

Mental health refers to a person's emotional, psychological, and social well-being. According to the **World Health Organization (WHO)**, mental health is more than just the absence of mental disorders; it is a state of well-being in which individuals realize their abilities, can cope with normal stresses of life, work productively, and contribute to their community. Key **factors affecting mental health** include genetics, brain chemistry, life experiences (such as trauma or abuse), and family history. **Common mental health conditions** include depression, anxiety disorders, bipolar disorder, and schizophrenia. **Benefits of good mental health** include improved concentration, enhanced productivity, better relationships, reduced risk of chronic diseases, and a stronger immune system. **Ways to maintain mental health** include regular physical activity, balanced nutrition, sufficient sleep, mindfulness practices, social connection, and professional therapy when needed.