

MENTAL HEALTH MATTERS: PRIORITIZING ONE'S WELL-BEING

by:

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Over the past years, the severity of mental health problems and the number of people who are experiencing it have increased.

Mental Health is one's state of well-being. It highly affects a person's decision-making, thinking, and how they deal with other people. For this reason, it is very necessary for everyone to regularly monitor their friends, families, and their own mental health condition.

As an adult, we are not exempted to feel down, anxious, stressed, pressured, and depressed since as we get older, more challenging situations come our way. We are spending most of our time at work more than with our family or at home. The workplace indeed has a great contribution and effect on someone's mental health that is why it is vital for a school head to give importance, and priority to everyone's well-being.

A person with mental health issues may tend to be less productive, less focused on accomplishing their tasks, make poor decisions, and be less eager to engage with their team or co-workers as a result of a lack of organizational policy, program, and support regarding this issue. Having a too strict boss or a very toxic working environment like having co-workers with negative attitudes are just a few causes of someone's stress which may lead to having mental health problems. With these, organization might not work properly and it may also cause absenteeism or high labor turnover.

Someone in the organization must have the necessary program and courage to address and reduce this issue's victims. The Kamustahan System is one of the activities that may possibly reassure one's condition. Just a simple question like, "are you doing fine?" or "is everything okay" may have a great impact on someone's life and may encourage them to open up their problems and concerns.

In case you are someone with a very strong mental health, don't hesitate to be a support and a shoulder to lean on to someone who's suffering from this. It is such a humane act to give care and assistance to your colleagues.

Mental health disorders are sometimes inevitable. It may suddenly hit you unexpectedly but it is only you, yourself that can get you out of this misery. People around you are merely your back-ups in your battles and at the end of the day, you still have to be the one to stand strong and take action for your own well-being.

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