

Prevention... What's the 4-1-1?

The Five Factors to Mental Wellness:

- 1. Self-appreciation**- ability to assess strengths and weaknesses , and to appreciate one's unique and individual contributions.
- 2. Resilience**- ability to deal with, recover from, and overcome from hardship, misfortune, change, or shock.
- 3. Affiliation**- ability to allow self to get close to other people and negotiate give-and-take alliances and friendships and build mutually supportive social networks.
- 4. Negotiation**- ability to see that we may not have all the answers and allow ourselves to learn from others, from experience, and alter our beliefs based on new data.
- 5. Mental and Physical Exercise**- exercising the brain and the body.

Promoted through physical activity, good nutrition, adequate rest and sleep, stress reduction, an optimistic attitude, medication management, and emotionally enriched environments.

Mental Wellness = self-appreciation + resilience + affiliation + negotiation + mental and physical exercise

"He who has health, has hope; and he who has hope, has everything."
~Arabian Proverb



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