# MENTAL HEALTH AND SELFCARE

"Mental health is just important as physical health."

This quote stood with me ever since i read it for the first time. Maybe you are wondering... "What is this guy talking about? Some physical illnesses lead to death, how can you say that physical health and mental health are equally important?" Well... let me show you some data.

In Poland, in 2018, a Pole took his or her life every 47 minutes. More than 5.000 people killed themselves in 2017 and the attempted suicides are twice as high. It is estimated that 60 to 90 percent of people who attempt suicide suffer from psychological issues, with depression being the most likely cause.

So… yes, mental illnesses lead to death too, and when they -fortunately- don't, they still cause extreme discomfort to the people who are experiencing them.
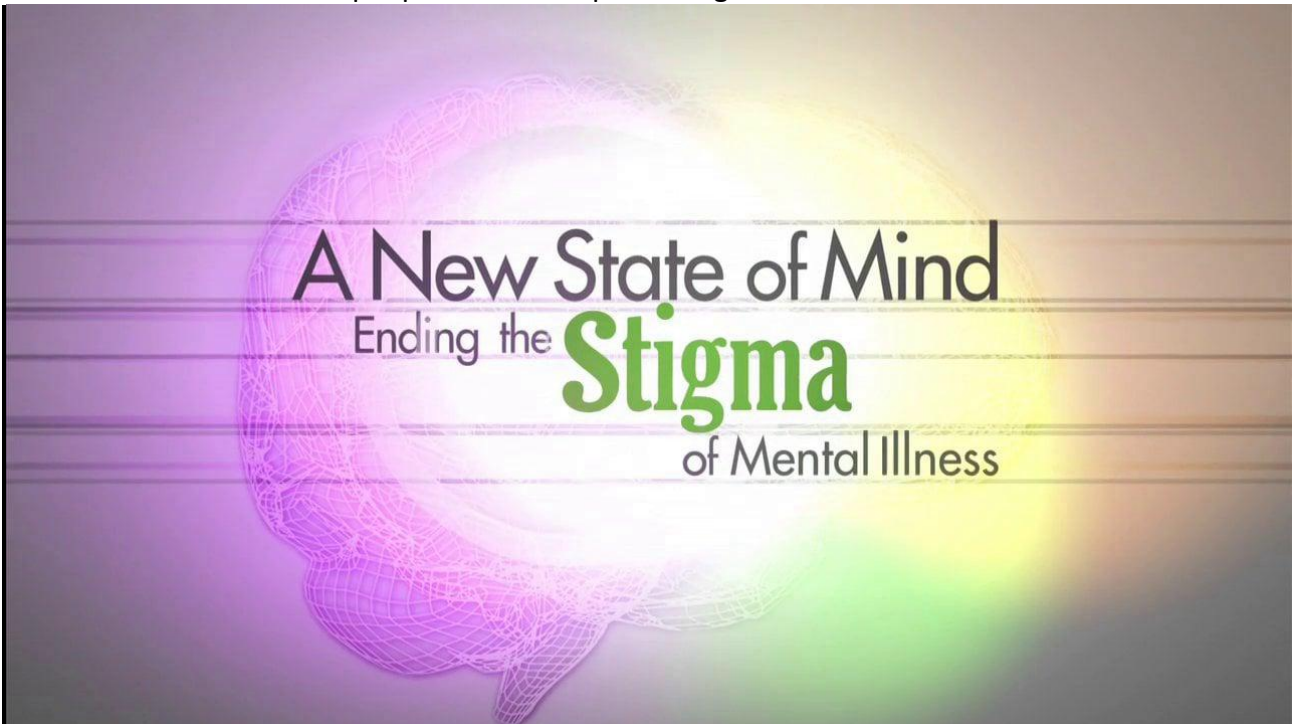
What can we do to help people suffering from mental illnesses?

You are now maybe asking yourself... "What can I do to help those people who are struggling with their mental health?" One of the most important thing you can do, is offering to listen to them, let them vent with you, try to empathize with them, understand their feeling and try to listen without any judgment. Who is struggling with mental health often finds relief even by just having someone they can talk to, someone who is willing to just.. listen.

What can we do to improve our own mental health?

And.. what if WE are the ones who are struggling with our mental health? Personally, I think the most important and helpful thing we can do when we are faced with mental illnesses is to try to ask for help, which that alone, can be extremely difficult.

Talking about our traumas or preoccupations is not always easy but it is highly beneficial. As I read one time on a psychology book:"The verbal communication of emotions helps with the elaboration of the emotional experience itself".

Other super-useful activities we can do to improve our mental well being are:

-**meditating**; meditation helps us stay focused on the present moment, so it gives us a chance to stop, to breathe and not to think about past or future events

-**group activities**; doing group activities helps us feel less isolated and, potentially, part of a group

-**walking in nature**; walking in nature or quite spaces allows us to take some peaceful time for ourself and escape the chaotic and stressful city life

-**sleep**; sleeping enough hours is fundamental, both for our physical and mental health, not having enough -or having poor- sleep, can cause: lack of concentration, memory loss, irritability, focus difficulties and even weaken our immune system

-**writing**; writing -or journaling- makes us pause from all that is going on in our life, it allows us to look within and to be aware of our thoughts and feelings, plus, it is a wonderful way to take the thoughts out of our head

These are few of the self-care activities -or habits- we can do to improve our mental wellbeing, now... it is up to you to find the ones that fit you the most.

Should you be ashamed if you struggle with mental illnesses?

Lastly, let's answer this crucially important question.

Should you be ashamed if you suffer from mental illnesses?

The answer is no, absolutely not. Suffering from mental illnesses should never be something to be ashamed of. We are not ashamed when our bodies get sick, why should we be ashamed when our minds do?