

## **Expository Essay on Mental Health**

Every year the World Mental Health Day is celebrated on October 10. It was established as an annual work by the international mental health organization by the then UNO secretary-general. Mental health services vary significantly from country to country. At the same time, developed countries in western countries provide mental health programs for all age groups. Also, third-world countries are struggling to meet the basic needs of families. Therefore, it is prudent to focus on the importance of mental health for one day. A mental health article is about understanding the importance of mental health to everyone's life.

### **Mental Health**

In terrible years, this did not have a specific theme. The primary purpose was to motivate and represent the community on important issues. Also, for the first three years, one of the essential activities done to make this day special was a 2-hour television broadcast by a US information agency satellite system.

Mental health is not just a matter of mental and emotional health. Instead, it is a state of mental and emotional health where a person can use their perceptive powers and emotions to meet everyday needs and activities in society. According to the WHO, there is no single 'official' definition of mental health.

Thus, there are many factors such as cultural differences, competing professional theories, and independent evaluation of how mental health is defined. Also, many experts agree that mental disorder and mental illness are not adjectives. So, in other words, when perceived mental disorders are not present, they are not a sign of mental health.

One way to think about mental health is to look at how a person performs successfully and effectively. As a result, elements like feeling competent, knowledgeable, managing typical

amounts of stress, keeping good relationships, and living an autonomous life are essential. Also, this includes recovery from difficult situations and the ability to recover.

### **Significant Benefits of Good Mental Health**

Mental health is related to the overall personality of the person. Therefore, the essential function of school and education is to protect the mental health of boys and girls. Physical active body and its fitness is not the only measure of good health. Instead, it is simply a way to improve a child's mental and moral health. Two significant factors that contribute to feelings of low self-esteem are low self-esteem. Thus, it significantly affects the child. As a result, they lose their self-esteem and confidence. This should be avoided, and children should always be encouraged to believe in them.

### **Mental Illness**

The way we are physically ill, we can also be mentally ill. Mental illness is a disorder of the human body, including mood, thinking, and behaviour changes. Mental illness can be caused by stress or a reaction to an event. It can also raise genetic factors, biological imbalances, child abuse or trauma, social degradation, poor physical health etc. Mental illness is treatable. You can seek professional help in this area or overcome the disease with good thinking and change your lifestyle.

Regular exercise such as morning walks, yoga, and meditation is an excellent treatment for mental health. It is also essential to eat a healthy diet and get enough sleep. You can prevent mental illness by taking care of yourself, such as calming your mind by listening to fantastic music, socializing, setting realistic goals and taking care of your body.

Many health experts have noted that mental, social, and emotional health are essential components of a healthy body. Physical fitness is a combination of physical, emotional, and

mental strength. Emotional fitness has been recognized as a condition in which the mind can stay away from negative thoughts and focus on artistic and creative works. It means that the person should not be too sensitive. He should not find himself filled with stories, which are not very important. He should not overreact to situations, should not get upset or distracted, which is part of life. Those who do so are not healthy, although they may be physically fit and in good health. There are no gyms to do that properly, but yoga, meditation, and reading a book, which tells us how to be emotionally intense, help us find strength.

Mental illness is a growing phenomenon in the 21st century. Not everyone gets the help they need. Although mental illness is common and can affect anyone, there is still widespread prejudice. People are still reluctant to accept mental illness because of this stigma. They are embarrassed to admit it and seek medical attention. Physical and psychological health are inextricably linked. Both are equally important to a person.

Our society needs to change its mind about mental illness or disorder. People should get rid of the stigma associated with the disease and educate themselves about it. If mental illness is not treated in time, the consequences can be devastating.

October 10 is considered World Mental Health to create more awareness about mental health. The goal of this day is to raise global awareness about mental health issues and make every effort to promote mental health.

## **CONCLUSION**

Physical and emotional well-being are the keys to success in all aspects of life. People should be aware of the effects of mental illness and should give greater importance to keeping the mind healthy the way the physical body is kept healthy. Psychological and physical health cannot be separated from one another.