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“Your life matters” - Improve your mental health!

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Human life is the most beautiful creation of God and the highest expression of nature. The unique human life is that stage of evolution where he has the capability to have his own thoughts, qualities and feelings, making him different from all other living organisms. The most precious thing in life is the “life” itself. According to Hinduism, all life goes through birth, death and rebirth and it takes years for a life of good deeds to be born as a human being in this universe. Then, why are we cutting this life too short? Why are we allowing the sands of time to slip through our hands?

As the world is growing and time is moving, we are sitting in the wallows, immersed in fear, repleting with stress and anxiety. The point is that we are hampering our “mental health” as well as allowing others to hamper it. Then, we all take this precious life for granted at one point or another in our lives. So, what is mental health? According to the World Health Organization (WHO), “mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community”. Recently, research has shown increased depressive symptoms and self-harming behavior among people following both natural and human-made disasters. Stress, depression, and anxiety can all affect mental health and disrupt a person’s routine. Outcomes are several

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anxiety and mood disorders, and recurrent thoughts of negative emotions. A poor mental health increases the risk for many types of physical health problems, particularly chronic conditions like diabetes, heart disease and stroke. There is a wide range of causes for mental health problems and is likely to vary with different people. Usually, there is a complicated combination of factors, but some mental health problems may run in families, i.e., genetic like Schizophrenia. The fact is that mental health problems are very personal and hard to understand but just because one may not know exactly what is causing someone to experience mental health problems, this doesn't mean that it is any less serious than any other illness. This very precious human life has to be protected by all means.

To enhance the preciousness of this precious life, we can always help others to grow and reach the highest potential of one's life. Life is short, therefore, rather than longing for something else, we should learn to enjoy what we have in this very moment. Let us allow the miracles to happen all around us. We are the beautiful creatures of God; if we have landed here, then there's a reason behind it. Everything in life happens for a reason, no matter what it is; there's always a divine purpose. Then, why do we allow ourselves and others to dredge through the trials or tribulations? No matter what we are dealing with- massive amounts of pain or failure, we need to find the good in every moment. Pain makes us stronger and more aware; it enriches the mind over time. Don't allow pain to destroy you; rather allow it to uplift you. We must focus to improve our mental health for a healthy living. We must not allow our seemingly small problems seem so big. "Self-help" is very crucial here. We should try to stop and think about the enormous amount of pain and suffering happening everywhere. This will help us remind the treasures in our own lives. Lastly, whatever we tend to focus on, we move towards that. When we think that life is a curse, we manifest that more into our lives. So, stop spending your infinitesimal amount of time steeped in worrying and negative emotions rather realize the miraculous gift of life that we have been given and look at the positives. Life is really beautiful, and at the same time very short; so, savor every moment and treat it as it could be the last one for us.

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