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Tips on Taking Care of Mental Health

Mental health issues affect nearly 15% of the population. This data can be alarming, considering that 2/3 of those diagnosed with mental disorder remains untreated. While mental disorders are sometimes caused by chemical imbalance in the brain, some of these are caused by the experiences that we need to deal with, such as death of a loved one or some other tragic or traumatic experience. Hence, the goal is to maintain a good or positive mental health, where one is able to take control of his life and able to cope with any and all situations that come his way. Here are some tips on taking care of mental health.

Always stay happy. This may sound vague, but there are many ways to stay happy. Remain positive and optimistic. Look at the bright side of life always.

So how do we stay happy? First, we must learn to balance our time. After a busy day or week, take time to relax. Do something pleasurable with your friends or family. It can be a hobby, sport or a simple activity. Aside from balancing our time, we must also manage time well. To minimize stress, make a schedule of the things you will do, and stick to it.

Be tolerant of others. All of us are different in many ways, so we must learn to accept each other's ideas and opinion, even if it differs from our own. Learn to accept the weaknesses and shortcomings of others. Once we learn to accept, there is a lesser chance of conflict, which can be stressful and frustrating.

Spend time with your family and friends. Find time to talk to someone, even if you don't make sense at all! What is important is the act of sharing your experiences, worries or problems with somebody. You must also learn to listen to their worries for them to feel better. In effect, not only have you helped yourself but you've helped your friend too.

It seems like new information is discovered about something every day. And the topic of Mental Health is no exception. Keep reading to get more fresh news about Mental Health.

Maintain a healthy lifestyle. You know the basics. Eat healthy food always. Exercise regularly. Sleep well. Avoid drugs and alcohol. Quit smoking. Avoid doing strenuous activities. Take time to rest.

Sadly, though, depression and other mental disorders affect children and the young. Parents have an important role in the child's mental health. Parents must learn to communicate with their kids and at the same time listen to them. In their dealings, let the kid feel appreciated always. Acknowledge their strengths instead of focusing on their weaknesses.

Their coping abilities must also be developed. If they commit mistakes, explain so they will learn from them. Allow them to develop a sense of responsibility by letting them solve problems as well as make decisions. Teach them the importance of discipline and self-worth. Discipline them without making them feel unloved or unworthy.

Lastly, accept them for who they are. With acceptance comes love, respect, and everything else.

The key to taking care of mental health is being happy and in control of our lives. Once we know how to take control, we are able to cope with any and all situations that come our way. Being happy is not just a one-time event ? it is a lifestyle. Stay positive always. Learn to find joy in the simple miracles of life. And be grateful for each wonderful day.

Hopefully the sections above have contributed to your understanding of Mental Health. Share your new understanding about Mental Health with others. They'll thank you for it.

About the Author

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