This definition attempts to define a state of ideal \_\_\_\_\_\_\_\_\_\_ health (i.e. factors necessary for ‘\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_living’).

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1958) defined ideal mental health through a list of characteristics, indicating psychological health, therefore the \_\_\_\_\_\_\_\_\_\_\_\_\_ of the characteristics suggest abnormality.

**Characteristics**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ sense of self-identity – in touch with their own identity and feelings
2. Resistant to stress – resistant to stress and its \_\_\_\_\_\_\_\_\_\_\_ effects
3. Self-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – should be focussed on the future and fulfilling their potential
4. Autonomy – should function autonomously, recognising own needs and have an accurate perception of \_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – show understanding towards others



**optimal absense negative**

 **perfect strong**

**presence Rosenhan & Seligman**

 **actualisation mental**

**Empathy decent**

**reality Marie Jahoda**