

Mental Health Wellness: Its Importance And How To Improve On It

By Luqman Lawal, March 10, 2023

Mental Health Wellness is a key component in establishing and maintaining a healthy lifestyle. Mental health wellness is just as important as physical and medical health, so learning strategies to maintain good mental health is essential.



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In this article, I will define mental health wellness, why mental health wellness is essential, steps to take to maintain mental health wellness, how to improve mental health wellness, how to boost mental health and activities that can improve mental health.

DEFINITION OF MENTAL HEALTH WELLNESS;

Mental health is the awareness of one's ability to cope with the stressors of day-to-day life while maintaining the ability to function effectively when socialising, working, learning and taking care of personal health and hygiene.

A person who fits the definition of mental wellness has a positive sense of well-being and hope, despite daily stressors and challenges. Overall, mental health wellness depends on factors such as self-acceptance, autonomy, quality of relationships, capacity for personal growth and overall life satisfaction.

WHY MENTAL HEALTH WELLNESS IS IMPORTANT;

Mental health wellness is an important part of our balance because it affects other areas of life, such as physical wellness, emotional wellness, financial wellness and spiritual wellness. For example, a person with good mental wellness suffering from a physical illness has a higher rate of recovery and a smaller risk of that illness becoming critical or fatal than someone with a poor mental illness.

This is because mental wellness provides people with the ability to cope with and work through stress, frustrations, and even exhaustion, so these factors do not cause stress on the body.

STEPS TO TAKE TO MAINTAIN MENTAL HEALTH WELLNESS;

Achieving and maintaining mental health wellness takes patience and dedication. It is a skill to learn how to support mental health, and it may be more challenging for some than for others. Each person's journey toward mental health wellness will be different, depending on his or her needs, lifestyle, and personal goals.

Fortunately, there are mental health wellness tips that tend to work well for anyone who is working to improve mental health wellness, for example, practising meditation, exercising regularly, taking breaks throughout the day, and setting realistic goals and expectations for yourself.

If any individual feels he or she is struggling with mental health wellness, it is beneficial to consider consulting with a mental health professional.

HOW TO IMPROVE MENTAL HEALTH WELLNESS;

Not sure if you passed the mental wellness check? However, experiencing one or more of these symptoms on an ongoing basis may be an early warning sign of a greater problem.

They are;

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters

- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking or using drugs more than usual
- Feeling unusually on edge, angry, upset, worried or scared.
- Yelling or fighting with family and friends
- Thinking of harming oneself or others
- Inability to perform daily tasks.

If one or one's loved one experiences one or more of these symptoms, it may be time to shift your focus to improving your mental wellness. Improving mental wellness can look different for every individual, but there are some guidelines to follow if you want to work on improving mental wellness. These include;

- Allowing yourself to seek professional help if you need it
- Staying in contact with friends, family, and your community
- Finding ways to keep a positive outlook
- Incorporating physical exercise into your routine
- Developing coping skills that are right for you.

HOW TO BOOST YOUR MENTAL HEALTH WELLNESS;

The key to boosting mental health wellness is about focusing on different areas of life, one at a time. For example, one week can be spent performing activities like yoga, mindfulness, and meditation, these can help you live "in the moment." This means letting go of past and future worries and focusing only on what is going on in the here and now.

The next week can be spent looking at resting and relaxation. Though keeping busy is wonderful, make sure you are taking breaks and not being too hard on yourself. Another week can be spent focusing on time with loved ones. This is a beautiful way to boost mental health.

A day with your best friend or family can help you better cope with trauma, increase your self-esteem, and enhance your mood.

ACTIVITIES THAT CAN IMPROVE MENTAL HEALTH;

There are loads of activities one can do to work on your mental health wellness and balance your mental, physical, spiritual, and emotional self.

Here are five activities to improve mental health;

1. **Feed your brain;** When life gets hectic, it is tempting to override your own needs for work, your social life, or other prerogatives. But your dietary health is important. Find out what foods make you feel best and stick to them.
2. **Get your blood pumping;** Exercise triggers endorphins, the “feel good” chemistry, to flood through your brain, as well as reduce cortisol, the chemical that causes stress. Try to get in at least 15 minutes of exercise a day.
3. **Plan your sleeping schedule and stick to it;** Most adults need 7-9 hours to sleep. If you have trouble resting, it may help to create morning and nighttime routines around sleep, such as stretching, journaling, showering, reading, or any activity that enables you to wind down at night and wake up in the morning.
4. **Do something you excel at;** Are you an amazing painter? Focused musician? Speedy runner? Get that adrenaline rush that comes out of doing something well and knowing it. Don't know what you are good at yet? Even better. Explore all kinds of hobbies and passions until you find something that clicks.
5. **Ask for help when you need help;** No matter what you are going through, big or small, you are not alone. Don't feel like you have to be strong and push through your issues; make sure you have a strong support network or healthcare professional, to talk it out.