

Mental Health Condition in Humans and their Quality of Life.

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Abstract

People can suffer a lot when they are in depressed stage and it effects a lot to their physical and to their mental health condition this is due to some terrible uncontrollable pain in their heart and struggling with heavy stress of some works or this may be due to some family problems or based on their financial status and also in case of losing someone who are very close with us these are some of the several reasons that may leads to Mental health condition. Such cases may lead to critical health complications and effects their daily lifestyle in human beings.

Keywords: Palliative care, Communication techniques, Leadership courses, risk assessment, Economic crisis.

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Introduction

The word Mental Health is referred as a stage of emotional well-being mainly refers to cognitive and behavioral changes in a person. This is related to how people think, feel, and behave in a situation. Sometimes this term “mental health” may be referred as absence of their mind and presence of their body so, this may affect daily living, Healthy relationships and effects their physical health [1]. A person effected with such mental disorders can be called as mentally ill patients and this is referred as a wide range of mental health condition or disorder, this effect the mood of the person and their thinking capacity may reduce and it may leads to behavioral changes in their personal and their professional life [2]. For example: A mental illness patient cannot work properly due to the depression, anxiety, schizophrenia etc. Sometimes this may lead to cognitive disfunction and leads to Alzheimer’s. In some cases, mental illness can affect their Quality of life, depression may affect the consumption of food intake will be less and it leads to lower metabolic levels in the body with less electrolytes and glucose production in the body [3].

Quality of life i.e., people with high standard of health, positivity, good comforts, and environment filled with pleasant happiness which can be experienced by an individual or group of people in their daily life is called a good quality of life. The term Quality refers as the great degree of excellence of achieving something in life. The quality of life not only include wealth and employment but also the environment presents around us, physical and mental health conditions, education, recreation and leisure time, and social belonging etc [4].

A physical health condition with its mental health state is often made between 'mind' and 'body'. Sometimes a poor physical health condition can lead to an increased risk of developing mental problems [5]. Similarly, this can negatively impact on physical health, leading to an increased risk of some diseased conditions. Such as Psychotic disorders, Post-traumatic stress disorder, Personality disorders, Anxiety disorders, including panic disorder, obsessive-compulsive disorder, and phobias, Depression, bipolar disorder, and other mood disorders and finally it also effects on food intake [6].

These conditions that can be due to Schizophrenia is one of the disorders that affecting the person's ability that to think,

feel and behave in a clear way sometimes this may occur due to mor levels of anxiety. Anxiety is a disorder which effects the mental health of the people by their feelings of worry, anxiety it also leads to fear that are strong enough to interfere with one's daily activities [7]. Clinical depression is also one of the major disorders causing this stage. This is mainly a mental health disorder characterized by persistently with depressed mood and with loss of interest in activities, causing significant impairment in daily life. Autism is one of the conditions with serious developmental disorder that impairs the ability to communicate and interact normally with others [8].

People now a days in present modern generations facing this mental health problems most commonly due to high pressure of work and with family relations due to disturbances to each other, and highly facing problem with social networking sites etc. This are affecting the upcoming generation to become lazier and this may lead to dementia. Lifestyle changes can affect the people in two ways one with positive outcome and one with the negative outcome. Whatever the result may be people choosing the right way with great values and the ethics of our society that can change the people with the great achievement [9].

Conclusion

Mental health condition should be balanced equally with their quality of living and can be managed with great positivity, pleasant environment, peaceful life with great love. The best medicine for this condition is to keep our heart and brain with peaceful thoughts and forget the negativity and even if possible, erase it completely from your presence and start a new peaceful life which filled with great positivity.

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