

# Significance of Mental Health and Wellness

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## ABSTRACT

Mental health determines think, feel and act. Good mental health is when feel and act. Globally, the majority of those who need mental health care worldwide lack access to high-quality mental health services. Stigma, human resource shortages, fragmented service delivery models and lack of research capacity for implementation and policy change contribute to the current mental health treatment gap. Common mental disorders are responsible for the largest proportion of the global burden of disease.

**Keywords:** Mental Health; Stigma; Treatment; Mental disorders; and lack of research; Emotional; Psychological socio; well being.

## INTRODUCTION

Mental health determines think, feel and act. Good mental health is when feel and act.

Globally, the majority of those who need mental health care worldwide lack access to high-quality mental health services. Stigma, human resource shortages, fragmented service delivery models and lack of research capacity for implementation and policy change contribute to the current mental health treatment gap.

Common mental disorders are responsible for the largest proportion of the global burden of disease.

One in five people in Northern Ireland will

experience potential mental health problems. Anyone can suffer from mental health problems. While certain individuals or groups are more vulnerable, no one is immune to poor mental health.

Mental health includes our emotional, psychological socio wellbeing.

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.

Father of mental health is "PHILLIPPE PINEL"

There are many different conditions that are recognized as mental illnesses. The more common types include:

### Anxiety disorders

People with anxiety disorders respond to certain objects or situations with fear and dread, as well as with physical signs of anxiety or panic, such as a rapid heartbeat and sweating. An anxiety disorder is diagnosed if the person's response is not appropriate for the situation, if the person cannot

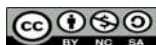
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control the response, or if the anxiety interferes with normal functioning.

### ***Mood disorders***

These disorders, also called affective disorders, involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness. The most common mood disorders are depression, bipolar disorder and cyclothymic disorder.

### ***Psychotic disorders***

Psychotic disorders involve distorted awareness and thinking. Two of the most common symptoms of psychotic disorders hallucinations the experience of images or sounds that are not real, such as hearing voices and delusions, which are false fixed beliefs that the ill person accepts as true, despite evidence to the contrary.

### ***Eating disorders***

Eating disorders involve extreme emotions, attitudes and behaviors involving weight and food.

### ***Impulse control and addiction disorders***

People with impulse control disorders are unable to resist urges, or impulses, to perform acts that could be harmful to themselves or others.

### ***Personality disorders***

People with personality disorders have extreme and inflexible personality traits that are distressing to the person and/or cause problems in work, school, or social relationships. In addition, the person's patterns of thinking and behavior significantly differ from the expectation

**Obsessive-compulsive disorder (OCD):** People with OCD are plagued by constant thoughts or fears that cause them to perform certain rituals or routines. The disturbing thoughts are called obsessions and the rituals are called compulsions.

**Post-traumatic stress disorder (PTSD):** is a condition that can develop following a traumatic and/or terrifying event, such as a sexual or physical assault. Extraordinary advances have been made in the treatment of mental illness. As a result, many mental health disorders can now be treated nearly as successfully as physical disorders.

**Most treatment methods for mental health disorders can be categorized**

1. Somatic and 2. Psychotherapeutic
- Somatic treatments include drugs,

electroconvulsive therapy and other therapies that stimulate the brain (such as transcranial magnetic stimulation and vagus nerve stimulation).

Psychotherapeutic treatments include psychotherapy (individual, group, or family and marital), behavior therapy techniques (such as relaxation training or exposure therapy) and hypnotherapy.

### ***Psychotherapy***

In recent years, significant advances have been made in the field of psychotherapy, which is sometimes referred to as talk therapy. By creating an empathetic and accepting atmosphere, the therapist often is able to help the person identify the source of the problems and consider alternatives for dealing with them.

Psychotherapy is appropriate and effective in a wide range of conditions. Even people who do not have a mental health disorder may find psychotherapy helpful in coping with such problems as employment difficulties, bereavement, or chronic illness in the family. Group psychotherapy, couples therapy and family therapy are also widely used.



### ***Types of psychotherapy***

- Behavioral therapy
- Cognitive therapy
- Interpersonal therapy
- Psychoanalysis
- Psychodynamic psychotherapy
- Supportive psychotherapy

Psychiatric nurses care for individuals, groups, families and communities impacted by mental health conditions.

A psychiatric mental health nurse (PMHN) is a with specialized training that equips them with the expertise required to care for and support individuals suffering from mental health problems.

To diminish the mental health treatment gap and to improve access to high-quality mental health services globally: diminishing pervasive stigma, building mental health system treatment and research capacity, implementing prevention programs to decrease the incidence of mental disorders and establishing sustainable scale up of public health systems to improve access to mental health treatment using evidence-based intervention.

## CONCLUSION

Mental health can be challenging to deal with. However, it is not impossible to overcome. Nurses are in a key position to provide interventions to address mental health and academic achievement.

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