

MENTAL HEALTH AWARENESS



TAKING CHARGE OF YOUR MENTAL HEALTH



WHAT IS MENTAL HEALTH?

Mental Health is the state of our emotional, psychological and social well-being on how we think, feel and act to any situation.

Mental Health still carries a lot of stigma and discrimination in our society. Although, we have social warriors battling these issues, it is important that we all take part in this movement.



MYTHS AND STIGMA

People with mental illness are usually violent and unpredictable.

Stigma happens when a person defines someone by their illness rather than who they are as an individual. For example, they might be labeled "psychotic" rather than "a person experiencing psychosis".

FACTS:



One in every four people in the world are affected by mental health issues, they are battling something we don't know about.

About 800,000 people approximately die from suicide globally each year and the major cause is depression and these are one of the pressing issues in our mental health.

COMMON SIGNS OF BEING MENTALLY UNHEALTHY

- FEELING OF PARANOIA & HAVING HALLUCINATIONS
- SIGNIFICANT TIREDNESS & SLEEPING PROBLEMS
- INABILITY TO COPE WITH DAILY CHALLENGES
- EXCESSIVE FEARS & EXTREME ANXIETY
- MAJOR CHANGES IN EATING HABITS
- COME UP TO SUICIDAL THOUGHTS

WAYS TO IMPROVE YOUR MENTAL HEALTH



OPEN UP TO TRUSTED ACQUAINTANCES

When in doubt, open up. Bursting isn't a sign of weakness, rather it can be a way for you to be able to cope with the problems you've been carrying around in your head for a while

TAKE A BREAK

Take a break from social media. Detoxify, take a deep breath and relax. Let your thoughts flow and think about those best memories. Make this as a habit

ACCEPT YOUR FLAWS

Flaws are part of who and what you are today. You can always improve your flaws gradually through accepting it as a unique and genuine part of you.

VALUE YOURSELF

Making yourself a priority enables you to be a better person, as well as the relationships you forge along the way. When we have high self-value, we take care in our physical and psychological health, growth, and development.

SURROUND YOURSELF WITH GOOD PEOPLE

Maintaining good relationship with people can also boost our self-esteem in our everyday life. Avoid those people who no longer contribute to your happiness, thus, stick to the ones who encourage you.

DO THE THINGS YOU LOVE

This is one way to prevent your mind to think negatively. Enjoying the things you love helps you combat your stress. You'll feel the fulfilment even in your own company and enhances your productivity.

LET US LEND OUR EARS AND MOST IMPORTANTLY LEND OUR UNDERSTANDING. TOGETHER, LET US COMBAT MENTAL HEALTH ISSUES.

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