



## Shining a light on the mind's wellbeing

### Description

On 10 October every year, people around the globe commemorate World Mental Health Day. More than just a day of recognition, it's a call for societies, governments and individuals to appreciate, understand and promote mental wellbeing for all.

As modern life becomes increasingly complicated and stressful, mental health issues are on the rise, making World Mental Health Day more relevant than ever.

### Why mental health is vital

Mental health, just like physical health, is an integral part of our overall wellbeing. It influences our thoughts, feelings and actions and can help us to cope with the stresses of life, work more productively and foster meaningful relationships. Sadly, the remaining stigma surrounding mental health disorders prevents many people from seeking the help they need or even discussing their struggles.

### Understanding the issue

Mental health encompasses a wide range of conditions, from anxiety and depression to more severe conditions such as bipolar disorder or schizophrenia. Everyone, regardless of their age, gender, or if they're rich or poor, can be affected. Throughout our lives, our mental health can fluctuate because it is influenced by many factors, including genetics, environment and life experiences.

### How to achieve better mental health

- **Open conversations:** Cultivating environments, whether at home or work, where discussions about mental health are normal can break down stigmas. These types of conversations can make it easier to seek help when needed.
- **Accessible resources:** Ensuring that people have access to mental health resources and professionals can make a significant difference. Early intervention often leads to better outcomes.
- **Self-care:** Activities such as meditation, journaling and exercise can be therapeutic. It's also crucial to recognise and respect our own mental boundaries, taking breaks when necessary.

- **Community support:** Community-driven initiatives like workshops, support groups and helplines can offer guidance to those grappling with mental health issues.

**Let's all commit**

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World Mental Health Day is more than an annual event – it's an ongoing commitment to prioritising and improving mental health at every societal level.

Let's use this day as a powerful reminder that mental health is just as vital as physical health. Let's all stand in solidarity with those who struggle, to educate ourselves and others, and to create a world where mental wellbeing is celebrated and nurtured.

### **Category**

1. Our Wellness

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