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# Mental health

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## Source

*Silvana Galderisi, Andreas Heinz, Marianne Kastrup, Julian Beezhold, Norman Sartorius. (2017). A proposed new definition of mental health. Psychiatr Pol, vol. 51 (3), 407-411. doi:10.12740/pp/74145.*

Mental health is a dynamic state of internal equilibrium which enables individuals to use their abilities in harmony with universal values of society. Basic cognitive and social skills; ability to recognize, express and modulate one's own emotions, as well as empathize with others; flexibility and ability to cope with adverse life events and function in social roles; and harmonious relationship between body and mind represent important components of mental health which contribute, to varying degrees, to the state of internal equilibrium.<sup>[1]</sup>

## References

1. <sup>^</sup> *Silvana Galderisi, Andreas Heinz, Marianne Kastrup, Julian Beezhold, Norman Sartorius. (2015). Toward a new definition of mental health. World Psychiatry, vol. 14 (2), 231-233. doi:10.1002/wps.20231.*