

Cultural Daily

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Why Should we Focus on Our Mental Health?

Our Friends · Monday, January 18th, 2021

It comes as a surprise to know that mental health is still a taboo concept in our society, even in the 21st century. Despite significant progress in mental health advocacy, people focus more on their physical well-being than their mental state of mind. Usually, people feel afraid to address the concept of mental health and are at times reluctant to get the help they need. However, it is crucial for us to focus on our mental health.

Mental health is directly associated with our emotions and behavior, and it also affects the way we make our decisions. Thus, if we are not mentally fit, how can we live a normal life? Here are four reasons for why should we focus and give importance to mental health:

- **Mental health affects our motivation and positivity**

A person has highs or lows in their lives – whether they are a child, teenager or adult. The key to coping with our demanding routines is to have a positive attitude and stay motivated. However, at times we may feel tired, or may be delaying any task simply because we don't feel like doing it. That's where our mental health comes in. If we are mentally strong, our level of motivation and positivity increases.

- **Mental health affects our relationships**

Human emotions are controlled by mental health. We may be going through a period where we do not feel like communicating with anyone and wish to isolate ourselves. However, what we do not realize is that our relationships are adversely affected by such behavior. Our relationships with our siblings, parents, spouse, or friends may become strained. To overcome such situations, we need to address our mental health and acquire useful skills to communicate our feeling with our loved ones.

- **Mental health and physical health are related**

Nowadays, people prefer going to a gym instructor for their physical health rather than a professional psychiatrist to seek help for mental illness. What we fail to realize is that our physical well-being is directly associated with our mental health. Mental illness can lead to stress or anxiety, which can further lead to an increase in our blood pressure and sugar levels. Many individuals also start smoking, drinking or doing drugs as a coping mechanism. With such problems, our health starts to deteriorate. Thus, it is important to prioritize our mental health to ensure good physical health as well.

- **Mental Health controls our happiness**

This is the most vital point as to why mental health is important. At times, our self-esteem is lowered and we forget our value and worth. One thing we must always remember is that we are allowed to prioritize ourselves over everything else and in order to do that, we need to take care of our mental health. It is important to realize that having a mental illness is nothing to be ashamed of.

Initiatives like [BetterHelp](#) offer assistance, such as access to psychotherapists, through which people who are struggling mentally can seek help. Such resources allow us to not only improve our mental wellbeing, but to live a healthier, happier life.

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