

SUSTAINABLE MANAGEMENT OF MENTAL HEALTH

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Abstract

Mental health is a state of well-being in which an individual realizes his or her abilities, can cope with the normal stresses of life, can work productively, and can make a contribution to his or her community. It is a balance established between cognitive, behavioral, and emotional aspects of mind. Absence of merely any mental disease is no more considered as a healthy mental state due to various factors related to lifestyle, systematic diseases, or social factors that might lead to mental illness.

Around 800 000/year deaths from suicide, which is a leading cause of death in young people and mental health conditions cause 1 in 5 years lived with disability. With the emergence of economies all around the world has created an ignition for over achievements and constant desire to succeed even when if it is not needed. This urge of living a second life and inbuilt insecurities due to relationship failures, work, social status, and many other reasons leads to failure to achieve a state of being mindful and being self-aware about the realistic conditions. These mindfulness and self-awareness practices

can shift core conceptual trajectories of mind and heart through which 'sustainability can be developed from within' 'ecological mindfulness' and 'contemplating practices. As mindfulness practices are recognized by the UN (governmental and nongovernmental agencies) widely also.

Mindfulness can not only change how we think about the social and environmental crises that affect our world, but can also help us to take the actions needed to build a more sustainable society.

These conditions are necessary to provide emotional support for people who are already suffering from mental or other diseases and facing social stigmas which further deteriorate to their current state of mind. Foundation can be laid by doing mental trainings including meditation on the foremost ground level and further proceeding with body scanning, silence break, and subtle escort and other interventions. All this can be achieved by infusing it through the education system, primary health care services, funding, and MDPs for various initiatives. Better recognition of cognitive, socio-emotional and behavioral dimensions of learnings. The practice of mindfulness also envisages ethical development based on an intuitive and effective understanding of what is right and wrong. So, as a strategy mindfulness should be used in various professional fields and disciplines ranging from healthcare and performing arts to pedagogy and business.

Keywords

Mental health, Mindfulness, Traditional Techniques, self awareness

Introduction

WHO has effectively stated about mental health as, "There is no health without mental health. When an individual starts facing new challenges of life in personal and professional areas. They start developing new behavioral patterns to face or manage difficult situations. Mental health not only constitutes having a mental illness but, how a person is shaping the environment regarding social and emotional wellbeing. Different types of techniques can be used to detect any mental health problem or any physical discomfort which occurs due to mental imbalances, like hormonal imbalances or hypertension like lifestyle disease disorders. Thus, Incremental decrease in QALY associated with symptoms of anxiety, depression, and other mental disorders. Many underlying issues of disturbed mental health like workload, self- image issues or divorces, incapability to focus, etc. can be there which leads to Depression, Anxiety, Stress, Memory Loss, Alzheimer's Disease, Mood Disorders including seasonal affective disorder living or Service Needs and beyond. Which leads to the further problem in also, where people either start sufferings due to various stigmas or behaving leading to rise in stress alternatively.

Stress management strategies including Meditation of any type like breath focusing, mind concentration or heartfulness based meditations, or any other practices like escort subtle, body scan, etc. Either of the meditation can be guided or unguided. These practices create a sense of self- awareness and make a person mindful of his/her current moments. It creates a balance between mind and heart. As there is activation of various cortical parts in the brain which establishes a robust connection amongst neurons and has been traced by using a primary imaging technique fMRI. All these techniques have a scientific basis that changes our perception, develops a better cognition and neuroplasticity. These techniques play an effective role in maintaining or improving mental health conditions sustainably as compare to other treatment procedures. These techniques can be learned through introduction in education system or through MDPs. So, that people can face their challenges by maintaining a balance of mind, body and soul to lead a healthy life. This study shall help the readers to know the importance of traditional mindfulness approaches for a healthy and achievable life.

Method

CSystematic reviews of clinical studies done and some secondary data were analyzed from other research studies done on various participants involving methods like fMRI tests conducted on the participants who were performing meditation.

Mental Health

Studies conducted using Kleinman's original approach where it was possible to know the viewpoint of patients about their illness. It is not always necessary to have mental illness first but it may develop as a result of some other physical stress or various social issues. This can be best known by using this scale and then a qualitative review can be established. Depression was measured using QUIDS to known by using related standard scales. Mental states can be at different levels and needs different treatment approaches.

Mindfulness Techniques

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Studies were conducted on participants who performed zen meditation and Buddhist meditation with other breath focusing techniques and OM meditation. Other techniques like subject focusing and nature walk are also included as practiced by some of the people according to their preferences .

Mapping

Tests were conducted and connectivity was noticed between pre resting state and post resting state and increased functional connectivity was seen in left VRP (Ventral rostral putamen). Other regions including frontal, thalamic and extensive dorsal and ventral part of the brain shows high activity on the cortical level, the right inferior parietal sulcus has been highlighted as going and integrating multisensory bodily signals were produced. Electrical stimulation was also increased in bilateral rectal gyrus and orbitofrontal cortex, relative to the implicit baseline

Measures like fMRI and several other tools like ART (Artifact Detection Tools) through which global mean intensity was identified, it is a signal which is widely used as a regressor or normalization factor for removing the effects of global variations in the analysis of functional magnetic resonance imaging (fMRI). A generative model of classification was made, bias correction and segmentation was done

Motion outliers were identified with an analysis of variance. t-test and test were applied to know error states. Later reaction times were compared in cases (meditators) and controls and found that meditators made fewer errors than nonmeditators. And found to have less mind wandering, loving, kindness, and choiceless awareness.

It was also found that there is also decreased activity in DMN (Default mode network) during meditation which increases the positive behavior and creates a sense of strong cognition.

Conclusion

Meditation and its related techniques are useful in controlling the mind from going into default mode. It increases your cognition abilities and sense of being in present rather than in the past or future. The default mode network is associated with effortless thinking and keeps the mind engaged to have thoughts about irrelevant things. DMN also represents the Central nervous system which further controls parasympathetic and sympathetic pathways of neurons. The practices like meditation or heartfulness based meditation also increases the quality of sleep and keep the hormonal pathway in a better state. Doing these practices also help in increasing the productivity of individuals as increases in focus.

It also creates an emotional sensibility towards the surrounding environment with an acceptance towards yourself. Builds confidence and creates self-awareness to achieve the best.

Future research or application can be of introducing the techniques in our education system or corporate schedule programs daily. The second application can be useful in other fields like dietary management for weight loss or people suffering from some mental disease like obsessive-compulsive disorders dementia and others.

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