

# C.V.S.HOMOEEO CLINIC

## CHARACTERISTICS OF A MENTALLY HEALTHY INDIVIDUAL

1. A well adjusted person has some insight into and an understanding of his motives, desires and weaknesses and strong points. He can evaluate his behavior objectively can accept his shortcomings and weaknesses.
2. He has a sense of personal worth, feels worth-while and important. He has self respect and feels secure in the group.
3. Besides this security as a member of the group such a person feels that he is wanted and loved. In otherwords he has a sense of personal security.
4. He has faith in his ability to succeed. He believes that he will do reasonably well whatever he undertakes. He solves his problems largely by his own initiative and effort. He feels confident of himself in his every day life, more or less effectively.
5. A will adjusted person or a mentally healthy person can get-along with other people. This means he has an understanding of other people's motives and problems. He appreciates many differences that he finds in people motives and problems. He appreciates many differences that he finds in people. Moreover he can give and accept love, can make friendships which are satisfying and lasting and which give him a feeling of belong.
6. Such a person has some understanding of his environment and of the forces with which he must deal. Equipped with this understanding he plans ahead but doesn't fear the future. He has the capacity to face realities, rationally and objectively.
7. He has developed a philosophy of life that gives meaning and purpose to his daily activities. This philosophy belongs to this world and discourages tendency to withdraw or escape from the world. It makes him to do something concrete about his problems as they arise. He doesn't evade responsibility or duty.
8. Such a person lives in thee world of reality rather than fantasy. Reality rather than wishes or imaginary fears govern his behavior.
9. He has developed a capacity to tolerate frustrations and disappointments in his daily life.
10. He shows emotional maturity in his behavior. This means that he is able to regulate such emotions as fear, anger, love, jealousy and express them in a socially desirable manner. He does not go to places as a result of fears, anger and worries.
11. He has a vocational attitude towards problems of this physical health. He maintains a daily routine of his healthy practices which promote healthful living. He practices good health habits with regard to nutrition, sleep, rest, relaxation, physical activity, personal cleanliness and protection from disease.
12. He is able to think for himself and can make his own decisions. He thinks clearly and constructively in solving his problems.
13. He has a variety of interests and lives in a well balanced life of work, rest and recreation. He has the ability to get enjoyment and satisfaction out of his daily routine job. According to Fromn: A mentally healthy person has developed a zest for living that includes, a desire for activity which is reflected in an attitude of utilizing whatever potentialities he possesses in productive forms of behaviour.

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