

Core Principles of Mental Health

So-called “mental disorders” are not fixed conditions but an adaptive process involving interaction between body, mind, & emotion, as well as social interactions

Mental Health involves restoring and maintaining physical, mental, emotional, and social balance and learning how to respond effectively to challenges and problems

The continuing build up of mental, physical, emotional and social tension creates an imbalance that is self-sustaining and self-escalating

Balance involves the smooth integration of physical, mental, emotional and social functions without tension

Physical Tension involves the build-up of muscle tension resulting from the body creating more energy than it uses and/or mental, emotional or social tension

Social Tension involves restrictions in personal and community relationships. It is the result of exclusion and isolation and/or physical, mental, or emotional tension.

Mental Tension involves restriction of thought and perception as a result of fear, habit, or physical, emotional, or social tension

Emotional Tension involves patterns of physical tension that block full experience of emotion. It is the result of trauma, emotional inhibition, and/or physical, mental or social tension

Physical Balance involves restoring balance to the autonomic nervous system and resolving patterns of chronic tension

Social Balance allows one to be natural and spontaneous in the company of others and involves inclusion and connection

Mental Balance involves recognizing the direction and focus of thought and perception and being able to shift focus to gain a clear understanding of the needs of the situation

Emotional Balance involves allowing the full experience of emotion without tension or breath restriction, being able to separate thought from emotion when it builds tension and recognizing emotion is an overall read on the current situation and one piece of information