
How's Your M.H.Q.?

Want to know how mentally healthy you are? According to the National Association for Mental Health, you have a high Mental Health Quotient if you were blessed with, or have developed the following characteristics.

- A tolerant, easy-going attitude towards yourself and others.
- A realistic estimation of your abilities, plus a determination to make the most of them.
- Self-respect, a personal pride in accomplishments quite independent of the judgement of others.
- The ability to take disappointment in stride.
- An ability to love and to consider the interests and rights of others.
- Feeling a part of the group, with a clear sense of responsibility to your fellow men.
- An ability to solve problems as they arise—not putting them off for tomorrow.
- An ability to plan ahead, setting realistic goals.
- Putting your best into whatever you do, and getting satisfaction out of doing it.

Well, how did you do? Those are the characteristics of the mentally healthy person, according to the National Association for Mental Health.

As John D. Rhoades wrote: “Do more than exist—live; Do more than touch—feel; Do more than look—observe; Do more than hear—listen; Do more than listen—understand; Do more than think—ponder; Do more than talk—say something.

You know, it's amazing what a person can do to improve his own mental health. Unless he is deeply neurotic and obviously in need of professional help—or finds himself unable to cope with his world—if a person knows the requirements of good mental health, he should also know where he is weak.

By working on those specific problems, he can effectively ameliorate them. That is, he can grow toward better mental health, just as with the proper diet, rest, and work, he can grow toward a better physical health.

A person with a broken leg wouldn't think of saying: "Well, I've got a broken leg. That's the way it is, and that's the way it's going to stay from now on." He gets the leg set, wears a cast for awhile, and is soon as good as new.

But if he's got an emotional or personality flaw, he will as often as not say: "That's the way I am. That's the way I've always been, and people can either take me or leave me alone."

He throws up his defenses because he feels that a personality problem is permanent, that it cannot be changed. But that's ridiculous. We can change.

We can change the image we hold of ourselves, and we can grow into new, larger, stronger, more competent, better adjusted, happier persons.











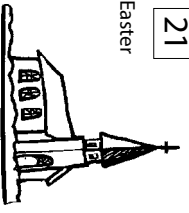


If a person has a list, such as the one I told you about at the beginning, he can check himself off, item by item, if he cares to—or he can have a close friend or loved one do it if he enjoys taking risks.

If only we had the gift, as the poet Robert Burns suggested, to see ourselves as others see us. If we could, there is probably not one among us who would not make a serious effort to change in some respect.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Your shoe's untied! April Fool!</p> 	<p>2 Sing one song three different ways, as if it were: 1. an opera 2. rock-n-roll 3. country western tune</p>	<p>3 Make a list of things that are: tall</p>	<p>4 What "things" come in pairs? Example: shoes</p>	<p>5 What's your favorite song?</p> 	<p>6 Go to the library and look for a storybook about a dog.</p>
<p>7 Learn how to sing rounds.</p> 	<p>8 Can you say the days of the week? Make it harder: Say them backwards.</p>	<p>9 Whose picture is on a nickel? Is this person famous? Why?</p> 	<p>10 What games can you play outside with others today?</p>	<p>11 Practice your ABCs. Do you know the ABC song?</p> 	<p>12 Empty wastebaskets.</p>	<p>13 What are your grandparents' "real" names?</p> 
<p>14 Palm Sunday</p>	<p>15 Will you need to wear a sweater or jacket outside today?</p> 	<p>16 Sing the song "April Showers."</p>	<p>17 Look for some pussy willow plants outside. (Look it up.)</p> 	<p>18 Wear something purple today.</p>	<p>19 Passover begins at sundown.</p>  <p>Good Friday.</p>	<p>20 Go for a walk and count all the dogs you see.</p>
<p>21 Easter</p> 	<p>22 Earth Day 2019: Protect Our Species Look it up!</p>	<p>23 Learn to sing: "Twinkle, twinkle, little star...."</p> 	<p>24 Count all the robins you see outside.</p>	<p>25 Get a dictionary of your own. Have a dictionary lesson: Learn a new word! alphabet</p>	<p>26 Spell a word or two using stick pretzels.</p>	<p>27 Look for blooming flowers.</p> 
<p>28 Practice whistling (a lost art). Ask somebody what a lost art is anyway.</p>	<p>29 Tell a joke.</p>	<p>30 Count all the shoes in the house. (No boots)</p>	