Mind being healthy?

The word mental health is generalized and mostly wrongly associated with a person being mentally unwell. This is a wrong perception by people. What we have to understand is the need for maintaining mental health. Even though the world has developed in all terms today, people still hesitate to discuss issues of mental well-being due to the fear of being called mentally ill or what people will presume about oneself.

Just as much as we take care of our physical fitness and our beauty, all of us need to maintain our mental health. The main problem with this is that if something is wrong with a human's body it is easy to notice or tell, while on the other hand, a person can be dealing with a lot of psychological issues and seem perfectly alright to us. There are people we have seen who look happy, normal and have killed themselves out of the blue. Just like our physical appearances differ from each other, our mental abilities differ too. The way a person deals with a situation might vary from person to person. So, our level of understanding and handling emotions differ from others.

The commonly faced mental health issues are anxiety disorders, mood disorders, psychotic disorders, impulse control, addiction disorders, personality disorders and obsessive-compulsive disorder. The cause for these can be different; some are due to traumas experienced and some might just be biological. The one thing that we all need to understand is that it is ok to not feel ok always, but it's equally important to concentrate on becoming ok. i.e., if a person is suffering from mental health issues it is important for us to accept it and support them and help them to recover. The symptoms for each disorder are different and difficult to identify at times but on close observation, we can tell a difference in change in behaviour of an individual, though the changes might seem minor making us negligent and can cost a lot, sometimes even life.

What is that we can do to help? The key to helping anyone in any situation is to listen. Listen to what the person has to tell. It might seem like a silly topic to be discussed, but we always need to listen. Try to ensure the person that things shall fall in place and not to lose hope. Seek immediate assistance from a psychological or medical expert. As much as it is important to emphasize the problems, it's essential to cure them. If you are the one facing the problem never hesitate to speak up. Sharing your problems might not solve them but it definitely helps us vent. And we should also understand that there are a lot of people just like us who are suffering and still have not lost the hope to survive.

We must also understand that such mental health issues can be cured and it is not a deadly disease that is contagious. Most of the time people suffering from psychological issues are treated as outcasts, aliens and looked down on. The last thing a person suffering from mental disorder needs is to be isolated or being treated like something is wrong with them. And once a person has recovered, we should accept them normally and help them get over that phase. There are also instances when a recovered person is mocked for what they suffered with and this will drive them back to the same condition that they suffered and make matters worse.

Awareness about the need for a stable and good mental health needs to be spread among people. Just like we regularly check our body for illness, we need to emphasize on psychological check-ups too. A lot of everyday things like stress, pressure, anger, lack of sleep, inability to handle failures and negative emotions lead to these mental disorders. We have to not let our emotions get out of hand and should understand the effects of the small emotions today that can make a huge difference tomorrow. Holding on to emotions, or in other words, the emotional baggage can have ill effects on our mental health. Instead of bundling up emotions, we should learn to express them and control them. Sometimes it is ok to cry or vent out frustration but making it a habit would not be right.

The very basic part about mental health that we have to cognize is that we should never prioritize anything above our mental health. If something is costing you or your health, may it be physically or mentally then it's not worth it. Put yourself above everything that you think is causing any sort of disturbance to your mental health. We also should learn the art of letting go of things that are toxic to us. It can be relationships, friendships, marriage or even your work, when something is not worth the peace of your mind just let it go. Letting go of things might seem like a tough decision to make, but one should never hold on to things that can take a toll on your well-being.

Try to help if you find someone is in need of it, yourself seek help if you are in need of it. People who have fought through mental health issues should be considered strong and brave instead of name-calling and characterizing them on their mental health. Avoid the causes of any psychological disturbance. Concentrate and look forward to better things in life. Always stay positive and stay happy.

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