**ABOUT: MENTAL HEALTH AWARENESS & SELF IMPROVEMENT**

A blog about mental health awareness and ideas to help and reduce stigma around mental health conditions by sharing guidance for achieving fulfilment and happiness.

**AIMS:**

Concentrate on self improvement, mindfulness, confidence and practice self-care.

**OVERVIEW**

In recent years, there has been increasing acknowledgement of the important role mental health plays in achieving global development goals, as illustrated by the inclusion of mental health in the Sustainable Development Goals. Depression is one of the leading causes of disability. Suicide is the fourth leading cause of death among 15-29-year-olds. People with severe mental health conditions die prematurely as much as two decades early due to preventable physical conditions.
https://www.who.int/health-topics/mental-health#tab=tab_1

**IMPORTANCE OF MENTAL HEALTH**

Mental health includes an individual's psychological, emotional and social well-being. Proper mental health results in the proper mental functioning that results in being productive in activities, healthy and fulfilling relationships with other people and having the ability to cope and adapt to adversity.

For a long time, mental health has been defined as the absence of mental illnesses such as anxiety and depression. Mental illness typically refers to all the diagnosable mental disorders and health conditions that are characterized by alterations in mood, thinking and behaviour associated with impaired functioning or distress.

Help is available out there; people with mental health problems can get better by seeking help.

https://www.verywellmind.com/the-importance-of-mental-health-for-wellbeing-5207938

**DEALING WITH ANXIETY AND DEPRESSION**

People suffering from mental health issues show various symptoms such as little energy or no energy, pushing away people and pulling themselves back from regular activities, loss of sleep or the will to eat, smoking, drinking or doing drugs, feeling helpless, yelling and fighting, losing temper very quickly, harming themselves and many more.

**OVERCOMING AND COPING**

**1.** Stay in the present moment. Practising meditation can help. Anxiety can make your thoughts live in a terrible future that hasn't happened yet. Try to bring yourself back to where you are.
**2**. Stress management might include regularly practising meditation or slow breathing exercises.
**3.** Healthy lifestyle. Keeping active, eating well, going out into nature, spending time with family and friends, reducing stress and doing the activities you enjoy are all effective in reducing stress and improving your wellbeing.
**4.** Take small acts of bravery. Avoiding what makes you anxious provides some relief in the short term, but can make you more anxious in the long term. Try approaching something that makes you anxious even in a small way. The way through anxiety is by learning that what you fear isn't likely to happen and if it does, you'll be able to cope with it.
**5.** Be kind to yourself. Remember that you are not your anxiety. You are not weak. You are not inferior. Your feelings are valid. It's okay not to feel okay.
https://www.verywellmind.com/manage-your-anxiety-2584184

**YOU MATTER! (picture)**

**CONTACT US:**

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**CRISIS HOTLINE:**
**https://mentalhealthph.org/directory/listing/philippine-mental-health-association-online-support/**

**VIDEO**

**https://youtu.be/GNvWehAeQHk**