Mental Health

- **Definition:** A person’s condition with regard to their psychological and emotional well-being
- **As of 2020:** ~21% of all US Adults experience mental illness
  - This number higher for women, people from historically excluded groups, and people with disabilities.
  - Graduate students are 6x more likely to experience depression or anxiety

Warning Signs and Mental Hygiene

- Be mindful of yourself and others; kindness goes a long way!
- Though mental hygiene cannot resolve societal/cultural factors that contribute to mental illness, they can still be beneficial
- There is a culture of “this is supposed to be hard” in STEM
  - There is a huge difference between being challenged and suffering