

*An Article by student K.S.RASHMA
Department of B.com (Honours)
SDNB VAISHNAV COLLEGE FOR WOMEN*



“MENTAL HEALTH MATTERS EVERYTHING”

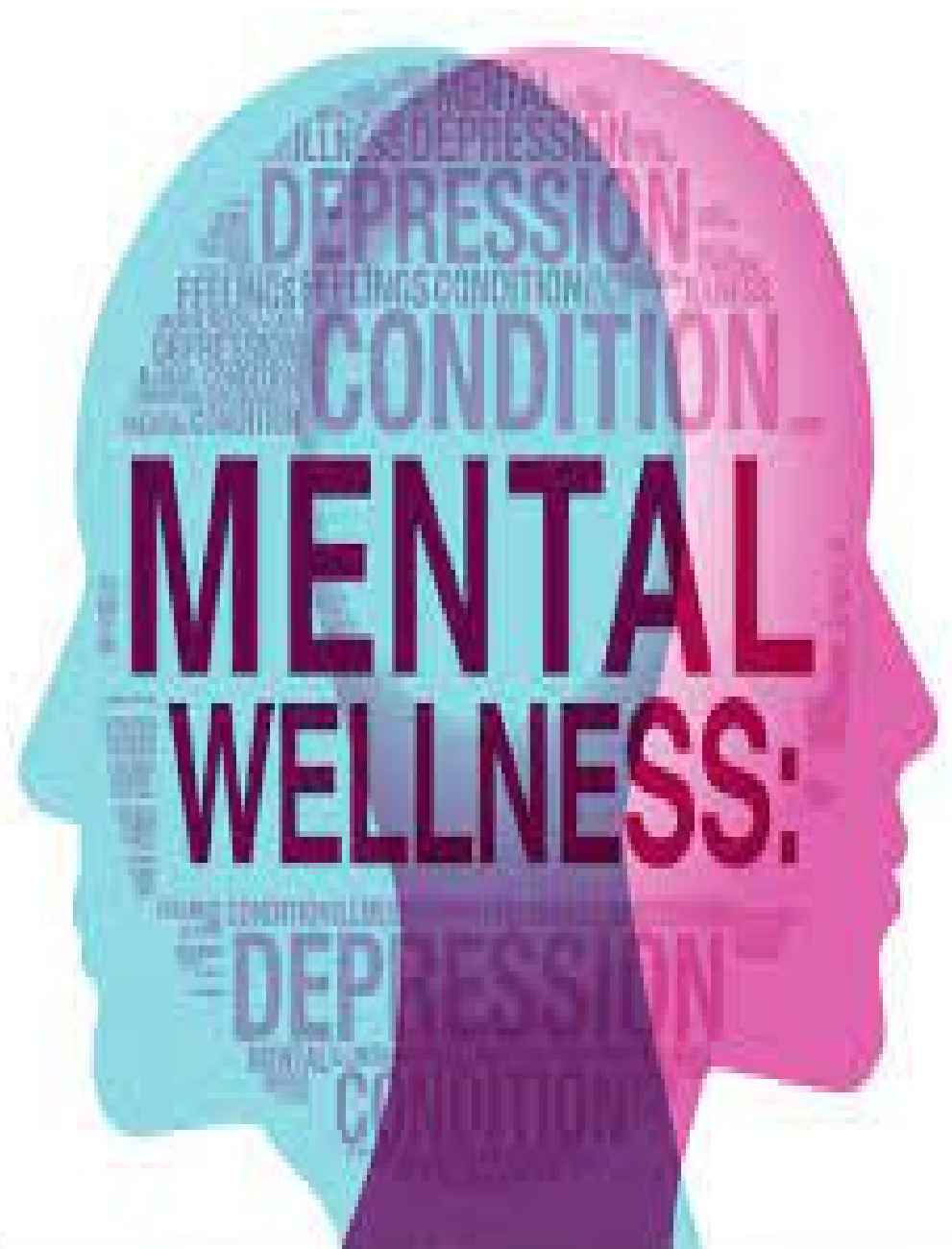
“Health is Wealth” health simply focuses on physical fitness but to be precise it also lays its essential focus on mental health. The most predominant pillar of human fortune is fabricated in mental fitness, both physical and mental vigour should be reliable for an individual to lead a prosperous life in a dynamic community. However, people much emphasis on physical health rather than mental health. So this article will give a clear insight about structuring your mental health.

“Your mental health is everything, prioritise it and make the time like your life depends”

In the course of the pandemic period, a multitude was distressed in homes influenced by lockdown, loss of livelihood, unwaged, and other perils. These circumstances affected their mental soundness. Eventually numerous, do-gooders volunteered themselves and carried out an initiative on creating awareness about mental illness. They recommended remedies and medications by providing free online counseling and conducted various e-camps who

are despaired at home. This helped several individuals to the great extent.

“Mental health begins with you”



Most familiar ways that aids in improving mental welfare are yoga, meditation, and music. Yet still, there are additional habits that contribute a major role in structuring our mental condition.

Aspects that enrich our mental health: Aspects that tarnish our mental health:

SELF JOURNALISING:

Self journalising helps you to pour out your stress, outrage and insecurities. This self-evaluation helps you to understand yourself and reduce your burden, which can't be outspoken.

NATURE TIME:

Sparring your time with nature or going for a relaxed walk can generate a new vibe which enhances your mood.

HOBBIES:

Figuring out your hobbies and enjoying them.

BEING EMOTIVE:

Expressing your feelings, and emotions frankly.

MANIPULATING:

Controlling your thoughts and actions for unnecessary stuff.

BRAIN-SUPPORTING DIET:

The food we intake impacts the nature of our brain, eating brain supporting diet like grains, cereals, green leafy veggies, nuts, etc., can stimulate your brain function.

SLEEPING TIME:

Hit the sack for atleast 6 to 8 hours, having good intense sleep facilitates the brain's processing.



PONDERING OVER THOUGHTS:

Overthinking and pondering on unnecessary thoughts.

REDUCING SCREEN TIME:

Spending more time on social media platforms paves a way for mental illness.

NEWS FEEDS:

Being more into news feeds, gathering news and gossiping about them.

LACK OF SLEEP:

Irregular sleeping time and poor sleeping pattern can damages brain function.

SOCIAL ISOLATING:

De-attaching yourself from family, and friends and resisting socialising with anyone.

Though these things seem to be slight, these triggers influence the crucial part of nurturing your mental fitness. Many studies found that mental soundness reduces the risk of heart attacks and strokes.

To conclude a person with durable and promising mental health can lead the best travel of life.

“Mental health is not a destination but a process. It’s about how you drive, not where you are going”

