

MENTAL HEALTH AWARENESS

by:

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The Merriam-Webster dictionary definition of mental health is “the condition of being sound mentally and emotionally that is characterized by the absence of mental illness and by adequate adjustment especially as reflected in feeling comfortable about oneself, positive feeling about others and the ability to meet the demands of daily life”. Mental Health affects cognition, perception, and behavior and includes emotional, psychological, and social well-being. It also affects how someone responds to stress, interacts with others, and makes decisions. Studies show that while many people focus on their physical health daily, few pay close enough attention to their mental health. In other words, just as we consider our physical health, we should also be mindful of our mental health.

Mental Health is an essential part of the life of a person. It impacts our behaviors, emotions, and thoughts. A healthy mental state promotes effectiveness and productivity in activities that include work, academics, and interpersonal relationships. Anyone who has a sound mind can adapt her/himself to the changes in life. Her/his mind can withstand stress and does not go off balance. Her/ his mental strength keeps him solid and unshaken amidst adversities and challenges in life. In keeping your relationship strong, maintaining your Mental health is essential.

Good mental health enables people to effectively deal with stress and maintain stability in relationships. Students with healthy minds can efficiently cope with academic stress. Their mind is strong and capable enough to face the fierce competition and succeed in releasing their goals.

Today, women are three times more likely than men to experience common mental health problems. Since 1993 up to 2022 rates of self-harm among young women have tripled. Women are more than three times as likely to experience eating disorders than men. According to mental health organizations, 50% of mental health problems are established by age of 14 and 75% by the age of 24. 10% of children and young people (aged 5-16 years) have a clinically diagnosable mental problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.

A lot of artists and singers committed suicide because of mental health issues and depression to name a few are Kim Jong Hyun (K-pop), Choi Sulli, Jeon Mi Seon, Jeon Tae Soo, Aaron Carter, Vincent Van Gogh, Robin Williams, Marilyn Monroe, Dana Plato, Kurt Cobain, Chris Cornell, Alexander McQueen, Lee Thompson Young, Kate Spade.

In a study performed on a set of people, it was found that mental illness impact nineteen percent of the total adult population. Around forty-six percent of teenagers are affected by it. This problem impacts around thirteen percent of children too. People with the issue can be even close to you in the form of your neighbor, student, colleague, teacher, and others. There are a lot of stigmas attached to mental health illness because few people approach a doctor to deal with their issues. Unresolved mental illness contributes to poor physical health, higher medical expenditures, inferior performance at the workplace and school, fewer job opportunities, and increased chances of suicide.

We can improve our mental health by a) Maintaining a regular exercise routine and b) Getting proper sleep. c) Connect with other people, family, and friends to get emotional support. d) Enhance your knowledge about mental health. e) Surround yourself with people who accept your situation and treat you for who you are. This will help you to successfully cope with the illness. f) Focus on eating a healthy and well-balanced diet. g) Always be grateful in life. h) Pursue a hobby or any creative task that you love.

Consult a psychiatrist or psychologist to get a support system. They specialized in treating wide behavioral health issues through therapies, medication, and treatments.

One of the ways that God shows us that he cares for our mental health is by providing us with things we need, a great therapist, access to medication, time with Him, and a good support system. Loving God with our minds can mean utilizing some of the things he provides. According to Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Lastly, the Mind is one of the most powerful organs that regulate the functioning of all other organs in the body. When our mind gets disturbed or not functioning well, it impacts the overall functioning of the body. It negatively impacts our emotional health, relationship with others, and work performance. Due to significant mind, it becomes very important to keep your mind healthy. If you relate to any of the mental disorders, then do not hesitate in seeking treatment. Early treatment can enhance the chances to treat the disease quickly and easily. It is a fact that "Prevention is better than cure"

References:

Bible Concordance (New Testament), Mental Health Definition & Meaning-Merriam Webster Dictionary, Wikipedia, Children, and Young People: Statistics/Mental Health Foundation, <https://www.mentalhealth.org>. UK