



Mental Health and Disorders: An Overview

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Introduction

Mental Health is a state of wellbeing of an individual in all aspects including cognitive, behavioral, emotional, social and psychological well-being.

It is all about how we think, feel, and behave. It also affects how we handle stress, anxiety, depression, overcome life's challenges, relate to others, and make choices.

It might be difficult to avoid feeling stressed and under pressure but maintaining a productive daily activity, fulfilling relationships, ability to adapt a change and coping up with the stress can build a positive outlook and make you mentally healthy.

Some of the below points can help you out in clearing your mind from stress and elevating your mood.

1. Staying active by doing at least 30 minutes physical activity which can include walking, housework, etc.
2. Taking right nutrients and having a balanced diet is required for maintaining both physical and mental health.
3. Being in touch with your friends, family or any relationship that makes you feel valued means a lot.
4. Taking breaks and giving a time to yourself which can be five minutes, half an hour, or a whole weekend. Know when your body is ready to come back. A change of pace is a great remedy in the stressful situation.
5. Don't be afraid to ask for help, discussing your feelings about what's troubling you can also help and make difference in your well-being.
6. Caring for others or supporting others also feel you better as well.
7. Doing thing you enjoy i.e. you can choose to concentrate on your hobbies and do whatever you're good at.

Having a good Mental Health is important at every stage of life. It helps in preserving a person's ability to enjoy life, cope with the face of life's adversities to lead a relatively happy and healthy life.

Mental Health Disorders

A mental health disorder (or mental illnesses) is independent of age, gender, ethnicity or socioeconomic group. It affects your thinking, feeling, mood and behavior. Disorders can range from mild to severe and can be occasional or long-lasting (chronic). It can affect your ability to relate to others, work and can prevent you from living a normal life.

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Factor Contributing Mental Health Disorders

It may arise due to biological factors such as genes, brain chemistry, life experiences such as trauma or abuse, family history of mental health problems, traumatic brain injury, substance abuse, exposure of mother to viruses or toxic chemicals while pregnant.

It may also emerge because of stress, loneliness, depression, anxiety, problems in relationship, loved one's death, self-harm or suicidal thoughts, grief, addiction, ADHD, various mood disorders, or other mental illnesses of varying degrees, as well as learning disabilities.

Major Types of Mental Health Disorders

There are many different types of mental disorders. Some common ones incorporate:

1. Anxiety disorders, including panic disorder, obsessive-compulsive disorder and phobias
2. Depression, bipolar disorder, and other mood disorders
3. Eating disorders
4. Personality disorders
5. Post-traumatic stress disorder
6. Psychotic disorders, including schizophrenia

Treatments for Mental Health Disorders

Treatment varies according to the type of mental disorder you have and how serious it is. Therapists, psychiatrists, psychologists, social workers, nurse practitioners, or family physicians can help manage mental illness with treatments such as psychotherapy, counseling or medication.

1. Antidepressants, anti-anxiety medications, antipsychotic medications, and mood-stabilizing medications are the four main categories of medications used to treat Mental Health Disorders.
2. Talk therapy is another way where you have to talk to mental health provider about your experiences, feelings, thoughts, and ideas. They act as a neutral mediator, helping you learn coping techniques and strategies to manage symptoms.
3. Avoiding alcohol and drugs, and acquiring a healthy lifestyle that incorporates foods which might benefit to your brain. This includes omega-3 fatty acids, a type of fish oil that occurs naturally in some high-fat fish.

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