Think Mental Health: The Brighter side stigma

It's time to eradicate stigma's. No one born in this earth is free of emotional and sensational issues either from internal or external space. World may give the best but yet it is not 'bed of roses'. Without physical and mental health it's difficult to enjoy life in harmony. When we physically feel sick it's easier to show a doctor but if we are psychologically down, someone has to suggest us to seek help because we feel so agonised that our mind cannot engage positively in relationship or work, nor accomplish what we want.

Mental health or Psychiatry, has always been a word of caution and shiver. There are lot of felt and perceived stigma. Irony of the fact that Mental illnesses are shown and filmed in a negative plight from the film industry to social media and print media, such portrayal has sketched people's mind negatively. The mindset of people is such, that brain/ mind is regarded as if not in the part of the body functioning. On the contrary it's the administrative organ of the body. Mental health problems should not be dealt nor treated differently than physical problems. In fact, both are interchangeably related. We need to create a world where no one should be embarrassed or ashamed about mental agony and seek treatment fearlessly.

Let us understand that everyone suffers. It is not possible how good someone's life looks like from outside. Most people suffer at some point or other from anxiety, depression, irritability, aggression, nervousness, stress reaction, addictions etc. Many likes to keep emotional issues under wraps for the reason of being uncomfortable and awkwardness of getting resolved. Part of the problem is that myriad mental illness stereotypes and misconceptions float in the culture.

Like physical health check-ups, mental health check-ups are too important part of wellness. If it is made mandatory for people to be part of the treatment plan the stigma associated with mental and emotional health will diminish. In our society physical exercise, gym, aerobics, yoga are widely accepted but brain too need some exercise and gym. Through "therapy" people express their feelings which enhances psychological wellbeing. Therapy helps to grow the brain cell networks, calms the mind and body, makes it easier to face the life challenges and help us rejuvenate for a better version of our self. Conventional therapy encourages patients to talk through past events that may trigger anxiety and depression, accelerated experiential dynamic psychotherapy. Psychotherapist helps to identify the defenses and inhibitory emotions (shame, guilt and anxiety). Fully experiencing core emotions allows to be openhearted in embracing self and unlocking the disconnection with true self.

These teachings need to start in the school itself, because childhood experiences translate to adult mental health. Skills to manage relationships and interpersonal conflicts constructively. Stigmas and judgments are caused by ignorance. Education on emotions and mental health can do a lot to eradicate stigmas and even reverse the current epidemic in depression, anxiety and addictions. Many who suffer from mental illness are simply unable to access treatment in affordable and effective way. Insurance companies denies mental health benefits.

Our own assumptions, misconceptions, judgments and fears are the main challenges in retarding and digressing ourselves from the path of recovery. Most suffering can be eased with support from nurturing others and proper treatment. We need to be proud to discuss on mental health and incorporate mental health prevention, mental health education, and improved access to mental health treatment.