

Mental distress- Coping strategies

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Today's almost every third person is having some disease that is either related to malnutrition like over and under nutrition or in terms of degenerative diseases like Cardio-vascular disease, coronary heart diseases, diabetes mellitus and cancer as well. The corner stone of all the life style diseases is related to mental stress. Anxiety, depression, tension, restlessness, worry and impatience are the seeds of germinating mental illness among the individuals. As the science has grown fast to an incredible way, all the work has been mechanized in a decent way, this has decreased the manual work, that's why the individual's life style has been changed. The shifting towards electronic gadgets like excessive use of mobile phone is also the root cause of wasting extra time which can be otherwise used judiciously. This sedentary life style leads to lack of exercise that results in laziness, lethargies and birth of multiple syndromes.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life like starting from childhood to move towards healthy adolescence, then through adulthood to till old age. According to World Health Organization, India is facing a serious mental health crisis, with an estimated 56 million people suffering from depression and 38 million from anxiety disorders. It is estimated that, in India, the economic loss, due to mental health conditions, between 2012-2030, is 1.03 trillions of 2010 dollar. Mental distress is believed to be a key reason for suicide of farmers and students. This is happening due to lack of right guidance and counselling at the right time. Mental health promotion will now receive more focus, with its inclusion into the Sustainable Development Goals due to an integral part of health. People may fit physically only, if they are emotionally well. If there are emotional disturbances in day to day life, then there will be increase chances of mental illness that leads to decrease life span and miserable life.

Myths and misconceptions about mental illness contribute to the stigma, which leads many people to be

ashamed and prevents them from seeking help. Stigma is something about a person that causes her or him to have a deeply compromised social standing, a mark of shame or discredit. Mental disorders not only includes ability to manage one's thoughts, emotions, behaviours and interactions with others, but also social, cultural, economic, political and environmental factors such as national policies, social protection, living standards, working conditions, and community social supports. Poverty and low education levels are the key amongst these factors. These are some simple examples that are producing restlessness among the individuals. People with mental illness are likely to avoid discussing their mental health concerns openly due to fear of being labeled or judged. For these individuals, seeking support from a mental health profession is seen to be sign of weakness or stigma.

Ways to combat mental distress:– Like a day should be started with a big smile from little exercise to warm bath and heavy breakfast enriched with seasonal vegetables and mixed grain along with milk products.

– All meals should be eaten in a regular manner to meet the different requirements for different nutrients. There should be a fixed schedule of eating all the meals so that the biological clock of your body should be set in a regular manner *i.e.* eating breakfast between 7a.m.-9a.m., lunch 12pm-2pm and dinner 7pm- 9pm. In between three heavy meals, healthy snacks *i.e.* sprouting and fermenting should be accompanied with to enrich the nutritional status.

– Health supplements should also be included to meet nutrients that are deficient in the diet. Regular brisk walking, healthy diet, meditation, books reading, cracking jokes and sparing some time daily for the activity according to your preference are the pillars for well strong physical, social and mental life.

– Everyday routine should be set in a sensible manner to make efficient use of human body. Nature has blessed the world with full of lively beauty like flowers, mountains, waterfalls, sea, river, plantation etc. Exploring natural places is an adventure in itself.

– The best way to cure mental ailments is to reduce the use of mobile phones, social media and other things

that are diverting our minds and wasting energy. Go out from doors to explore the real world than the virtual world, to see what actual happening is, Try to visit the new places every time rather than roaming about same places. Use books, novels, comic and magazines for free hours.

– Excess spending on wedding and other ceremonies also leads to mental distress. Researchers showed that farmers are committing suicides in mental distress due to indebtedness. Further it was also found that main reason for indebtedness was not agriculture input cost, but they spent more on wedding and other ceremonies which leads to mental illness. In students, it was found that showing off is prevailing in every society either that is for higher social status or for peer pressure. So, it’s our individual responsibility to tackle such issues at their own level and spend according to the pocket not to show off. Help the person who is under stress and never make fun of their situation.

Guide for health life style: Mental health, like other aspects of health, can be affected by a range of socio-economic factors that need to be addressed through

comprehensive strategies for promotion, prevention, treatment and recovery in a whole-of-government approach. The WHO, the World Psychiatric Association, the World Federation for Mental Health, the US National Institute of Mental Health (NIMH), the Royal College of Psychiatry, and other agencies concerned with international mental health also specify priorities and support programmes of various kinds. In addition to problem focused programmes, such as suicide prevention, stigma reduction, and attention to designated neuropsychiatric conditions, the WHO has also encouraged the development of various models for community psychiatry that are responsive to the particular needs of rural areas and the needs of low and middle income countries. These are some of the key points that are important for stress free life that plays a vital role in preventing health issues. Make a checklist from the above mentioned list, and try to incorporate all the guidelines that can produce a remarkable change in human life. Shifting from ailment, stress to rest and say big “yes” to healthy life style is the real key to happiness.

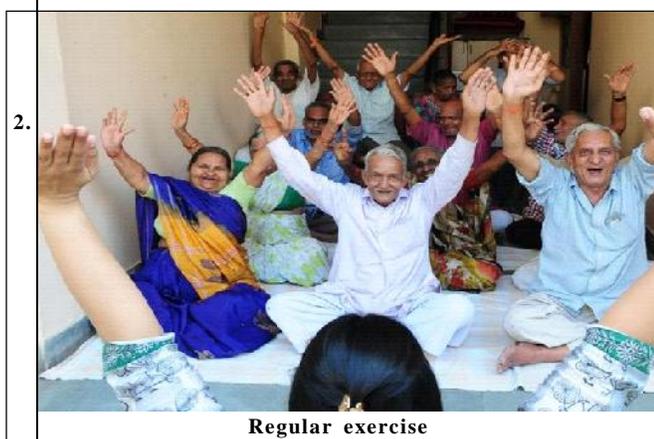
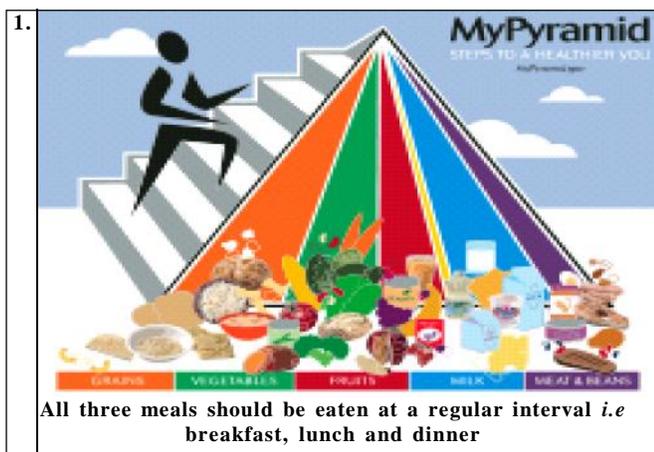


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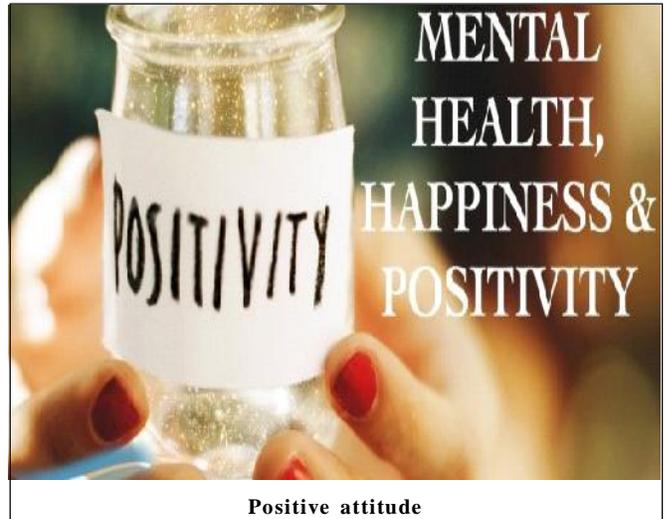
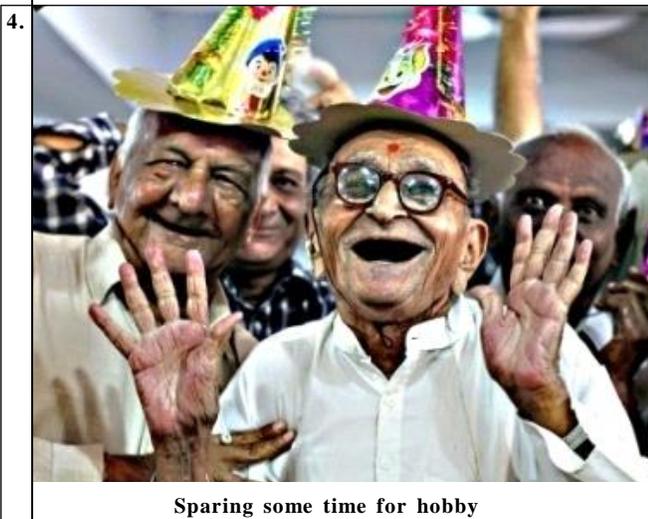
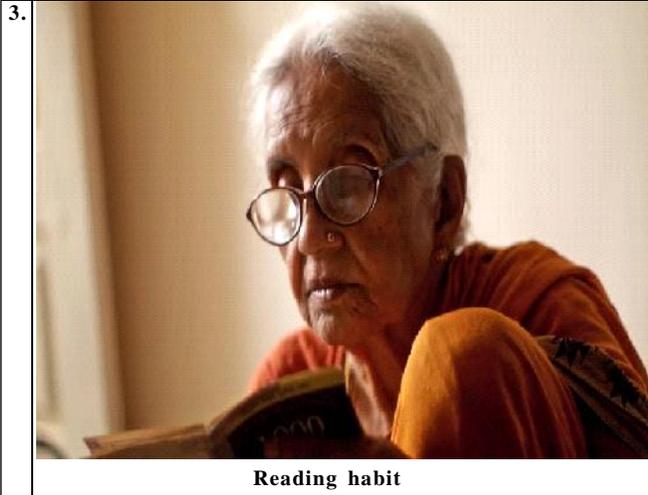


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6. **Reduce Health Risks Of CELL PHONE USAGE**

1. Use landlines whenever possible
2. Keep your calls short
3. Text more, call less
4. Use speaker mode and headphone
5. Check SAR level
6. Don't carry it next to body
7. Don't use in lift, basement, parked cars
8. Don't sleep with cellphone switched on
9. Keep kids away from mobile phones
10. Keep the keypad facing your body

healthrights.com

Less use of mobile phones

Bathroom

Daily Care

Tooth Care

Shower

Personal hygiene

7. **essential Health CHECKUP**

Regular health checkup

Accepting faults wherever wrong

8. **Kind hearted/politeness**

Kind hearted/politeness

PUNCTUALITY

Don't Get Stressed
Always Be **ON TIME!**

Always be on time

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