



Coping Skills for Good Mental Health

According to the World Health Organization, good mental health means you are:

- in a state of wellbeing where you feel good and are functioning well in the world
- coping with the normal stresses of life
- learning and working productively
- using your talents and abilities
- feeling connected to other people
- contributing to your/the community
- generally satisfied with life

Difficulty may arise when unexpected changes occur or when navigating challenging times.

How are we able to cope with the ups and downs of daily life and still maintain good mental health? Research conducted by [MindSpot](#) has shown that people who use "The Big Five" coping skills tend to have better mental health.

The Big Five are:

1. Incorporate activities into your daily life that you enjoy or give you a sense of accomplishment or satisfaction.

2. Keep things in perspective including being kind to yourself if everything doesn't go right.
3. Have goals to stay energized and have something to look forward to.
4. Maintain a healthy routine including eating and sleeping well and having some form of exercise.
5. Stay connected to friends and family.

To learn more about "The Big Five", [click here](#).