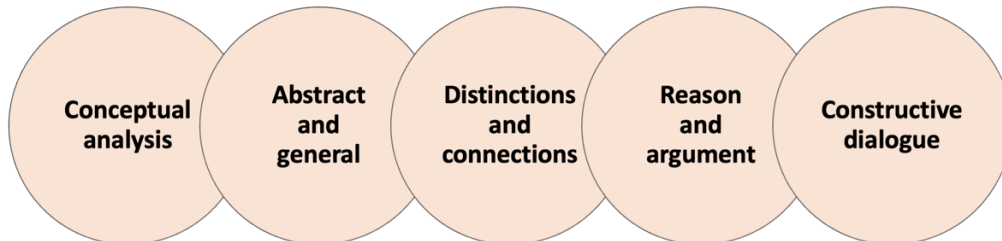


## Reading

- The Philosophy Gym, by Stephen Law

## The Philosophy Toolkit



## Philosophy

- What does philosophy mean to you?
- How – if at all – does philosophy matter in the real world?

## Mental Health

- What does mental health mean to you?
- Distinctions:
  - Positive vs Negative Conceptions of Mental Health
  - Mental Health as Capacity
  - Mental Health as Here-and-Now Experience
- **Mental Health Pluralism:** We don't need to choose between conceptions, there are many forms of mental health.

## Psychological Well-Being

Many take psychological well-being to be one form of mental health

- But what is psychological well-being? What leads to well-being?

## Philosophy and Mental Health

- Can Philosophy contribute towards psychological well-being and therefore mental health?
- Can Philosophy contribute towards other forms of mental health?
- Can Philosophy hinder mental health?