

# Mental Health Across the Lifecourse



## Why is mental health important?

**One in five** Canadians live with mental health problems, mental illness or addiction. But the reality is, **five in five** of us have mental health, just like we all have physical health. We can all benefit from celebrating, promoting and acknowledging the role that good mental health plays in living a full and meaningful life.

# Social & Emotional Learning

Social and emotional learning (SEL) is the process of learning the fundamental skills needed to succeed in life, and can be used to maintain and improve positive mental health. Social and emotional learning has been proven to help children to develop the necessary skills to:

- better identify emotions
- develop healthy relationships
- make good decisions
- behave both ethically and responsibly
- decrease aggressive behaviour

Through social and emotional learning, specific skills are acquired that help children develop into becoming competent and compassionate individuals. The five core areas that socially and emotionally competent children develop include:

**Self-Awareness:** Individuals can better recognize, identify, and describe their emotions.

**Self-Management (Emotional Regulation):** Individuals can better recognize their emotions to overcome obstacles, manage stress, and control impulses.

**Social Awareness:** Individuals can better empathize and understand the emotions of those around them.

**Relationship Management (Healthy Relationship Skills):** Individuals can better understand the importance of cooperation and the benefits of healthy relationships to prevent and resolve conflict.

**Responsible Decision-Making:** Individuals can understand more fully how to make responsible decisions



To learn more about mental health and ways you can enhance it, visit [www.novascotia.cmha.ca](http://www.novascotia.cmha.ca)