

Mental Health



What is mental health?

Though no concise definition exists, mental health is basically your attitude and approach to life. Psychological, environmental, genetic, or physiological factors have a profound effect on overall mental development.

What is mental illness?

Mental illness impairs your ability to perform routine tasks, foster healthy relationships, or cope with anger or stress. It may be classified on the basis of extreme mood swings, irrational or destructive thought patterns, and behavioral problems.

How important is mental health?

Your mental health has a huge impact on every aspect of your life.

Self-image

Good mental health means appreciating your achievements and accepting your shortcomings. A mental illness can cause an inferiority complex, a negative body image, and intense feelings of self-hate, anger, disgust, and uselessness, which could mutate into extreme depression, psycho-social disorders, or eating disorders.

Education

Students with mental problems socially isolate themselves, and develop anxiety disorders and concentration problems. Good mental health ensures an all-round educational experience that enhances social and intellectual skills that lead to self-confidence and better grades.

Relationships

Mental health largely contributes to the functioning of human relationships. Mental illness can hamper even basic interactions with family, friends, and colleagues. Most people suffering from mental illness find it difficult to nurture relationships, have problems with commitment or intimacy, and frequently encounter sexual health issues.

Sleep

An inability to handle stress or anxiety can cause insomnia. Even if you manage to fall asleep, you may wake up a dozen times during the night with thoughts of what went wrong the day before or how bad tomorrow is going to be. You may develop severe sleeping disorders which leave you exhausted and less productive.

Eating

People with mental disorders are more prone to indulging in comfort eating or emotional binges. Finding comfort in food is something we all do from time to time. But with a mental illness, it becomes difficult to control yourself. Overeating can lead to obesity, which puts you at a risk for heart disease and diabetes, in addition to creating an unhealthy body-image.

Physical health

Your mental state directly affects your body. For example, stress can lead to hypertension or stomach ulcers. People who are mentally healthy are at a lower risk for many health complications.

One in four adults and 10 percent of children in the United States will suffer from a mental health illness this year. Mental disorders are more common than heart disease and cancer combined -- the leading causes of death.

Shootings, and suicides run rampant every year because of an undiagnosed person with a mental or psychological disorder is untreated. By the time that anyone thinks that there may be a problem, it is too often after the fact. That is why families and friends need to be able to recognize and read the symptoms that are often attributed to a person's mental health.

If you or someone you know is becoming unusually isolated and/or anti social, depressed, fatigued, or having chronic moods swings, you need to speak out and try to get help. There are not the stigmas that there used to be. It is not something that you should be ashamed of. Too often the symptoms are there and go unreported or are ignored as pleas for attention etc. and it leads to many problems and sometimes suicides and murder. Mental health problems are not something that will go away on their own. If left untreated and undiagnosed, these problems will only get worse.

The major causes for mental health issues are generally repressed traumas, childhood issues, chronic stress, and heredity. If a family member has been previously diagnosed for a particular mental disorder, it is wise for you to observe your own behavior and get tested for the same affliction as these things can be hereditary.