Mental health matters: Techniques for maintaining well-being during challenging times.

Manish Varma*

Department of Mental Health Law & Policy, Indian Law Society, Pune, India

Mental health is a vital aspect of our overall well-being. It encompasses our emotional, psychological, and social well-being, and affects how we think, feel, and act. Good mental health allows us to enjoy life, cope with everyday stresses, and contribute to our communities. On the other hand, poor mental health can lead to a range of negative outcomes, such as depression, anxiety, substance abuse, and suicide. In this article, we will explore the importance of mental health and some strategies for maintaining good mental health [1].

Mental health is essential for our overall health and well-being. It affects how we think, feel, and act, and impacts every aspect of our lives. Good mental health allows us to enjoy life, cope with everyday stresses, and form healthy relationships with others. It also helps us contribute to our communities and reach our full potential. On the other hand, poor mental health can have negative consequences for our physical health, relationships, and overall well-being. It can lead to depression, anxiety, substance abuse, and even suicide. It can also have an impact on our ability to function in daily life, such as at work or school [2].

Building Strong Relationships: Building strong relationships with family, friends, and other supportive individuals is essential for good mental health. These relationships can provide a sense of belonging, comfort, and support during difficult times. Practicing self-care, such as getting enough sleep, exercising regularly, and eating a healthy diet, can help improve mental health. It is important to take care of our physical health in order to support our emotional and psychological well-being [3].

Engaging in meaningful activities, such as hobbies, volunteering, or pursuing a career that aligns with our values, can help us feel fulfilled and satisfied with life. It can also provide a sense of purpose and meaning. Seeking it is important to seek help when we are struggling with our mental health. This may involve talking to a therapist, seeking support from a support group, or taking medication if prescribed by a doctor. Practicing mindfulness involves being present and fully engaged in the moment, without judgment. Practicing mindfulness can help reduce stress, improve mood, and increase overall well-being [4].

Avoiding substance abuse can have a negative impact on mental health. It is important to avoid using drugs or alcohol to cope with stress or difficult emotions. Taking breaks from work or other activities can help reduce stress and prevent burnout. It is important to prioritize self-care and take breaks when needed.

The COVID-19 pandemic has had a significant impact on mental health. Many people have experienced increased stress, anxiety, and depression due to the pandemic and its associated challenges, such as social isolation, financial stress, and uncertainty about the future. It is important to take steps to protect our mental health during this challenging time. This may involve staying connected with loved ones, seeking professional help if needed, practicing self-care, and staying informed about the latest developments related to the pandemic [5].

References

1. Noguchi T, Hayashi T, Kubo Y, et al. Association between family caregivers and depressive symptoms among community-dwelling older adults in Japan: a cross-sectional study during the COVID-19 pandemic. Arch Gerontol Geriatr. 2021;96:104468.

2. Bennardi M, Diviani N, Gamondi C, et al. Palliative care utilization in oncology and hemato-oncology: a systematic review of cognitive barriers and facilitators from the perspective of healthcare professionals, adult patients, and their families. BMC Palliat Care. 2020;19(1):1-7.

3. Kain VJ, Chin SD. Conceptually redefining neonatal palliative care. Adv Neonatal Care. 2020;20(3):187-95.

4. Baron R, Heesterbeek Q, Mannien J. Exploring health education with midwives, as perceived by pregnant women in primary care: A qualitative study in the Netherlands. Midwifery. 2017;46:37-44.

5. Luntsi G, Ugwu AC, Ohagwu CC. Impact of ultrasound scanning on pregnant Women's compliance with attendance at antenatal care visits and supervised delivery at primary healthcare centres in northern Nigeria: Initial experiences. Radiography. 2022;28(2):480-6.