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Nota di contenuto	1. Smoking and the Association with Mental Health -- 2. Perspective Chapter: Mental Health Issues of Japanese Elementary School Teachers - The Effects of the Japanese Classroom Management Style -- 3. The Potential Role of Exercise-Induced Neurotrophic Factors for Mental Health -- 4. Exploring the Effectiveness of Mental Health First Aid Program for Young People in South Africa -- 5. Mental Health Conditions and Exercise -- 6. Perspective Chapter: The Impact of COVID-19 on Mental Health - The Protective Role of Resilience and Capacity for Mentalizing -- 7. A New Look at Psychological Health and Life Satisfaction: A Quadripartite Model -- 8. Benefits and Barriers of Physical Activity in Social Inclusion and Quality of Life in People with Serious Mental Disorders.
Sommario/riassunto	Worldwide, there is a high prevalence of mental health problems such as depression and anxiety. Mental health problems can affect all people regardless of their sociodemographic characteristics. This means that anyone is likely to have some form of mental health problem. The effects of mental health problems can be so devastating that they lead to suicide in many cases. For this reason, preventive measures to avoid mental health problems are important. Among the strategies used for the prevention and treatment of mental health problems, the practice of physical activity, good levels of physical fitness, quality leisure time, socialization (especially in older adults), the use of counseling whenever there is a change in mental health, religiosity and contemplation of the divine, psychological support, and professional

guidance stand out. This book presents different strategies that can be used to promote good mental health.
