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Let's talk about mental health

Mental health is essential for leading a happy life. It affects how we feel, think, and live our lives by encompassing our emotional, psychological, and sociological well-being. Prioritizing mental health is, of course, critical. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. The World Health Organisation recognizes World Mental Health Day on 10 October every year.

Yet, mental health isn't just something we can deal with once and then get over. It's important in every stage of our life. From infancy all the way into adulthood — mental health is something we need to be cognizant of and handle with care. (*Bisma Anwar, LMHC)*

There are lot of concerns that go unaddressed at every stage of our life. Like some people really face hard times saying "NO" and they invite unnecessary stress in their life and affect their mental health. Some people have a tendency to overthink for every odd or even situation and land up facing anxiety in their lives. And we feel that it is the personality of the individual and nothing can be done. But the point is that when any situation is troubling any individual and person is affected in his/her personal or professional life than the person should not hesitate asking for help to secure his/her mental health.

Mental health is just as essential as physical health. Normalizing the conversation about mental health empowers people to talk and get the help they need.

Our mental health is something that impacts our eating and sleeping habits and has a lot to do with our physical health as well. It is important to address our mental health needs as it often impacts other areas of our health as well."

Focusing on mental health care can increase productivity, enhance our self-image, and improve relationships.

Exercise, Yoga, Meditation, Intake of more fruits, cycling, swimming, spending time with nature will help in combating stress.

Approach a counselor or a therapist to help and guide you in handling the situation affecting your mental health.

With best wishes,
Health & Wellness Department
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