

What is mental health? Why is it so important? What's there to think about? These are questions often asked by people sometimes we even ask them to ourselves. This is actually us being ignorant about such an important and sensitive factor of our day to day to life. Mental health is the level of our emotional well being. It is the state where a person does not have any kind of mental issues. It is the state of someone operating adequately in a state of proper emotional and behavioral adjustment. At the present time mental health is actually one of the biggest concerns of an individual's life. A person whose mental condition is not well suffers from many kind of problems and sufferings in their day to day life. And we are so ignorant about it which results into depression, anxiety and sometimes it results into taking someone's own life as well.

As a social being we go through so many things in our lives. All these work, study and maintaining certain connections or relationships are done in order to live peacefully without any hindrance. We do this to blend in with other people to live among the people in the society. But during this process we forget the most important factor of all our mental health. Sometimes we just lose our mind get so stressed because of our everyday work and hamper our mental health. Is that something we should ignore? Definitely not. Let's say that a human is a two wheeled cycle. Now a cycle has two tires and in case of humans the two tires are our mental health and physical health or our mind and body whatever someone prefers. In order to ride a cycle or we need both the tires. If one of them does not work it's very hard to ride a cycle or move along with it. We have to drag ourselves if one of them has any problem or does not work properly. So our mental health holds a vast importance so that we can function properly. In case of teenagers mental health is hampered because of studies, friendships breaking up, having problems with a certain someone. And what's sad is that people ignore this they just don't value this issue. According to most of the people it's just a normal thing it happens. A lot say "It is what it is". But why is that? Every fact every occurrence be it small or big if it causes trouble to someone's mental health it is an issue. Teenage life is the time where teenagers discover many emotions and feelings. They fall in love, they make friends, they lose their love and they also lose their friends. Now if some person is really sad because he or she lost their loved one they are often ridiculed. They are told that they are being stupid and being sad is just pointless. But this is where most of the people are wrong? Why is it stupid to feel bad if you couldn't get the love you craved for? We are the human race these emotions are inside us in every single atom of our body. Craving someone's affection and being sad that you don't get is very normal. People get more sad and feel mentally hampered more when other people ridicule them for being who they actually are. One thing everyone will notice is a lot of us don't know how to share our problems how to talk or interact. This is the problem of our society. If a person cannot share easily his or her mental health will degrade to a point where they will fall into depression. We the human race have come to a point where we can't even talk properly to our family or friends. We are scared of sharing our problems to our parents and that is because the proper state of mental health is not given the needed value. We can't talk freely to our friends because we are afraid of being judged. We are afraid that our friends might get irritated if we share and talk a lot. All these problems and thoughts come to our mind because talking or giving importance to our mental health is not normalized at all. Now let's keep the teenagers aside for a while and talk about adults. As we grow up our duties increase and as a result our problems increase too. Job, family and maintaining social affairs all these become some kind of a burden and these cause mental issues as well. A enormous number of adults fall into depressions because of this pressure upon

them. But no one wants to talk about them because people think that having mental issues and certain problems means that you are a sick person with some illness. This is one of the most horrific myths. One thing every person should understand is that proper mental health is not a myth. It's necessary, it's important so that we can live a peaceful life. The real peace and accurate prosperity is not in the worldly pleasure, it's in the mind. Our mental health is what can help us to actually prosper in whatever we do. The problem that we ignore the need of a proper mental health comes from our surroundings. The society is what's the problem. Few years back in India a girl committed suicide because she wasn't doing well in her studies, she couldn't talk to anyone about her problems she was mentally deranged. In her suicide note she wrote "The society failed me." We are the society. We failed her. We failed countless of other people just by being ignorant. We are now in a situation where we feel safer sharing our problems and secrets to strangers rather than to our loved and close ones. It's because we fear the judgment of those close to us. Everytime someone feels mentally weak no one comes forward to talk to that person. You don't need to do much you can just go to that person and tell them "I am here. talk to me. Tell me what's ailing you" assuring them that you are trustable and they are safe with you is the first thing needed to be done in order to create a society where everyone has a proper mental health. People who are sad or depressed just want to be ensconced on the warm delight of the assurance of their loved ones. We need to look after our friends. Not everyone will show how they feel we need to get it out of them. These feelings need to be let out need to be spoken the more these stays inside the more it harms a person. There are often cases where some people create a different reality in their minds because actual reality doesn't accept them or their feelings. They feel like strangers. They feel like false existential beings around us. Why should we let that happens? Why can't we just sit and talk about our issues and our problems? It's because no one values mental health. We are taught that if we study well we can live a rich and comfortable life. But can just studying give us a happy life? The problem starts from our household. We are not taught how to maintain our mental issues or how to handle them. Maybe it's because somewhere we still think that mental issue is a sickness. Well let me tell you it isn't. It is just a state of mind. Talking about it working on it should be our top priority. If we can just understand what mental health means and what type of contribution it has in our lives only then we can create a healthy and peaceful society. I know this is not an easy or quick job but we need to be strong we need to try we need to work together. Hope and dedication to a better and stable society is all we need to achieve a place where everyone is free to talk about their problems and everyone is willing to help each other out. You should know that just because you feel a little different or bad doesn't make you an outcast or problematic. Your feelings are what makes you human and you should be proud to be a human because you can feel and understand. Normalize talking about mental health and it's issues. It's not a disease. It's not a myth. It's important and we need to work on it.