

Public Health Agency of Canada: Five Components of Positive Mental Health

1. **Ability to enjoy life:** This component is related to concepts such as happiness, life satisfaction and perceived well-being. Factors related to higher life enjoyment include personal characteristics and perspectives, perceptions of life circumstances, and the nature of family and social relationships and environments.
2. **Capacity to work through challenges:** This component may include coping responses, finding meaning and purpose during times of change or transition, positively adapting to new circumstances, and collaborating with others to pool resources and enhance social support. This aspect builds on the concept of resilience, mobilizing individual and social resources, and being strengthened to move forward to meet new life challenges or adversity.
3. **Emotional well-being:** This component entails the capacity to recognize and analyze personal feelings and to convey understanding of others' feelings. This aspect also includes the acquisition of skills to manage and communicate emotions in ways that build and sustain positive interactions with self and others.
4. **Spiritual well-being:** This component is associated with feelings of connectedness with specific beliefs, values or faith. This may include having a sense of calling, purpose and meaning that is linked with or that is an important influence within our daily activities, routines or choices.
5. **Equity, respect for cultures, and dignity within social environments:** This component emphasizes social and environmental values and practices that contribute to freedom among individuals to pursue goals and make choices. This aspect of positive mental health refers to the quality of social connections and environments and the extent to which they promote equity, respect for cultures, social justice and personal dignity.

Public Health Agency of Canada (PHAC). (2006).
The human face of mental health and mental illness in Canada. Ottawa, ON: PHAC, p. 2.