

Promoting Elements

Ensuring Environmental Quality

Which encompasses a range of environmental influences, creating sustainable conditions and structures for the development of, for example, a clean environment, positive housing and transport systems, attractive buildings and landscaping, such as parks, play areas and increased accessible leisure facilities, all of which can have a positive effect upon our mental health.

Raising Self Esteem

By self-esteem we mean the belief about our self worth, which we learn through our social interactions. Sometimes said to be "the reputation you have with yourself". It is about encouraging the development of a positive self-image. Creating opportunities for personal achievement, development of a sense of self worth and feeling valued through, for example, school and employment

Encouraging Emotional Processing

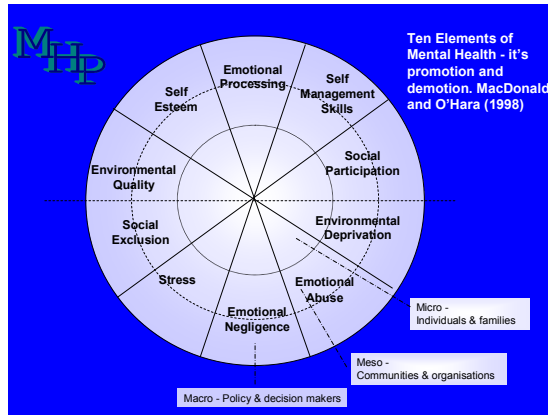
By this we mean promoting an awareness and respect for our own emotions and those of others. Developing a wide emotional vocabulary as well as having the esteem and skills to express our emotions and hear them in others. It is about giving people the opportunity from an early age to learn how to, or be able to feel comfortable, expressing emotions in a creative and productive way throughout their life. Where the expression of a range of emotions is encouraged and socially accepted in different situations, for example, in the home, in school and in the workplace.

Developing Self Management Skills

Such skills are not just coping; they are more varied, holistic, more proactive and involve an internal locus of control (a sense that we can influence what happens to us in our lives). It includes activities that create opportunities, so that from an early age and throughout life, people can learn and develop the skills to manage in difficult situations or circumstances and manage change positively. Importantly it involves activities that ensure access to resources, for people and communities to enable a sense of being in control of their lives.

Encouraging Social Participation

This is about creating the opportunities for active involvement and active participation for people, coming together for the positive development of their communities: creating the conditions where positive relationships are based on the acceptance of difference and diversity: creating a sense of citizenship, that is the entitlement of social rights as well as the acceptance of social responsibilities: creating structures to support increased social systems and networks, for example with families, communities, in the workplace and school.



Ten Elements of Mental Health Its Promotion and Demotion

The ten-element map describes different elements of mental health, five, which promote mental health (above the dotted line) and need to be increased and five which demote mental health (below the dotted line) and need to be reduced

Demoting Elements

Reducing Environmental Deprivation

Including for example, reducing poor housing, lack of safe play areas, lack of transport, threats of violence, poverty and debt. Toxic pollutants, alcohol and other drug use

Eradicating Emotional Abuse

Emotional abuse can be described as the systematic denial and destruction of self esteem and involved the abuse of our powers as either parents, peers, teachers, partners, carers or employers, by limiting, deforming or in other ways harming full emotional growth. It shouldn't be tolerated but unlike other forms of abuse it often is.

Diminishing Emotional Negligence

Emotional negligence refers to institutional or personal neglect in helping people to develop and express their emotional life. It can be seen through inadvertent criticism, the denial of our uniqueness and significance, the devaluation of our values or the belittling of our competencies and our success. It can be seen in the over medicalised, de-humanised treatment regimes for physical and mental health problems.

Alleviating Stress

Stress can come from many sources - including environmental factors such as poor housing, deprived localities etc. A key to promoting mental health by reducing stress, is to work with people to help to identify stress in their own terms. We should avoid an over emphasis on individual stress management as we also need to tackle the sources of stress. In addition there can be an over emphasis on coping as there will be times when not coping is understandable and healthy.

Reducing Social Exclusion

Being excluded because of gender, race, class, is about exploitation and requires tackling, whether or not there is an observable example of the negative mental health effects of social exclusion. Intervention needs to be at a number of levels, most often it is the societal, organisational / community or environmental issues that need addressing.

Relationship between the Elements

There is a need for **integration action across the elements**. For example, good **self esteem** makes emotional processing much easier to develop, and in its turn, better **emotional processing** will lead to more effective **self management skills** and in turn more **socially participative** and supportive behaviour.

Relationship between the Levels

There is a need for **integrated action across the levels** with: **individuals and families, communities and organisations, policy and decision makers**. So for example, work on self-management skills within a schools personal and social education programme is clearly going to be jeopardised if bullying behaviour of staff or children across the school (**organisational level**) is undermining good PSE work in the classroom (**individual level**). In addition, the work is likely to be more effective if it addresses other interpersonal issues in the life of the school and its community (**organisational and community level**). For example, how teachers, parents and children communicate with each other, approaches to reward and punishment, etc. instead of just concentrating on work with individuals. **Joined up problems require joined up solutions**.