

Mental health matters: Nurturing psychological well-being for a longer, healthier life.

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Introduction

Mental health is a critical aspect of overall well-being, and nurturing psychological well-being is indeed essential for leading a longer and healthier life. Our mental health influences our thoughts, emotions, behaviors, and relationships, impacting various areas of our lives, including physical health. Here are some key points to consider when it comes to nurturing psychological well-being Self-Care Prioritize self-care activities that promote mental well-being. This includes engaging in activities you enjoy, setting aside time for relaxation, practicing mindfulness or meditation, maintaining a balanced diet, getting regular exercise, and ensuring sufficient sleep. Taking care of your physical health can positively impact your mental health and vice versa [1].

Social Connections Foster and maintain healthy relationships with family, friends, and communities. Social support plays a crucial role in promoting mental well-being. Engage in meaningful social interactions, spend time with loved ones, join clubs or organizations, and seek support when needed. Strong social connections provide a sense of belonging, reduce feelings of isolation, and contribute to emotional resilience. **Manage Stress** Chronic stress can have a detrimental effect on mental health. Learn effective stress management techniques such as deep breathing exercises, practicing mindfulness, engaging in hobbies, or seeking professional help when necessary. Recognize stressors in your life and develop healthy coping mechanisms to minimize their impact [2].

Seek help when needed if you're experiencing persistent feelings of sadness, anxiety, or other symptoms that affect your daily life, don't hesitate to seek help from a mental health professional. They can provide support, guidance, and various therapeutic interventions to address your specific needs. Mental health should be treated with the same importance as physical health, and seeking help is a sign of strength. Practice positive thinking cultivate a positive mindset and challenge negative thoughts or self-talk. Focus on your strengths, accomplishments, and the things you are grateful for. Incorporate positive affirmations or gratitude exercises into your daily routine. Research suggests that positive thinking can improve overall well-being and contribute to better mental health [3].

Set realistic goals: Setting realistic and achievable goals gives you a sense of purpose and direction, boosting self-

esteem and motivation. Break larger goals into smaller, manageable steps, and celebrate your progress along the way. Striving for personal growth and accomplishments enhances psychological well-being. Disconnect from Digital Devices while technology has its benefits, excessive use of digital devices, especially social media, can negatively impact mental health. Set boundaries on screen time, take breaks from social media, and engage in activities that don't involve screens. Instead, connect with nature, spend quality time with loved ones, or engage in hobbies that bring you joy and fulfillment [4].

Practice Gratitude regularly expressing gratitude can significantly improve mental well-being. Take a few moments each day to reflect on the things you appreciate and write them down in a gratitude journal. This practice helps shift your focus towards positive aspects of your life, fostering a sense of contentment and happiness. Remember that nurturing psychological well-being is an ongoing process that requires consistent effort and self-reflection. By prioritizing mental health, seeking support when needed, and adopting healthy habits, you can promote overall well-being and lead a longer, healthier life.

Indeed, mental health matters a great deal, as it plays a significant role in our overall well-being and quality of life. Nurturing our psychological well-being can help us lead longer, healthier, and more fulfilling lives. Here are some tips to help you maintain good mental health: Take care of your body eating a healthy diet, getting enough sleep, and exercising regularly can all have a positive impact on your mental health. Connect with others Building and maintaining strong relationships with friends and family can help you feel supported and less isolated. Find purpose pursuing meaningful activities, whether it is work, hobbies, or volunteering, can help give you a sense of purpose and fulfillment. Manage stress Learning to manage stress effectively can help you avoid feelings of overwhelm and burnout [5].

Conclusion

Practice self-care Engage in activities that bring you joy and relaxation, such as reading, taking a bath, or practicing yoga. Seek help when needed don't hesitate to reach out to a mental health professional if you're struggling with your mental health. They can provide you with the support and resources you need to feel better. By taking care of your mental health,

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Received: 19-June-2023, Manuscript No. AAJMHA-23-108754; Editor assigned: 21-June-2023, Pre QC No. AAJMHA-23-108754 (PQ); Reviewed: 05-July-2023, QC No. AAJMHA-23-108754; Revised: 07-July-2023, Manuscript No. AAJMHA-23-108754 (R); Published: 14-July-2023, DOI: 10.35841/ajmha-7.4.155.

you can enhance your overall well-being and lead a longer, healthier life. Remember that mental health matters and it's important to prioritize your psychological well-being just as you would your physical health.

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