

# THE IMPORTANCE OF MENTAL HEALTH AMONG YOUNG PEOPLE

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The teenage years are a time of transition from childhood into adulthood. Being a teenager is hard. You're under stress to be liked, do well in school and get along with your family. You can't avoid most of these pressures, and worrying about them is normal. That is why young people should take care of their mental health during adolescence. That's why the theme of this work is very important.

So, the subject of the work is the mental health. The main goals are to investigate the main features of mental health among teenagers, to determine the main problems concerning the topic and to suggest some ways out.

So what is mental health? Mental health is the successful performance of mental function, resulting in productive activities and providing the ability to cope with adversity. Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act.

People who have good emotional health can still have mental illness. If someone experiences mental health problems, his or hers thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including biological factors, life experiences and family history of mental health problems. Most common mental illnesses are divided into three groups: anxiety disorders, mood disorders and eating disorders.

**ANXIETY DISORDERS.** Usually anxiety alert us to dangers and help us prepare and pay attention. But for a person with an anxiety disorder, the anxiety doesn't go away and can get worse over time. The feelings can interfere with daily activities. There are several different types of anxiety disorders. Examples include generalized anxiety disorder, panic disorder and agoraphobia. All anxiety disorders share some general symptoms: • Panic, fear, and uneasiness • Sleep problems • Not being able to stay calm • Shortness of breath • Dizziness. When people experience panic disorder, they can feel terror that strikes at random. This feeling is called «panic attack». During a panic attack, you may also sweat, have chest pain, and feel strong heartbeats or feel like you're choking or having a heart attack.

**MOOD DISORDERS.** Mood disorder is a group of conditions where a disturbance in the person's mood is the main feature. Emotional state of people with mood disorders is inconsistent with circumstances and interferes with ability to function. The most common illnesses in this group are depression and bipolar disorder.

Major depression is an episode of sadness along with other symptoms that lasts at least two weeks and is severe enough to interrupt daily activities. The symptoms of depression are a sad mood, loss of interest in life, a sense of guilt or worthlessness and lack of hope. Depression is not simply the result of a 'chemical imbalance', it's complicated, and there are multiple causes of major depression.

People who have bipolar disorder talk about experiencing mood shifts. These swings can range from extreme energy to deep despair. These mood shifts distinguish from ordinary mood changes. The shifts may be mild ranging from sadness to irritability. Researchers believe that abnormal functioning of brain circuits contribute to mood disorders.

**EATING DISORDERS** . Eating disorders are characterized by irregular eating habits and severe distress about body weight or shape. Eating disturbances may include excessive food intake which can ultimately damage an individual's well-being. Eating disorders typically appear during

the teen years. The most common forms of eating disorders include Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder.

The male or female suffering from anorexia nervosa will typically have an obsessive fear of gaining weight and an unrealistic perception of body image. People with anorexia will fiercely limit the quantity of food they consume and view themselves as overweight. Anorexia can have damaging health effects, such as brain damage and multi-organ failure.

Bulimia nervosa is characterized by repeated binge eating followed by behaviors that compensate for the overeating, such as forced vomiting and excessive exercise. People who suffer from Bulimia may fear weight gain and feel severely unhappy with their body size and shape. The binge-eating and purging cycle is typically done in secret, creating feelings of shame. Individuals who suffer from Binge Eating Disorder will frequently lose control over his or her eating. Men and women who struggle with this disorder may experience intense feelings of guilt related to their binge-eating, which could influence the further progression of the eating disorder.

**RECOVERY** . However, studies show that people with mental health problems get better and many recover completely. It's important to take care of yourself. Whether you are looking to cope with a specific mental health problem or simply to feel more positive, there are plenty of things you can do:

- Be aware of your emotions. Notice what makes you sad and try to change those things.
- Express your feelings in appropriate ways. Let people close to you know when something is bothering you.
- Think before you act. Give yourself time to think before you say or do something you might regret.
- Manage stress. Learn relaxation methods to cope with situations causing your sadness.
- Strive for balance. Find a healthy balance between work and play. Make time for things you enjoy.
- Exercise regularly, eat healthy meals, and get enough sleep.
- Find purpose and meaning. Figure out what's important to you in life, and focus on that. Spend your time doing what feels meaningful to you.
- Stay positive. Focus on the good things in your life. Spend time with positive people.
- Get a professional help if you need it. Talking to a psychologist can help you deal with difficult thoughts and feelings.

If you or a loved one is dealing with the effects of a mental health problem, it can be difficult to know what to do next. You can really help by giving good advice when you asked for it, respecting their need for privacy, not judging their opinion and helping them figure out what to do the next time a difficult situation comes up.

**CONCLUSIONS.** Some people think that only people with mental illnesses have to pay attention to their mental health. But the truth is that your emotions, thoughts and attitudes affect your energy, productivity and overall health. Good mental health strengthens your ability to cope with everyday hassles and more serious challenges. Being emotionally healthy means you are aware of your emotions. You can deal with them, whether they are positive or negative. Emotionally healthy people still feel stress, but they know how to manage their negative feelings. Taking care of your mental health and mental health of other people makes world a better place. That is why mental health is very important: it allows you to realize your full potential, work productively, communicate with other people and contribute to society.

## **INFORMATION SOURCES**

<https://www.mentalhealth.gov>

<https://en.wikipedia.org>

<http://www.dualdiagnosis.org>

<http://historycooperative.org/a-beautiful-mind-the-history-of-the-treatment-of-mental-illness>

<https://www.psychol-ok.ru/lib/intpsy/intpsy2007/intpsy230207.html>