

ISPOR DZINE **MENTAL**

HEALTH

February
Edition

Designer :
Justin



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MENTAL HEALTH

Mental health, according to the World Health Organization (WHO), is a condition of well-being in which a person recognizes his or her own abilities, can manage with typical life challenges, work efficiently, and contribute to his or her community. It has an impact on the way we think, feel, and act. It also influences how we deal with stress, interact with others, and make decisions. Mental health issues are caused by a variety of causes, including life experiences, biological characteristics, and family history.

Early indicators of mental illness. There is no reliable physical test or scan that can determine whether or not someone has developed a mental illness. One or more of the feelings or behaviors listed below can be an early warning indication of a problem. Mental health, according to the World Health Organization (WHO), is a condition of well-being in which a person recognizes his or her own abilities, can manage with typical life challenges, work efficiently, and contribute to his or her community. It has an impact on the way we think, feel, and act.

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One or more of the feelings or behaviors listed below can be an early warning indication of a problem:

Pulling away from people and normal activities by eating or sleeping too much or too little? Lacking or having no energy? Nothing seems to matter.

Unexplained aches and pains. Feeling helpless or hopeless.

More than normal smoking, drinking, or drug use.

Feeling especially perplexed, forgetful, agitated, furious, upset, frightened, or afraid.

Yelling at or fighting with family and friends.

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Hearing voices or believing things that are not true.

Thinking of harming yourself or others.

Inability to carry out daily activities such as caring for your children or getting to work or school.

RISK FACTORS

For more information, visit www.ispor.org

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Continued stress and economic strain.

Having insufficient financial resources or belonging to a marginalized ethnic group.

Fear housing quality.

Family history of mental illness.

Generalized anxiety disorder (GAD).

This is an inordinate worry that interferes with daily life. People may have extreme anxiety when confronted with mundane tasks that do not pose a direct threat, such as doing chores or making appointments. Restlessness, weariness, tense muscles, and disrupted sleep are some of the physical signs. Panic disorders: People with a panic disorder experience panic attacks, which are sudden periods of intense fear or discomfort.

Phobias which are of different types. Simple phobias: These could include an exaggerated fear of certain objects, scenarios, or animals. A common example is a fear of spiders.

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Simple phobias: These could include an exaggerated fear of certain objects, scenarios, or animals. A common example is a fear of spiders.

Social phobia: This is a fear of being judged by others. People who suffer from social phobia frequently limit their exposure to social situations.

AGORA PHOBIA

This word describes the feeling of being trapped in a sort of situation where getting out is difficult, such as an elevator or a moving train.

Obsessive-compulsive disorder (OCD). People with OCD have a strong drive to undertake repetitive actions, such as hand washing, and their thoughts are always distressing.

Post-traumatic stress disorder (PTSD). This can happen after a person has been through or witnessed a traumatic or event. The person believes that their or other people's lives are in jeopardy during this type of incident.

They may be scared or believe they have no control over what is going on.

Mood disorders: People with these disorders experience major variations in mood, with mania (a period of high energy and elation) or depression being the most common. Mood disorders include the following:

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Mood disorders: A person suffering from mood disorders is characterized by extreme changes in mood, which may be manic or depressive.

thinking disorders.

are all positive.

WAYS TO PROTECT YOUR MENTAL HEALTH

yourself gives you the confidence to do new things, go to new places, and meet new people. When it's time to take a break, take a break. Take a break from work and stress. Take a break from work and stress.

Creating connections with other people.

Getting adequate rest.

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Lacking or having no energy
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Unexplained aches and pains.
Feeling helpless or hopeless

More than normal smoking, drinking, or drug use

Feeling especially perplexed, forgetful, agitated, furious, upset, frightened, or afraid

Yelling at or fighting with family and friends.



Having significant mood swings that cause relationship troubles.

Having persistent thoughts and memories that you can't shake

Hearing voices or believing things that are not true

Thinking of harming yourself or others.

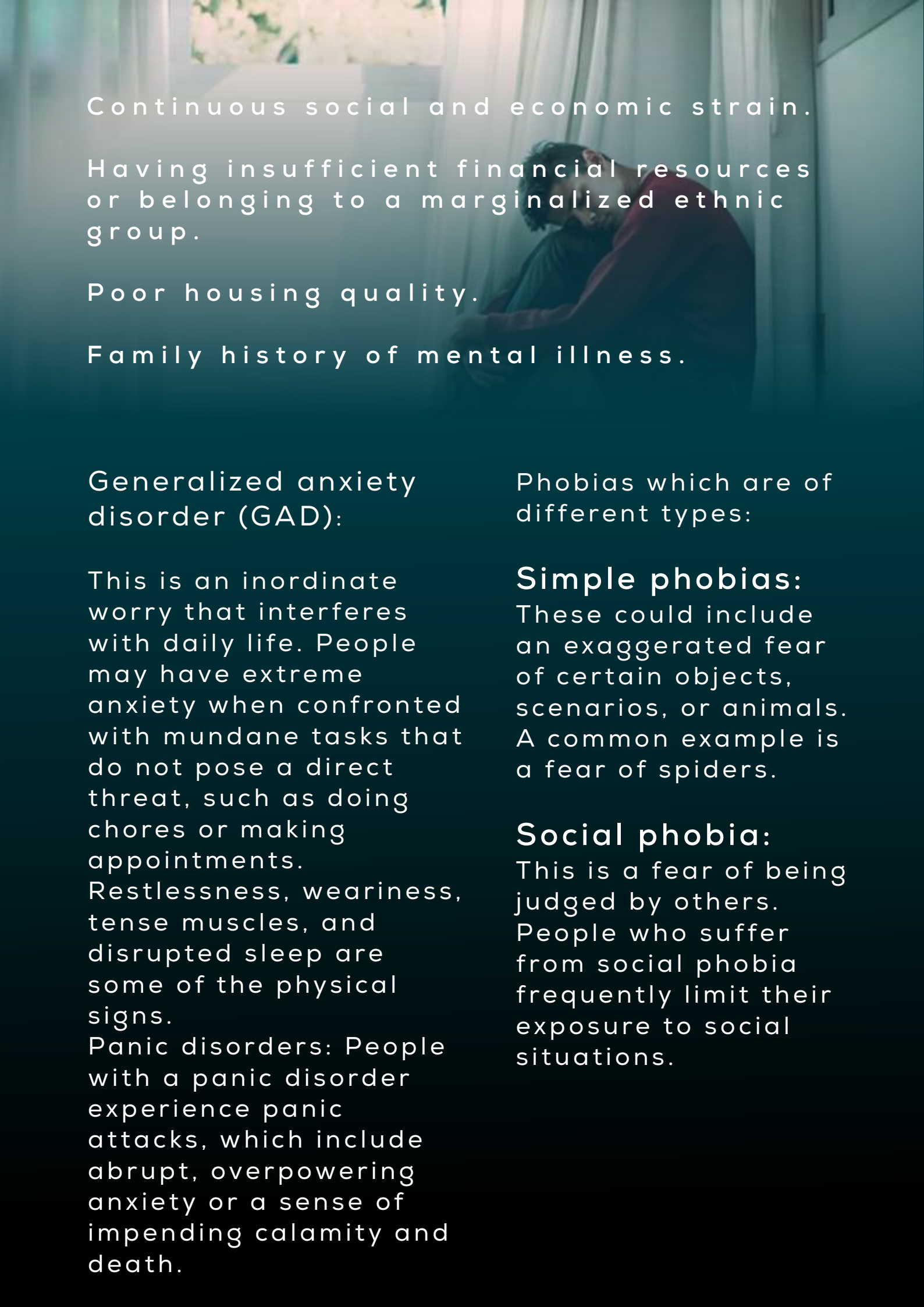
Inability to carry out daily activities such as caring for your children or getting to work or school.

RISK

FACTORS

For Mental Health

See Below



Continuous social and economic strain.

Having insufficient financial resources or belonging to a marginalized ethnic group.

Poor housing quality.

Family history of mental illness.

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Panic disorders: People with a panic disorder experience panic attacks, which include abrupt, overpowering anxiety or a sense of impending calamity and death.

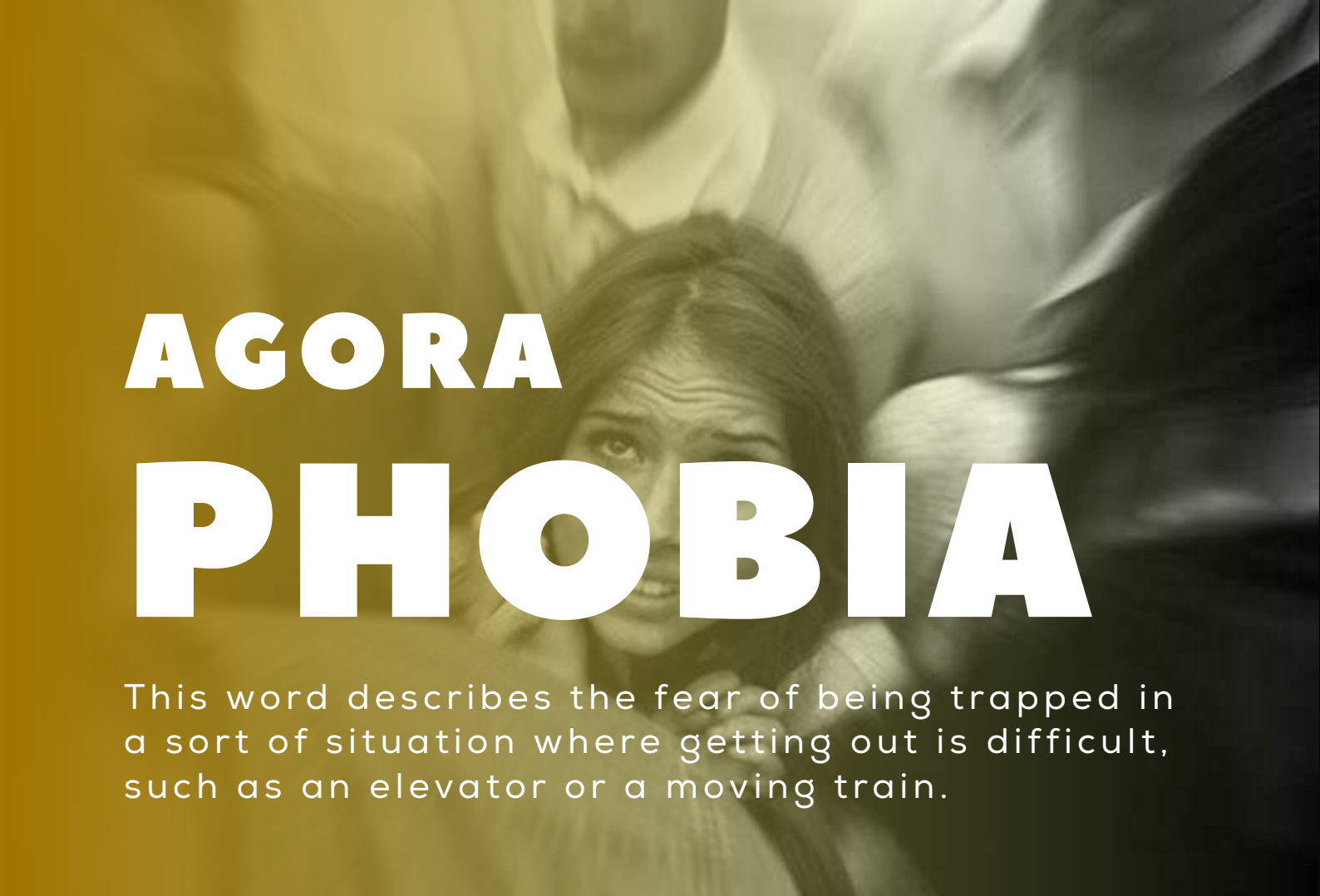
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A woman with a distressed expression is visible in the background, surrounded by a crowd of people, illustrating the concept of agoraphobia.

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Major depression: A person suffering from major depression is constantly depressed and loses interest in things and events that they formerly enjoyed. They can be unhappy for lengthy periods of time or be extremely sad.

Bipolar disorder: Bipolar disorder causes extraordinary fluctuations in a person's mood, energy level, degree of activity, and capacity to carry on with daily activities. Manic phases are characterized by high mood, whilst depressed phases are characterized by low mood.

Schizophrenia disorders: In this case, the person's thinking will appear fragmented, and they may find it difficult to assimilate information. Schizophrenia manifests itself in both negative and positive symptoms.

Delusions, thinking disorders, and hallucinations are all positive symptoms. Withdrawal, a lack of motivation, and a flat or unsuitable mood are all negative symptoms.



WAYS TO PROTECT YOUR MENTAL HEALTH

Express your feelings

Talking about your feelings might help you maintain excellent mental health and cope with difficult situations.

Engaging in physical activity

Regular exercise can improve your self-esteem while also assisting you in concentrating, sleeping, and feeling better.

Eat healthy

Just like the other organs in your body, your brain requires a variety of nutrients to keep healthy and perform properly.

Drink responsibly

Drinking is not a smart technique to deal with negative emotions.

Seek assistance

When circumstances get too much for you and you feel unable to cope, seek assistance. Your family or friends might be able to offer practical assistance or just a sympathetic ear.

Take a break

A change of environment or activity is beneficial to your mental health.

Do something you genuinely enjoy

Stress can be alleviated by having fun.

Accept yourself for who you are.

Feeling good about

yourself gives you the confidence to do new things, go to new places, and meet new people. When life throws you a curve ball, having high self-esteem might help you manage.

Creating connections with other people

Getting adequate rest.