

**ANTLANTIC INTERNATIONAL UNIVERSITY**



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**COURSE NAME: MENTAL HEALTH**

**ASSIGNMENT 01: MENTAL HEALTH AND AWARENESS.**

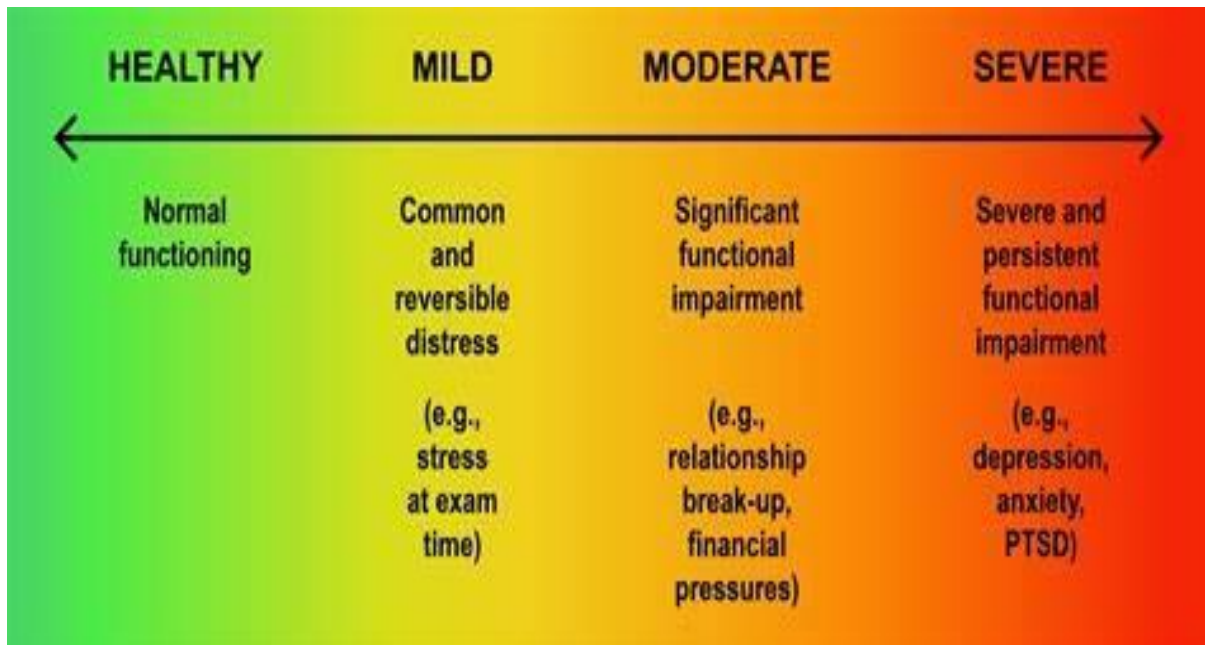
**MENTAL HEALTH AND AWARENESS.**

Mental health is a state of mental well-being that allow people to cope with the stresses of life, know their abilities, learn well and perform their work duties well, and bring positive change to their community. It has essential and constructive value and is integral to our well-being.

Our daily environment has contribution to our mental health include set of individual, family, community and structural factors may combine to protect or undermine mental health. Although many people are exposed to adverse circumstances like poverty, disability, violence and inequality are at higher chance of developing a mental health condition.

Despite of mental health condition is eventually increase still it doesn't given priority while many mental health conditions can be treated with low cost, yet mostly health systems they are located with low budget and remain significantly under-resourced and treatment gaps are wide all over the world. Mental health care is low in quality when delivered. patient with mental health conditions mostly encounter stigma, discrimination and human rights violations.

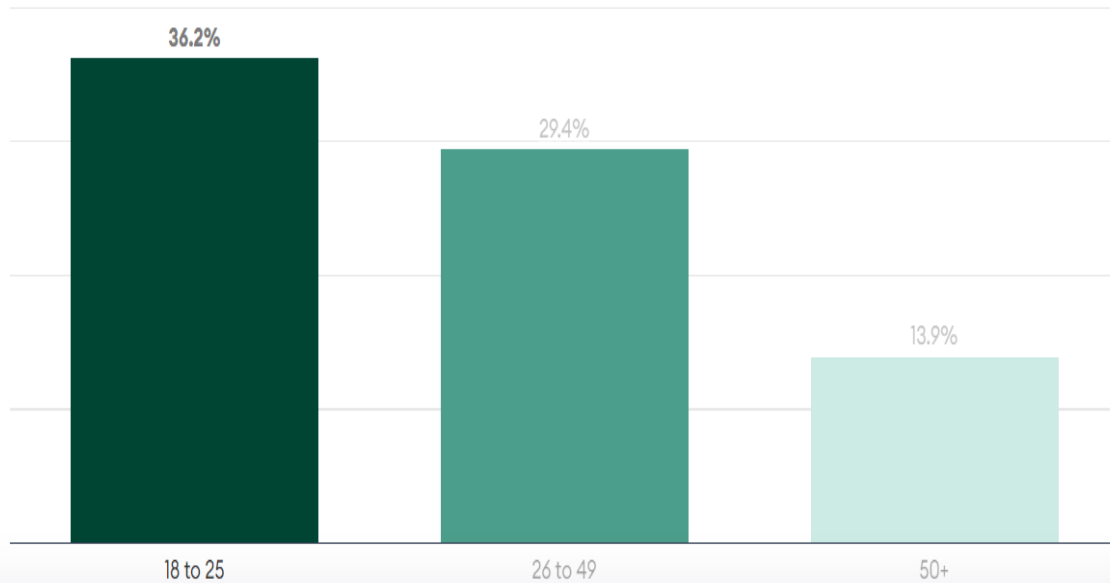
**Bipolar disorder mental health continuum**



**AGE GROUP WICH IS MOSTLY AFFECTED WITH MENTAL HEALTH**

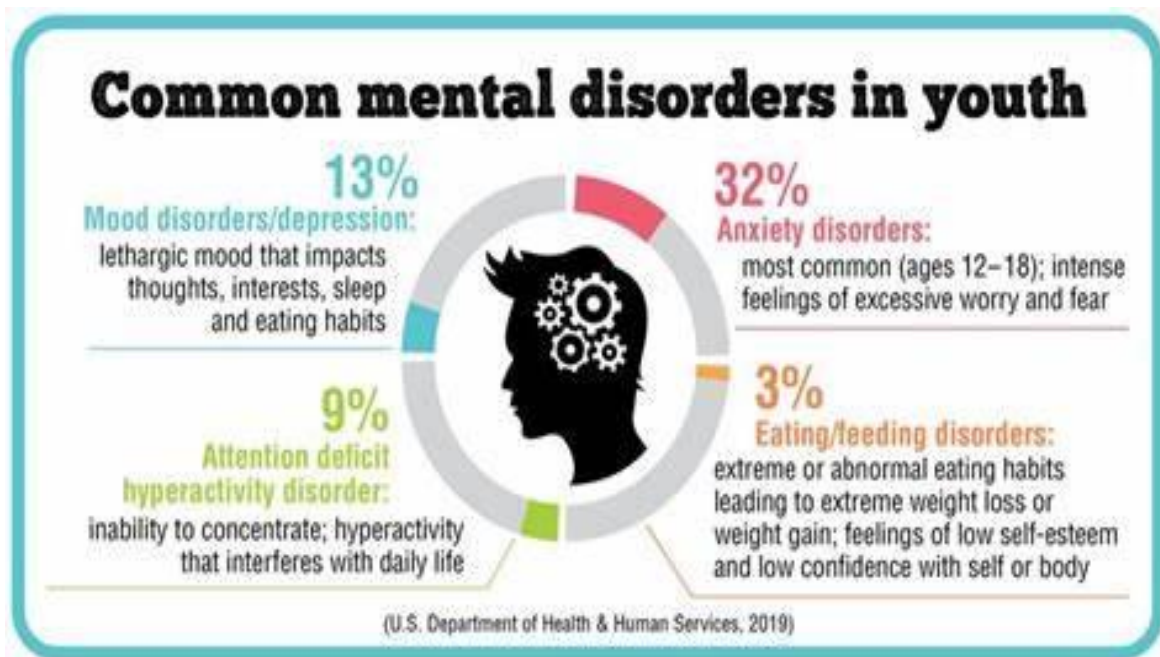
23.1% of U.S. adults experienced a mental health condition in 2022, Young adults ages 18 to 25 in the U.S. experience the highest rates of mental illness (36.2%), followed by those ages 26 to 49 (29.4%) and adults ages 50 and over (13.9%) *Substance Abuse and Mental Health Services Administration. (2023).*

## Percentage experiencing mental health conditions by age



From the data it shows that most of American adults experience mental health condition especially those with age between 18 and 25 compared to other age group.

## PREVALENCE OF SPECIFIC MENTAL HEALTH CONDITIONS



### **The following are common mental disorders in youth**

**Anxiety** is an emotion which is characterised by an unpleasant state of inner turmoil and includes feelings of dread over anticipated events. *Davison GC (2008)*. Anxiety disorders such as generalized anxiety, obsessive-compulsive disorder and panic disorder are some of the most commonly diagnosed mental health conditions in the U.S., affecting 42.5 million adults.

**Depression** is common mental health condition that causes a persistent feeling of sadness and change in how you think, sleep, eat and act 21 million U.S. adults are living with depression, while 3.7 million people ages 12 to 17 experience major depression and 2.5 million people ages 12 to 17 experience severe depression. *Quick fact and statistics about mental health 2024*

**Eating or feeding disorders** is the mental health condition referred as abnormal eating behaviours that adversely affect a person's physical or mental health, *American Psychiatric Association (2013)*. Example of eating disorders include binge eating disorder occurs when patient eats a large amount in a short period of time; anorexia nervosa occurs when the patient has an intense fear of gaining weight and restricts food or overexercises to manage this fear and it's mostly occurs to youths; bulimia nervosa occurs when individuals eat a large quantity (binging) then try to rid themselves of the food (purging); pica occurs when a person eats non-food items like soil; rumination syndrome occurs when person regurgitate undigested or minimally digested food like ruminants animals e.g. cow; anxiety disorder, depression and substance abuse are common among people with eating disorders *NIMH 2015*

**Attention-deficit/hyperactivity disorder (ADHD)** is a behavioural disorder that starts in childhood and is associated with a lack of attention span (inattention), lack of ability to be calm and stay still (hyperactivity), and low impulse control (impulsivity). Patient with with ADHD have challenge on pay attention or with hyperactivity and impulsivity, but most of them have problems related to all features.

patient with ADHD, mostly of them they are unable to perform in excellent activities of daily living such as school, work, and relationships with others. Due to inability to stay focused on tasks, people with attention deficit may be easily distracted, forgetful, avoid tasks that require sustained attention, they have challenge in organizing tasks, or mostly lose items. *Wolraich M, et al 2011*

### **CONTRIBUTION FACTORS TO MENTAL HEALTH CONDITIONS**

Due to mostly of mental health condition affect the youth adult with the age between 18 to 25 years the following can be contribution factors

#### **School (university or higher educations)**

Due to mostly of mental health condition affect the youth adult with the age between 18 to 25 years and this age mostly of youth are still in school or high learning therefore can be one of the factors contributing to mental health condition

Assignments and meet the coursework requirements or pass marks can be one of the influencing factors but also finishing assignments at deadline, this contributes to incidences

of mood, anxiety, depression, psychotic, personality, eating, and substance use disorders like alcohols and drug abuse

Becoming a student can be a stressful experience, therefore students need close follow up by teachers and parents for emotional supports like counselling.

### **Isolation from friends and family**

Students may have left their friends and family for the first time, for them to attend higher learning (universities) or just don't have enough time to see their friends and family. Lack of support network can lead them vulnerable to developing a mental health problem. *Marth S, et al 2022*

### **Drugs and alcohol**

Mostly of youths they start test everything when they join higher learning institutions or university this may be due to lack of family (parent guidance) or influence from friends and this contribute to mental health condition like depression and anxiety especially when they start drop to schools or getting low marks for them to continue with university.

### **Diet**

healthy nutrition contributes to brain function and mood. nutrition it self might not be the major cause of a mental health disorder, but having a healthy diet is a critical part of protecting one's ability to regulate mood. also, an unhealthy diet sets the stage for the opposite effect and can be a major cause to poor mental health. A healthy deity, mental health-driven diet is one that have both variety and nutrition, with a low intake of sugar, salt, and saturated fat.

Mostly of students from higher learning institutions they don't have time on preparation of healthy diet instead they depend on fast food while it is not health for their health and mental wellbeing.

### **Relationships:**

Strong social connections promote mental well-being but likewise relationship can lead to destruction of mental well-being especially to youth at this age between 18 and 25 its their time to find the spouses and be in sexual relationship so when they meet with unfaithful partner person may face depression and eating disorder *Molarius, A., et al 2009*

## **WAYS TO OVERCOME MENTAL HEALTH DISORDERS**

There are different ways you can do to improve your mental health, including:

### **Staying positive.**

It's important to have a positive outlook, some ways to do that include to have balance between positive and negative emotions. To be positive doesn't mean that you never encounter negative emotions, such as sadness or anger no, you need to have them so that you can pass through difficult situations. They can make you to respond to a problem. But you should not allow those emotions to take over. Such as, it's not healthful to keep thinking about bad things that occurred in the past or worry much about the future.

Have break from negative information, you should know your limit on watching or reading the news, social media should help you to reach out for support and feel connected to others but with precaution and you should never compare your life to others. *Fagan et al 2019*

### **Practicing gratitude,**

it means to be thankful for the good things in your life. It's important to do this every day, either by thinking about what you are grateful for or shortlist them in a journal. These can be huge things, such as the love and support you have from loved ones or things like enjoying a nice meal. It's important to acknowledge that you have happy moment and positive experience. Having gratitude will make you to see your life differently. For example, when you are stressed, you may not remember that there are moments when you have some positive emotions. Gratitude will make you to recognize them. *Arango, C et al 2018*

### **Taking care of your physical health**

Your physical and mental health are linked, so it's important to take care of your physical health for mental health well being

- **Being physically active**

Having exercise can reduce feelings of stress and depression and improve your mood.

- **Get enough sleep**

Sleep can affect your mood. If you don't have enough hours to sleep, you may become more annoyed and angrier, a lack of enough sleep can make you more likely to become depressed. So, it's important to make sure that you have enough and a regular sleep schedule and get enough quality sleep every night.

- **Healthy eating**

Having Good nutrition will help you to be physically fit but also improve your mood and decrease anxiety and stress. Also, lack of some macronutrients and micronutrients contribute to some mental illnesses. For example, there is a link between low levels of vitamin B12 and depression. *Evans, D. L et al 2005*

### **Connecting with others.**

As human it's important to have strong, healthy relationships with others. Having social support may help you against the harms of stress. But also, it's important to have different types of connections, as well connecting with family and friends, you may find ways to get involved with your community or neighbourhood. Such as you can volunteer for a local organization or join a group that is focused on a hobby you enjoy. *Weare, K., & Markham, W. (2005)*

Mental health disorders it can be cured and effect can be reduced when patient notice early and take decision to visit hospital or psychologist, therefore It's also very necessary to recognize when you need help, if you don't know where to get help start by contacting your primary care provider, Word free from mental health disorder is possible if everyone feel mental health of his friend or neighbors has contribution on it.



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