

BREAKING THE STIGMA: MENTAL HEALTH AWARENESS

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Mental health is a crucial aspect of a person's existence. It influences our behavior, emotions, and thinking. A healthy mental state escalates effectiveness and productivity in activities such as work, school, and interpersonal interactions. A healthy mind is capable of adapting to the changes in life. His mind is resilient to stress and does not become unbalanced as a result. His mental tenacity keeps him grounded and unmoved in the face of adversity and disappointments. Mental wellness also plays a key part in preserving the health of your relationships. People with good mental health are more equipped and ready to deal with stress and preserve relationship permanency. Individuals with a stable mind are better able to deal with academic stress. Their brains are strong and capable of overcoming obstacles and attaining their ambitions in the face of stiff rivalry.

To understand mental illness, one should begin in knowing what mental illness is. Mental illness is a disease/sickness that disturbs the mind/brain. It disrupts the proper functions of the mind, usually it affects the ability to think, process thoughts, and the perception of real and imagination, the mood, and even the attitude of a person. Some physical symptoms can also manifest such as, lack of energy, fatigue, and loss of appetite. Mental illnesses can make it very challenging for an individual to cope with simple daily functions and obligations. It makes the quality of life degrade and deteriorate. Thus, it is very critical that people with mental health issues to seek medical help to determine the root of their mental illness. There are numerous factors that can contribute to the development of mental health issue in an individual, some of which are genetics, brain

chemistry, abnormalities in the physical structure of the brain, past trauma, or even terminal diseases like cancer or cardiac disease.

Due to the negative connotation that is associated with mental health and mental illness, many individuals avoid addressing their problems, thus very few people actually seek proper professional intervention that they badly need. Unkempt responsibilities in terms of mental illness leads to poor physical health, greater medical costs, poor performance at work and school, less career possibilities, and an increased risk of suicide.

We can get sick mentally in the same way we get sick physically. The instability of one's health, which includes fluctuations in emotion, thought, and behavior, is referred to as mental illness. Stress and intense negative emotion in a particular even in life can trigger a flurry of mental illness in the future. Genetic factors, physiological imbalances, child abuse or trauma, social deprivation, poor physical health, and other variables could all play a role. Mental disease can be cured through the aid from doctors that specialize in the field. On contrary of many people, mental health issues are not simple "state of mind" that can be cured by positive mindset and "just being happy". It is more complex than that.

However, some healthy lifestyle choices can benefit someone with mental health issues. Morning walks, yoga, and meditation have all been shown to be effective in the treatment of mental illness. Apart from that, a healthy diet and adequate sleep are essential. Every individual needs 7 to 9 hours of sleep every night on average. It's a sign that someone's mental health is in trouble when they're exhausted but can't sleep. Overworking oneself can lead to not just physical depletion but also severe mental exhaustion. As a result, many people suffer from sleeplessness (the inability to fall asleep).

The brain is the main hub of bodily operation. It is considered as the most significant organ in the human body because it controls all the other organs and body functions. Think of it as a computer unit, a desktop computer, there are different parts like the

monitor, the keyboard, the mouse, then there is the CPU. The brain is like the CPU of the body; it is where all the commands are.

People should be aware of the consequences of mental illness and prioritize maintaining their minds in good shape, just as they do their physical bodies. Psychosomatic and psychological well-being are intricately intertwined. We can only call someone completely healthy and well if both are in perfect harmony. As a result, it's vital for everyone to strive for a healthy balance of mental and physical well-being, and to seek help if one falters.

Why is it imperative and significant to spread awareness about mental health? Awareness makes people understand better. It helps alleviate the stigma that comes with mental health, especially here in the Philippines. Fortunately, through the growing and advancing technology, mental health awareness became more mainstream in the past couple of years. It also plays a huge factor that younger generations are also hell-bent in normalizing mental health topics and seeking professional intervention.

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