleep or too much sleep



Dependency on alcohol



Irritability or anger



Change in behavior
(e.g. saying unusual things)



Weight loss or gain



Unable to control one's
thought



Signs of lost interest



Frequent feelings of fear
and/or accompanied by fast
heart rate, difficulty breathing



Difficulty in performing
daily tasks