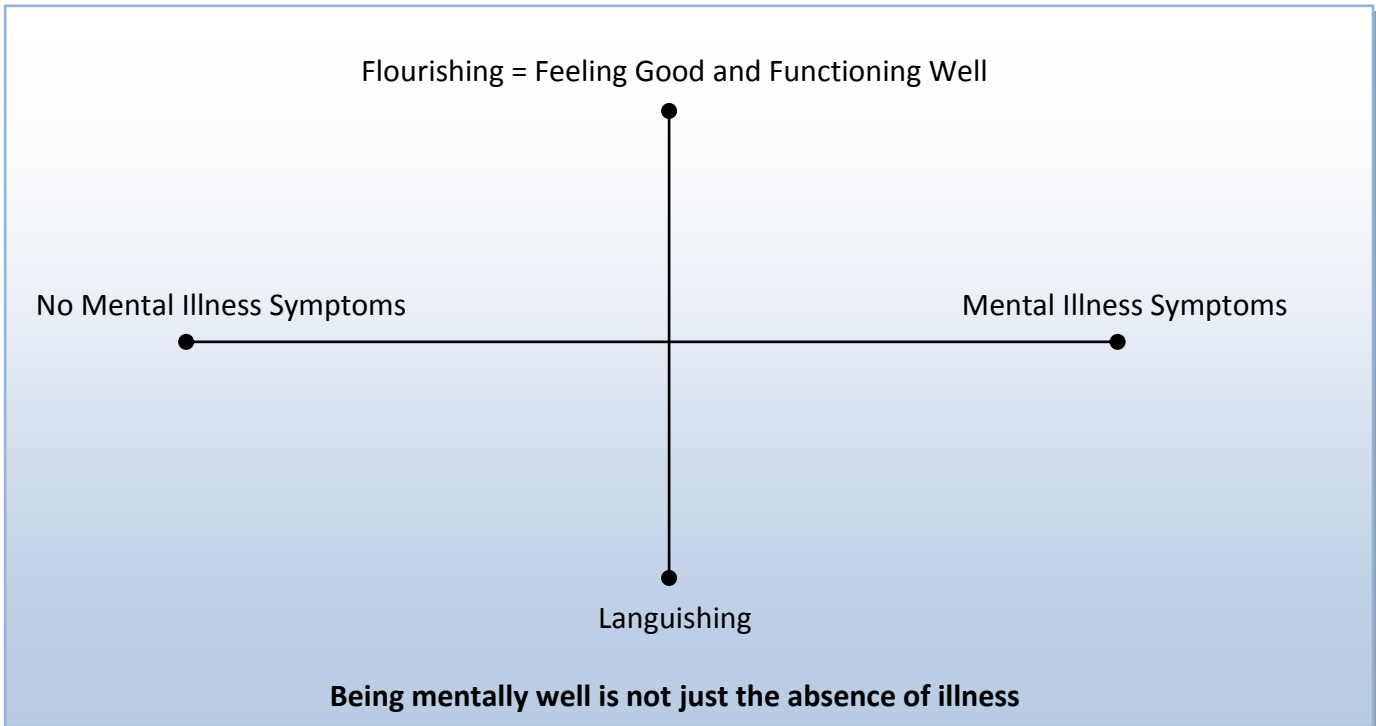


Flourishing

Mental health is about living well.

Mental health is mental capital, a buildup of life experience, regardless of events.

Evidence suggests that people who are flourishing are less at risk of physical and mental health problems have better social relationships and are more resilient.



Flourishing is a way of measuring mental health that has been developed within the last ten years and can be used to determine the level of positive mental health in populations. There are a lot more stressors on mental health today that often relate to increased pace and complexity of life. Flourishing is a state where people experience positive emotions, positive psychological functioning and positive social functioning most of the time.

You can increase flourishing by working on strengths and addressing underlying problems and risk factors:

***“As I see it, everyday you [and your organisation] do one of two things:
build health or produce disease in yourself “***

Adelle Davis (1904 – 1974)

(Square brackets: addition Health Action Trust)

Compiled from various sources for Health Action Trust Nelson 2011, including:

- The Mental Health Foundation of New Zealand <http://www.mentalhealth.org.nz/page/792-2010-flourishing-for-everybody+about-flourishing>
- Keyes. C. (2002). *The Mental Health Continuum: From Languishing to Flourishing in Life*. Retrieved July 13, 2011, from http://www.sagepub.com/upm-data/23185_Chapter_67.pdf

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