MENTAL HEALTH: AN EMERGING NEED

Mental health has long been considered an issue that does not warrant the same level of attention as physical health. But as the world becomes more complex, individuals are increasingly struggling with mental health issues. In fact, mental illness affects nearly one in five people in India and that figure is expected to rise in the coming years. With the rates of mental illness continuing to increase, it is essential that we take a proactive approach to the issue. One way we can do this is by promoting public awareness of mental health issues.


"MENTAL HEALTH : THE PRESERVED WEALTH"

"The only journey is the journey within."

- Rainer Maria Rilke

In these changing times and competitive world it is apparent to have stress , anxiety and confusion. At times, situations smash us down and are shattering enough to have an effect on our intellectual peace .And so coping with these different everchanging phases of life alongwith maintaining our mental health becomes a major task.

Mental health is commonly the inclusion of our emotional ,social and physiological well being.

Many people suffering from mental health disorders do not seek treatment. However, most issues can be effectively treated. Seeking help is a sign of strength, not weakness. By recognizing the importance of seeking treatment, we can help to ensure that as many people as possible receive the care they need. People should not feel ashamed or embarrassed about their condition. Mental illness is nothing to be ashamed of. The sooner we address the problem, the sooner we can get people the help they need.
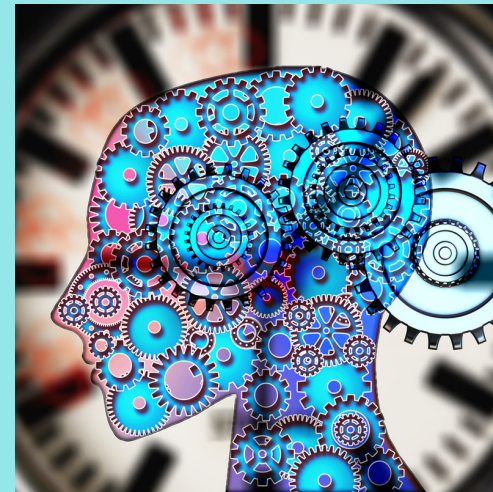
There are many factors that contribute to mental health conditions. These include genetics, upbringing, trauma, and lifestyle choices. Recognizing that these factors play a key role in shaping our mental health is the first step towards creating positive change. It is important to avoid stigmatizing mental disorders by talking about it openly. We also need to provide support to those with mental health issues and help them cope with the challenges they face on a daily basis. This is why it is so important to promote awareness of mental health issues and encourage those who are suffering to seek professional help. Together, we can put an end to the stigma surrounding mental illness and ensure that people get the help they need when they need it.

There are many ways in which we can prevent mental health problems from occurring in the first place. Encouraging a healthy diet and exercise can help to reduce the risk of mental conditions such as depression. Maintaining a positive outlook on life can also help to reduce the risk of developing psychological disorders. As they say, laughter is the best medicine! It is also important to build a strong support network so that we can be there for one another in times of need. By creating a culture of acceptance and support, we can help to prevent mental health problems from negatively impacting the lives of our loved ones and our communities. Together, we can create a world free of mental illness and look forward to a brighter future for generations to come.

It is important to understand the underlying causes of mental health issues in order to prevent them from occurring in the future. Mental health problems can be prevented if we make changes to the way we live our lives. For example, we can all practice mindfulness in order to reduce stress in our lives and promote overall wellbeing. We can also incorporate self-care routines into our daily lives to help us achieve balance and harmony in our bodies and minds.

By- Priyal Jindal

Having strong mental health helps us live life in a better way with a sense of contentment making us resilient enough to face challenges and cope with all the with all the stressful situations that comes our way.Good mental health also guarantees good physical health and thus the absence of diseases.

However in today's times many of us are not able to cater to our mental health needs.

As per recent UN report, Nearly one billion people worldwide suffer from some form of mental disorder.

And all these matters worsened in the first year of the COVID-19 pandemic when the rates of mental health conditions such as depressions and anxiety increased by more than 25%. One of the reasons behind the growth of these mental health issues may be the wave of comparisons brought in via social media platforms.

People often compare their lives, victories, and lifestyles with others, and as a result feel dissatisfied with what they have. Moreover worrying about future or being anguished about past deprives one from enjoying the present. And this lack of mindfulness is also one step towards dissatisfaction and growing mental health issues. In such situations adding even small acts of self-care to our every day life could have a massive effect on our mental health.

Like – Having regular exercise, eating healthy ,speaking up and sharing our feelings to our dear ones , practising gratitude and most importantly setting goals and objectives which all creates new neural pathways inside the brain that boosts the immune system, relieves pain, reduces stress and keeps us motivated to do better.

Also giving acceptance to things that we cant change helps immensely in providing solace to our mind and soul as also said by Leonard Cohen "There is a crack, a crack in everything, That's how the light gets in"

These self care acts helps mange intellectual fitness however one must seek the help of professional in case of unmanageable and non controllable conditions.

But dismayingly, many people suffering from mental issues don't even talk about it and neither do they really prefer seeking any treatment for the same . Even in these contemporary times, mental health issues like depression have had stigmas attached to them. And still asking for help is considered a negative notion and a sign of weakness for many people. Hence creating awareness and understanding the enormity of mental health conditions is the need of the hour.

By-Sakshi Khatri