

IMPROVING THE STATE OF YOUR  
**MENTAL HEALTH**



## Table of Contents

<b>Introductory .....</b>	<b>4</b>
<b>Emotional and Mental Health .....</b>	<b>6</b>
Emotional Health or Mental Health.....	6
Signs Of Emotional or Mental Health Issues .....	7
Mental Wellness and Health.....	8
Building and Maintaining Positive Mental Health .....	8
<b>The Importance Of Taking Care Of Yourself .....</b>	<b>10</b>
Positively Impact Others .....	10
Practice The Importance Of Self-Discipline .....	10
Enjoy The Wondrous Beauty Of Art and Nature.....	11
Manage Your Level Of Stress .....	11
Limit Your Unhealthy Emotional and Mental Habits .....	11
Proven Strategies For Taking Good Care Of Yourself.....	11
Appeal On Your Senses.....	12
Engage In Creative and Meaningful Work.....	12
Get a Pet.....	12
Make Your Leisure Time a Priority.....	12
Make Time For Your Appreciation and Contemplation.....	13
<b>Mental Health Shapes Your Life Experiences.....</b>	<b>14</b>
The Risk Factors .....	14
<b>Stress Can Impact Mental Health .....</b>	<b>16</b>
What Can Stress Do To You.....	16
Depression and Mental Health.....	17
<b>Helping Yourself Is Important .....</b>	<b>18</b>

**The Benefits Of A Healthy Mind..... 20**

## **Introductory**

To be functional and to be the best that we can be, we really need to take care of our minds and to make sure that it is healthy. When we have a healthy mind, all the other facets in the system will follow.

The physical, emotional and spiritual sides of life will also healthy. The mind is the center of everything. It is the hub where everything meets and confers.

People will always face situations that will challenge the mind. If our facilities are in working order, a healthy mind, we can overcome whatever situation that might come across. Stress, illness, emotional and spiritual upheaval – they will just flow like water.

If we really think about it, it takes hard work to create and maintain a healthy mind, since there are so many outside factors that are clamoring for our attention.

But if we really work hard and put that investment of making and maintaining a healthy functional mind, the outside factors that are trying to get in, will melt like snowflakes in your hand.

Consider that in building and creating a sound mind, you need to break down all the factors that it will affect. You have the physical side, and then you have the emotional side, and you have the spiritual side.

For the physical side, this will deal with the overall psychomotor functions. It deals with the illnesses, fitness, etc.

For them emotional side, this will deal will all the feelings that a person sense. From experiences to the many volatile emotions, this is where all is filtered.

Then you have the spiritual side, which is the core of the system. this side works closely with the mind since this is relatively the fuel that

makes the mind do what it needs. It touches and makes the being whole. Though often neglected, this is one facet of life that should be really investigated.

Overall, when it comes to mental health maintenance, you need great care to sort out what is needed. If you really take a closer look, it can be an easy task. It's like when you tell yourself that you can do it, low and behold you will be able to do it.

All you need to do is look at the factors that are affecting the overall well-being of the mind, figure out what you need to make your mind healthy. Ask yourself what your strengths and weaknesses are.

Make your weaknesses into strengths and to make your strengths stronger. When it comes to you and your overall well-being it's important that you research and that you find the answers that you are looking for. After all this is you.

Remember that it all starts in the mind, so what we need to do is to make sure that the mind is healthy and sound. The hub or the center of activity has all its lights on. There is clear illumination for what is there and what should be done.

## **Emotional and Mental Health**

According to studies, individuals who are emotionally and mentally healthy can control their behavior and emotions. They also have the capability to handle life trials and challenges, recover from serious setbacks and build strong and healthy relationships with others.

However, you need to bear in mind that if you want to maintain or build emotional health, mental health and physical health, effort, commitment, time and dedication is highly recommended.

It is true that enhancing your mental and emotional health is a rewarding experience that you will love. Mental health can benefit all the salient aspects of your life such as adding enjoyment to your day to day activities, building resilience and most importantly boost your mood.

For those people who are experiencing emotional health or mental health problems, it is very important that they are familiar and aware about how to get rid of it in just a short period of time. Here, you will learn the real definition and significance of emotional health and mental health.

### **Emotional Health or Mental Health**

Emotional or mental health usually refers to your overall psychological being. It also includes your ability to manage your emotions and feelings, build relationships, develop the way you look and feel about yourself and most importantly how you can deal with extreme difficulties.

Mental health is not just about the absence of mental health issues and problems. Being emotionally and mentally healthy is more than being free of psychological issues, anxiety and depression.

The absence of emotional and mental health commonly refers to the presence of excellent characteristics.

There are some people who don't have negative emotions and feelings however they still need to do things that will make them feel good and positive to help them get a hold on their emotional and mental health.

*Individuals who are emotionally and mentally healthy have the following:*

- High self-esteem and self-confidence.
- They can maintain and build fulfilling relationships.
- They have a balance between their play, work, activity, rest and a lot more.
- They have the flexibility to know and learn new things and at the same time they can easily adapt it to change.
- They have a great sense of purpose and meaning in their relationships and activities.
- They can easily and effectively deal with life challenges and stress and bounce back from adversity.
- They could have fun and laugh as well as they have zest for living.
- People who are emotionally and mentally healthy have a great sense of tranquility and contentment.

The positive characteristics of emotional and mental health will allow you to easily participate in all the latest happenings in your life by having strong relationships, meaningful activities and being productive every single day.

The effective and positive characteristics of emotional and mental health will greatly help you to quickly cope with life stresses, trials and challenges.

## **Signs Of Emotional or Mental Health Issues**

Not all people are familiar and aware about the warning signs of having emotional or mental health issues and problems. For those

people who want to know and learn about the warning signs of having emotional and mental health issues and problems, just check this out:

- Inability to execute daily activities and tasks such as getting to school or work and taking care of your family and kids.
- Thinking of harming other people and yourself.
- Believing things or hearing voices that are not real.
- Having persistent memories and thoughts that you can't easily get out of your mind.
- Experiencing mood swings that can cause major problems in your relationships.
- Fighting and yelling with friends and family.
- Feeling unusually scared, worried, upset, angry, forgetful and confused.
- Using drugs, drinking and smoking.
- Feeling hopeless and helpless.
- Having unexplained pains and aches.
- Feeling numb.
- Having no energy.
- Pulling away from your usual activities and people.
- Sleeping and eating too little or too much.

## **Mental Wellness and Health**

*According to studies, positive and good mental health allows you to:*

- Make evocative contributions to your community.
- Work productively.
- Cope with pressure and stress in life.
- Realize your full potential.

## **Building and Maintaining Positive Mental Health**

- Developing your coping skills.
- Get accurate hours of sleep.
- Helping other people.
- Getting physically fit and active.
- Staying positive.



- Connecting with other people.
- Getting professional guidance, advice and help especially if your need it.

It is a fact that emotional and mental health issues and problems are quite common in different parts of the world. According to researches, many American adults experience mental health problems.

In addition to this, young people also experience major depression and some Americans live with serious mental problem that includes depression, bipolar disorder and schizophrenia.

Moreover, suicide is considered as the top-notch cause of major death in Unites States of America.

## **The Importance Of Taking Care Of Yourself**

For those individuals who want to improve, strengthen and maintain their emotional and mental health, the first thing that they can do is to take good care of their selves. It is very essential to pay attention to your feelings and needs.

Don't let negative emotions and stress build up in your system since it can harm your overall health. You have to balance the things that you love to do and your daily activities and responsibilities.

If you take good care of yourself, you can be sure that you are a hundred percent prepared and ready to deal with trials and challenges that might come into your life.

Taking good care of yourself usually includes pursuing the activities that release endorphins within your body.

*According to researchers, endorphins are naturally released within your body when you do the following:*

### **Positively Impact Others**

It is a fact that being valued for all the things that you do and being useful to other people can easily build self-confidence and self-esteem. If you really want to build your self-confidence and self-esteem, do certain things that can greatly impact other people in a nice and meaningful way.

### **Practice The Importance Of Self-Discipline**

It is true that self-control can lead to a sense of hopefulness and at the same time it can greatly help you to easily overcome your negative thoughts, helplessness and despair. By practicing self-discipline, you can be sure that you can easily become emotionally and mentally healthy.

## **Enjoy The Wondrous Beauty Of Art and Nature**

There are some studies that show that by simply walking in your garden, you can reduce your stress and lower down the level of your blood pressure.

Apart from this, sitting on a beach, viewing architecture, hiking and strolling through art galleries and parks can also lower your blood pressure and reduce stress.

## **Manage Your Level Of Stress**

According to researchers, stress takes a heavy toll on people's emotional and mental health. This is one of the reasons why you need to manage and control your stress.

It is a fact that not all stressors can be easily prevented however strategies for stress management will greatly help you to bring things into balance.

## **Limit Your Unhealthy Emotional and Mental Habits**

Too much worrying is considered as one of the well-known unhealthy emotional and mental habits of most people in the present time. It is very important to avoid becoming too absorbed by your repetitive mental habits.

Moreover, negative thoughts can suck up your time and drain your energy. It can also trigger your feelings of depression, fear and anxiety.

## **Proven Strategies For Taking Good Care Of Yourself**

In order to become emotionally and mentally healthy, it is very significant that you have an apparent and better understanding about the helpful and effective strategies for taking good care of yourself.

*Here are some proven methods that are recommended:*

### **Appeal On Your Senses**

Stay energized and calm by simply appealing on your five senses such as taste, smell, touch, sound and sight. You can listen to your favorite music to easily lift up your mood.

You can also place a bunch of flowers on your patio where you can smell and see them. You can also massage your feet and hands, or you can also sip your favorite warm drink.

### **Engage In Creative and Meaningful Work**

You can execute things that will greatly challenge your superior creativity. By doing this, you can be sure that you feel more productive every single day.

You can engage yourself in gardening, playing an instrument, writing, drawing or even building your own workshop. By doing this, you can completely explore your strengths and weaknesses.

### **Get a Pet**

It is a fact that pets are a big responsibility however caring for a pet will make you feel loved and needed. Your pet can also serve as your buddy. You will also need to take your pet for a walk, and this will cause you to exercise and meet new people.

### **Make Your Leisure Time a Priority**

If you are doing things for no reason, it simply means that you are happy and contented while doing them. Spend your leisure time with exciting and memorable activities such as a walk on the beach, reading amazing books, chatting with your friends, listening to your favorite music and watching a funny movie.

It is true that playing is considered to be a mental and emotional health necessity.

### **Make Time For Your Appreciation and Contemplation**

The first thing that you can do is to think of all the wondrous things that you are grateful for. You can pray, meditate, enjoy watching the beautiful sunset or spend time paying attention to what is beautiful, positive and good as you continue the rest of the day.

Everyone is different and not all things will be beneficial to all people. There are some individuals who prefer to relax while some want to have more activities to enjoy and explore.

## Mental Health Shapes Your Life Experiences

Emotional and mental health continues to shape your life experiences. Early experiences during your childhood are really important. Biological and genetic factors play a significant role in your life however these two factors can also be changed by your life experiences.

### The Risk Factors

If you want to get a hold of a better mind, better life and better living, it is very essential that you are familiar and aware about the risk factors that have the ability to compromise emotional and mental health.

*Here are some of the risk factors that can compromise your emotional and mental health:*

**Poor attachment and connection to your primary caretaker in life:** Feeling abused, confused, unsafe, isolated and lonely as a young child or infant.

Serious losses and Traumas in life- Traumatic experiences that include hospitalization or war as well as sudden death of parents.

**Learned Helplessness:** Negative experiences and situations in life that usually lead to a certain belief can make you feel helpless. This is one of the reasons why you need to have control over the latest situations and happenings in your life.

Illness- This is considered as one of the risk factors that can affect your emotional and mental health especially when your illness is chronic, isolates and disables you from other people.

**Side Effects Of Your Medications:** This kind of risk factors usually happens to older people who are taking different types of medications for their illness and diseases. The side effects of their medications can compromise their emotional and mental health.

**Substance Abuse:** It is a fact that drug and alcohol abuse can cause emotional and mental health issues and problems. This can also make your mental health get worse.

Whatever external and internal factors have shaped your emotional and mental health, it is not too late for you to change and improve your psychological well-being.

It is true that risk factors can be easily counteracted with effective protective factors such as coping strategies, healthy lifestyles and strong relationships for managing negative emotions and stress.

For those people who are encountering emotional and mental health issues and problems, the best thing that they can do is to immediately consult a professional psychiatrist who will greatly help them to regain their emotional and mental health.

Aside from this, you can also try stress management techniques, healthy lifestyles, supportive and healthy relationships and coping emotional strategies that will serve as your key and guide to easily bring back your emotional and mental health.

However if all your efforts did not work out, it simply means that this is the best time for you to consult a professional and reliable psychiatrist who will provide you with help, advice and guidance on how you can easily cope with your normal life.

There are various psychiatrists who specialize in the field of regaining emotional and mental health. They are the ones that you should consult, and rest assured that they will greatly help you in bringing back your normal.

## **Stress Can Impact Mental Health**

Stress and how it affects the mental health of a person is not something to take lightly. It can impact the mental health of a person in more ways than one.

Stress has positive and negative effects. For the positive side, stress can make a person system surge and jump up to be more productive; enabling a person to meet impossible deadlines and letting you finish tasks that you thought were impossible.

On the negative side, stress can inhibit a person from really functioning. More often than not, it limits a person's thinking or reasoning; it can hold someone back and slows them down from accomplishing the tasks that they need to do. Stress acts like a stop sign that freezes a person in his tracks.

### **What Can Stress Do To You**

When a person says that he or she is stressed, more often than not, this refers to the negative form of stress. The mind and body feel the tension that stress is in putting on the system. There are instances where stress and its effects are short lived and whatever impact they may have on the system are minimal to none.

Then there are occasions where stress is long term, and the effects are often long lasting and majorly impacts the system, both mentally and physically.

There are many ailments and diseases that are related to stress. Understand that stress affects the whole body. From the major organs like the heart, lungs, kidneys and then you also have the brain. Physically and mentally when a person is overloaded or stretched beyond his or her limit, just like a rubber band, the body as a whole feels the effects.



One example of a stress related ailment is depression. If you define depression, it means that a person is suffering from a low mood and at times he or she has an aversion for activities.

It also affects the behavior, thoughts and feelings of a person. It is manifested in feelings like hopelessness, despair, lack of vigor, feeling of loss and restlessness.

A person who is depressed lacks the vitality that he or she once felt. Depression also affects concentration, often making the person forgetful. It can also affect the appetite of the person suffering from depression, thus manifesting in loss of energy, fatigue, aches and pains and at times digestive problems.

### **Depression and Mental Health**

When you really think about it, depression which is caused by stress will target a person's mental health and over all well-being. The mood in itself is not a psychiatric disorder, since it is a normal reaction of the mind to the events that are happening in life.

But as it progresses, this stress related disorder can become something serious.

There have been many cases where people who suffer from depression are often treated with medicine since whatever they are feeling is starting to affect their health, mentally and physically and their safety.

Just like with people who are suicidal or for those who become dependent and abuse drugs.

## **Helping Yourself Is Important**

### **Understanding**

When you are battling with ailments like ADHD and Bipolar Disorder, it takes a certain understanding on your part. What this means is that you need to find out what you can about what you are going through.

Denial will not help you since you are restraining yourself in getting better. This is not self-help; this is self-deprivation. You need to reverse the situation and find ways on how to get better.

### **Acceptance**

Acceptance of what you are going through should be the next step in your quest to overcome ADHD and Bipolar Disorder. It starts with you. Accept the situation and find out ways on how you can cure yourself. Do not limit yourself with ignorance and denial of what is happening in your life.

The mere fact that you accepted that you are in this situation and that you need assistance is a form of self-help. Make sure that you take the appropriate steps that you need to take to rid yourself of these ailments.

A healthy mind is a great reward, which you will have, once you make the right decision in making yourself healthy.

### **Medication**

For these types of ailments, acceptance and awareness is the key in making yourself better. If you are starting to notice or if other people are starting to notice that you are having erratic behaviors that are close to the described symptoms for ADHD and Bipolar Disorder, it is time that you seek medical counseling.

Remember that you are helping yourself, so you are trying to find the cure in making you feel better.

You are doing yourself a favor in seeking medical help. You are finding ways to make sure that you will have a healthy mind and you can control the illness that is trying to take over your system.

Keeping this in mind, it will lead you closer to getting rid of these ailments and getting the healthy mind that you deserve.

### **Maintenance**

Once you get past the acceptance and the medical side, what you need to do is to maintain what is prescribed and what is ordered for you. diligence is an essential part on the road to recovery.

You cannot get better with one pill or with one try, it takes hard work. at the end of the day, it will all be worth it.

### **Mind Over Ailment**

Remember the phrase "mind over matter", not revise and apply this phrase in your life "Mind over ailment." Help your system to win the battle to overcome ADHD and Bipolar disorder by thinking yourself to be well.

The mind is a powerful tool that you can utilize. Help the drugs that are swimming in your system by releasing enzymes in your body which will help you fight the ailments that are trying to wreak havoc on your healthy mind.

## **The Benefits Of A Healthy Mind**

Have you ever heard of the phrase, "It all starts in the mind." This is true. It all starts in our noggin and the powerful clump of muscle that signals and transmits information to our body and soul.

In some cases, we can literally heal ourselves if we have a healthy mind. How? An example would be, say we are facing a stressful situation like grief and loss. There is a process that we need to go through, when it comes to grief. This is a very long process that we need to deal with.

### **Advantages**

At the end of the process, there is a stage called recovery. This is where the mind is finally waking up from the depression, anguish and loss that it experienced.

At this stage, the mind is signaling the body to wake up and to heal. This is a precarious stage, because the mind and the spirit should be nourished. As the mind heals and as it becomes healthy, the body will heal from all the stress and strain that it experienced.

When you have a healthy mind, you find peace and harmony in everything that you do. It enables you to appreciate all the facets of your life.

If you are working or you have a career, you have the energy to what you need to in order to finish your tasks. This can be factored in with your physical and spiritual wellness.

It also works with relationships. With a healthy mind, you are able to reach more people and sustain relationships to make them better. You are at peace with yourself and the people that you are interacting with.

You are able to open yourself to a more positive outlook in life. You are able to touch other people's lives because you have a sound mind. So, in effect, with a healthy mind it does not just affect you as individual, you can reach out to touch and help others in building a healthy mind as well.

A person needs to understand that when you have a healthy mind, it does not just affect one facet of life, like the physical side. It affects everything. It works with the physical side, the emotional side, the spiritual side of life. Then there comes a bonus, you can help other people as well.

Overall, it is important that a person should really feed the mind for it to become healthy. This is your life and your bodies, so make sure that you take care of it.