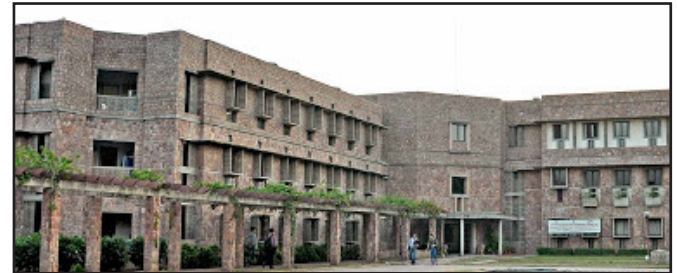# Sustainable Management of Mental Health

Dr. Himani kulshreshtha

Indian institute of health management and research, Jaipur, Rajasthan, India

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 non- governmental 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.

Biography:

Himani is Experienced Nurse with a demonstrated history of working in the medical practice industry. Skilled in User Experience (UX), Customer Relationship Management (CRM), Leadership, Team Management, and Marketing. Strong healthcare services professional with a nursing bachelor focused in nursing student from Karaj Islamic Azad University.

Publication of speakers:

1. Mental health diseases and conditions; data on mental health diseases and conditions described by researchers at sheffield hallam university ('it's mental health, not mental police': a human rights approach

2. To mental health triage and section 136 of the mental health act 1983). Portland united states north and central america health and medicine legal issues mental health diseases and conditions mental illness psychiatry.