

Why mental health?

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According to WHO; Good mental health is related to mental and psychological well-being. Mental health is important at every stage of life. Over time mental health can change. It is basically, how you cope up with stress, anxiety and how you handle decision-making. Social and emotional well-being are equally important for mental health. It affects how we think, feel and act.

A report by World Health Organization (WHO) revealed that 7.5% of the Indian population suffers from some form of mental disorder. Mental illness constitutes one-sixth of all health related disorders and India accounted for nearly 15% of the global mental, neurological and substance abuse disorder burden; source Economic Times.

It is apparent, people are so conscious about their physical fitness, body & look. But, they get misled by the fact that physical fitness is mental fitness.

They never draw their attention towards their mental condition. Also, the mental awareness programs are negligible.

A 2019 study by a British Charity, Mental Health Research UK, found that 42.5% of the employees in Indian corporate sector suffer from depression or an anxiety disorder- almost every second employee.

This infers that a person who looks happy and cheerful does not signify he/she is mentally healthy. The basic problem is our presumption to anything we don't even know about. Thus, it is correctly stated 'Little knowledge is a dangerous thing'.

Suicides are linked to mental health, as the US National Center for biotechnology Information noted in a 2017 report: "Most suicides are related to psychiatric disease, with depression, substance use disorder and psychosis being the most relevant risk factors".

The WHO underlines that "mental health and well-being are fundamental to quality of life, enabling people to experience life as meaningful, become creative and active citizens". Without anticipating a coronavirus pandemic, the WHO earlier predicted that by 2020, roughly 20% of the population will suffer from mental illness. That means, today, more than 200 million Indians may have mental illness, and the situations likely to worsen. Source:the diplomat.

Awareness and health literacy are two sides of the same coin. Mental health literacy is a concept which is an important measure of awareness and knowledge of mental health disorder. Thus, mental health is crucial for the sustainability of human beings. A person with good mental health does not get afraid of any situation. Good mental health makes

you firm in decision-making. It helps to maintain balance in life, i.e. encourage you to live in the present.

We always think ; how one can achieve good mental health status.

By being positive in life and always grateful for each day. Let it fill your heart and bask in that feeling. Focus on one thing(at the moment). "A healthy body exists a healthy mind" all of us are aware of it. But always take it for granted. Now, is the time to implement it in our lives. Yoga, daily exercise help you to keep active, enthusiastic and happy for the whole day. Always surround yourself with your loved ones ; share your emotions. This will keep you relaxed. Avoid junk food and have a good meal.

Mental health is essential and you need to understand this.

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Navigated to Why mental health?