



St Bega's Wellbeing Glossary

Acute

An acute illness is one that develops suddenly. Acute conditions may or may not be severe and they usually last for a short amount of time.

Anxiety

A range of mental and physical states, mainly arising from being consciously worried about the future, or afraid of an actual situation. It's a normal human response to lots of situations, but if it's persistent or out of proportion to the situation, it can be a symptom of poor mental health.

Assessment

When someone is unwell, health care professionals meet with the person to talk to them and find out more about their symptoms so they can make a diagnosis and plan treatments. This is called an assessment. Family members should be involved in assessments, unless the person who is unwell says he or she does not want that.

Carer

A friend or relative who voluntarily looks after someone who is ill, disabled, vulnerable, or frail. Carers can provide care part-time or full-time.

Challenging behaviour

Behaviour that puts the safety of the person or other people at risk, or that has a significant impact on the person's or other people's quality of life.

Child and Adolescent Mental Health Services (CAMHS)

CAMHS provide individual and family work helping children and young people under the age of 18 who experience emotional difficulties or mental health problems.

Counselling

A type of talking therapy where a counsellor listens to what you have to say and then helps you to try and see your feelings and problems in a different way so you can arrive at answers yourself.

Crisis

A mental health crisis is a sudden and intense period of severe mental distress.

Depression

A condition where you have a continuous low mood and/or a loss of interest and enjoyment in your life.

Diagnosis

When a doctor identifies a condition based on signs, symptoms and test results.

Dual diagnosis

When two or more problems or disorders affect a person at the same time.

Endorphins

Hormones that the body produces naturally that give a sense of wellbeing. Exercise can cause the release of endorphins.

Episode

A period during which someone is experiencing poor mental health. Many mental health conditions involve episodes rather than being constant.

Family therapy

A type of talking therapy where a therapist meets with your family in a safe environment to help you explore each other's points of view and relationships.

Holistic

Taking into consideration as much about a person as possible in the treatment of an illness - this includes their physical, emotional, psychological, spiritual, and social needs.

Insomnia

A condition where you find it difficult getting to sleep or staying asleep for long enough to feel refreshed the next morning.

Meditation

An ancient 'mind-body' practice used to increase calmness and enhance overall wellbeing. Has some similarities with mindfulness.

Mental health

Someone's ability to manage and cope with the stress and challenges of life, and to manage any diagnosed mental health problems as part of leading their normal everyday life.

Mental Health Act (1983)

The Mental Health Act is a law that allows for the compulsory detention of people in hospital for assessment and treatment of a mental illness.

Mindfulness

A 'mind-body' practice that helps people manage their thoughts and feelings. It focuses on paying attention to the present moment. Mindfulness forms the basis of some mental health treatments.

Panic attack

A period of severe fear and overwhelming physical feelings.

Panic disorder

A type of anxiety that may be diagnosed if you have repeated and unexpected panic attacks for a month or more.

Phobia

An extreme form of anxiety or fear of a specific object or situation, which is out of proportion to the actual threat or danger the situation poses.

Relaxation techniques

Things you can do yourself to try and relax and manage stressful situations.

Resilience

Your tolerance level to pressure before it turns into stress. You can improve resilience by living a healthy lifestyle and changing how you think and behave in certain situations.

Social care

Social care describes services and support that help people live their lives as fully as possible, whereas health care focuses on treating an illness. Both types of care are offered as a combined package of support to people with mental health problems.

Stress

How you feel and respond when life puts you under a lot of pressure. It's not a mental health condition itself, but stress can increase your risk of poor mental health.

Trauma

An extremely upsetting, stressful or threatening situation.

Treatment

Something that aims to reduce or remove the symptoms of a mental health condition.