

## Good Mental Health

Dr. Karl Menninger, the famous psychiatrist, once gave a lecture on mental health and was answering questions from the audience.

“What would you advise a person to do,” asked one man, “if that person felt a nervous breakdown coming on?”

Most people expected him to reply: “Consult a psychiatrist.” To their astonishment, he answered: “Lock up your house, go across the railway tracks, find someone in need, and do something to help that person.”

Dr. Menninger was very insightful. What he suggested is one of the bedrock principles of life. When we extend a helping hand, the focus comes off of ourselves and onto the other person’s need and wellbeing. The result is a feel-good attitude, a sense of self-satisfaction that wells up within. The action is a reminder of the meaning and purpose of life upon this earth.

That’s why every day provides positive charges to the mental and emotional batteries of the associates of Life Care, Century Park and Life Care at Home. The advantage for us, over what Dr. Menninger recommended, however, is that we don’t have to cross the railroad tracks; we serve our residents and their families, and that help is very important.

--Beecher Hunter