



THE RELATIONSHIP BETWEEN MENTAL HEALTH AND PHYSICAL HEALTH

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Abstract

In the modern day, mental health has become a top issue for everyone in the world. People are more disconnected from mental health because of how closely they are tied to technology devices. People nowadays are not content in their families, places of employment, educational institutions, etc. Mental health is more than the absence of mental disorders; it is a condition of mental well-being that enables individuals to handle life's stressors, realise their strengths, and work successfully in a way that will help them contribute to their community. Physical health is the condition of our body's physical components as a whole. This article has mostly focused on how mental and physical health are connected, as well as how mental disease can result in physical sickness.

Keywords- Mental health, physical health, physical sickness

Introduction

In present time, mental health became a major concern for every people in all over the world. The way people are associated with technological devices, they are more devided from mental well being. Now a days people are not happy in their family, work place, school, colleges etc. Mental health is a state of mental well being that enables people to cope with the stresses of life, realize their abilities, work well which will help to contribute to their community, mental health is more than the absence of mental disorder. Physical health refers to the state of physical body and different parts of our body. In this article we have mainly discussed about how mental health is related to physical health and how mental illness can lead to physical illness in a person.

The relationship between mental health and physical health

Our mental health is clearly interlinked with our physical health. If a person is in depression or anxiety, it does not only refers that the person has ill mental health but also his physical health is deteriorating. It is common in every age group.

The way that mental issues may affect physical health directly or indirectly are as follows –

1. **Depression and immune system-** Depression is most common mental disorder which not only affect mood and motivation. it can directly impact on the immune system by suppressing T cell response for viruses and bacteria which make a person sick. A poor immune system may lead to severe health related issue.
2. **Mental illness and fatigue-** Depression, anxiety often cause fluctuation of feeling and tiredness. If a person is restless in the entire day it may not affect his physical health but if a person is in depression it leads to fatigue. It causes shorten of breath. When a person is severly in de[ression or anxiety he may not want to engage in any activity or exercise. Even he has an urge of quitting thing too early. A joyful situation can not provide physical and mental pleasure if the person is mentally ill. So, fatigue from mental illness can also interfere with basic hygiene, increasing versatality to disease.
3. **Anger, anxiety and heart health** – Anger outburst and stress of anxiety are bad for our heart. If a person feels intense anger , it leads to 8.5 times higher rate of heart attack.
4. **Chronic diseases-** There is a correlation between depression and several chronic diseases such as diabetes, arthritis, cancer and asthma. Schizophrenia is another mental health condition that can lead to an increased risk of respiratory diseases.
5. **Sleep quality-** Sleep quality is very much necessary to keep our health good and energise ourselves in entire day. But stress and anxiety make it difficult to get adequate amount of



sleep. Lack of sleep causes variety of health related problem such as eye problem, headache, fatigue etc.

6. **Digestive health-** Sometimes there arise some situation when we feel ‘ butterflies’ in our stomach. This is not necessarily wrong with our health but we feel this because either we are nervous or excited . Mental health condition can alter digestive tract function which increases discomfort.

Conclusion

It is most common among students also. Due to examination stress, before examination students may not able to eat properly. They feel vomiting or nausea. Diarrhea is another major health problem that students face during examination.

These problem must be treated properly as early as possible. If it is untreated for a long period of time then it may lead to acute health related problem which also lowered the life expectancy of the people. It is seen that greed or desire for a thing is the major cause of mental illness. There are several ways through which these problems can be treated such as self care , solidify a sleep schedule, schedule time for outdoor activities, meditation or mindfulness practices, seek appropriate treatment etc.

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