

2016-1 Translation

1- Mental health is our birthright.

(46) We don't have to learn how to be mentally healthy; it is built into us in the same way that our bodies know how to heal a cut or mend, a broken bone.

Mental health can't be learned, only reawakened.

It is like immune system of the body, which under stress or through lack of nutrition or exercise can be weakened, but which never leaves us.

When we don't understand the value of mental health and we don't know how to gain access to it, mental health will remain hidden from us.

(47) Our mental health doesn't go anywhere; like the sun behind a cloud, it can be temporarily hidden from view, but it is fully capable of being restored in an instant.

2- Mental health is the seed that contains self-esteem – confidence in ourselves and an ability to trust in our common sense.

It allows us to have perspective on our lives - the ability to not take ourselves too seriously, to laugh at ourselves, to see the bigger picture, and to see that things will work out.

It's a form of innate or unlearned optimism.

(48) Mental health allows us to view others with sympathy if they are having troubles, with kindness if they are in pain, and with unconditional love no matter who they are.

Mental health is the source of creativity for solving problems, resolving conflict, making our surroundings more beautiful, managing our home life, or coming up with a creative business idea or invention to make our lives easier.

It gives us patience for ourselves and toward others as well as patience while driving, catching a fish, working on our car, or raising a child.

It allows us to see the beauty that surrounds us each moment in nature, in culture, in the flow of our daily lives.

3- (49) Although mental health is the cure-all for living our lives, it is perfecting ordinary as you will see that it has been there to direct you through all your difficult decisions.

It has been available even in the most mundane of life situations to show you right from wrong, good from bad, friend from foe.

Mental health has commonly been called conscience, instinct, wisdom, common sense, or the inner voice.

We think of it simply as a health and helpful flow of intelligent thought.

(50) As you will come to see, knowing that mental health is always available and knowing to trust it allow us to slow down to the moment and live life happily.