

Importance of Mental Health in Our Life

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Definition of mental health : According to WHO¹, "Mental health refers to a person's psychological, emotional, and social well-being". It influences what they feel, how they think and behave. The term Mental health is also used to refer to the absence of mental disease. The state of cognitive and behavioural well-being is referred to as mental health.

Mental health means keeping our mind. Healthy. Mankind generally is more focused on keeping their physical body healthy. People generally tend to ignore the state of their minds which generally results in the development of several mental disorders. So it becomes very important for a man to keep his body and mind fit and healthy. Both physical and mental health are equally important for a better life.

Importance of Mental Health : A stable and emotionally fit person always feels positive, vibrant, and truly alive and can easily manage any kind of emotionally difficult situation. To be emotionally strong, one has to be physically fit too. Although mental health is a personal issue, what affects one person may or may not affect another; yet several key elements lead to mental health issues.

Several emotional factors have a significant effect on our fitness level, like depression, aggression, negative thinking, frustration, fear, anxiety, etc. A physically fit person is always in a good mood and can easily cope up with situations of distress and depression, resulting in regular training contributing to a good physical fitness standard.

Mental fitness implies a state of complete psychological well-being. It denotes having a positive sense of how we feel, think and act which improves one's ability to enjoy life. It contributes to one's inner ability to be self-determined. It is a proactive, positive term and forsakes negative thoughts that may come to an individual's mind. The term mental fitness is increasingly being used by psychologists, mental health practitioners, schools, organisations, and the general population to denote logical, thinking, clear comprehension, and reasoning ability. Mental fitness is maintaining a state of well-being and developing mental strength to stay calm and composed without being affected by emotional turbulence (Mack & Castevens, 2002).

Negative impact of mental health : Mental illness is the

instability of one's health, which includes change in emotion, thinking and behaviour. Mental illness can be caused due to stress or reaction to a certain incident. It could also arise due to genetic factors, biochemical imbalances, child abuse or trauma, social disadvantage, poor physical health conditions etc. Mental illness is curable. One can seek help from the experts in this particular area and can overcome this illness by positive thinking and changing their lifestyles. Spirituality is also one of the important factors which can help in improving the mental health of an individual.

A good and healthy lifestyle doing regular fitness exercises like Morning walks, yoga and meditation have proved to be great medicine for curing mental health. Besides this it is imperative to have a good diet and enough sleep. A person needs 7 to 9 hours of sleep every night on average. Disturbed sleep pattern is an indication of unstable mental health. Overworking oneself can sometimes result in not just physical tiredness, but also significant mental exhaustion. As a result, people get insomnia (the inability to fall asleep). Anxiety is another indicator which further leads to depression and other mental illnesses. A lifestyle, which includes activities and habits that encourage the development of total physical, mental and spiritual fitness and which reduces the risk of major illnesses².

Symptoms of Mental Illness : There are many symptoms of mental health issues that differ from person to person and among the different kinds of issues as well. Panic attacks and racing thoughts are common side-effects. As a result of this mental strain, a person may experience chest aches and breathing difficulties. Another sign of poor mental health is a lack of focus. Constant Irritability and Negativity indicates disturbed Mental health. Disturbance in the pattern of eating and sleeping also denotes unstable mental conditions.

Mental illness³ like Stress and depression can lead to a variety of serious health problems, including suicide in extreme situations. Being mentally healthy, extend your life by allowing you to experience more joy and happiness. Mental health also improves our ability to think clearly and boost our self-esteem. We may also connect spiritually with ourselves and serve as role models for others.

Mental health in today's scenario : Mental sickness⁴ is becoming a growing issue in the 21st century. Not everyone receives the help they need, even though mental illness is common these days and can affect anyone there is still a stigma attached to it. People are still reluctant to accept the illness of mind because of this stigma. They feel shame to acknowledge it and seek help from the doctors. It's important to remember that "mental health" and "mental sickness" are not interchangeable. our societies perception of mental health or disorder must shift mental health cannot be separated from physical health. They both are equally important for a person.

According to recent research⁵ conducted on adults, mental illness affects 19% of the adult population in the society. Today nearly 1 in every five children and adolescents on the globe has a mental illness depression, which affects two 46 million people worldwide and is one of the leading causes of disability. If mental illness is not treated at the correct time, then the consequence can be grave.

To make people more aware of mental health, 10th October is observed as the world mental health day, the object of these days to spread awareness about mental health issues around the world and make all efforts in the support of mental health.

Conclusion : Mind is one of the most powerful organs in the body regulating the functioning of all the other organs. When our minds are unstable, they affect the whole functioning of our bodies. Being both physically and emotionally fit is the key to success. In all aspects of life. people should be aware of consequences of mental illness and must give utmost important to keeping the mind healthy like the way the physical bodies kept healthy, mental and physical health cannot be separated from each other, and only when both are balanced can be call, a person perfectly healthy and well so it's crucial for everyone to work towards achieving a balance between mental and physical well-being and get the necessary help when either of them falters.

References:-

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