



THE IMPORTANCE OF MENTAL HEALTH AWARENESS

Orzikulova Mavsuma Mamatkulovna

Teacher of Uzbekistan-Finland Pedagogical Institute

Ravshanova Madinabonu G'ulom qizi

Student of Uzbekistan-Finland Pedagogical Institute

Abstract: *This article informs about some illnesses and health problems which can occur because of individuals' overthinking behavior. Keeping inner peace is very crucial. Moreover, it helps people to understand the meaning of life and become grateful.*

Key words: *health issues, inner peace, psychologists, experts, the government, measures, cure, anxiety, stress, diabetes, cancer, overlook, overcome, directions, diseases, consequences, worried, mind, brain.*

Since mental health is frequently seen as a taboo subject, it is crucial to have a conversation about it. We'll talk about a variety of mental health topics, including schizophrenia, bipolar illness, and depression in addition to anxiety. Our goal is to dispel the stigma associated with mental health and increase public awareness of it. Since one in five individuals suffer from mental illness, it's likely that you know someone who has experienced mental health problems. It's time to have candid and open conversations regarding mental health. [1]

Despite being one of the most significant areas of our life, mental health is sometimes overlooked. It will be regarded more as merely the lack of mental disorder. It all comes down to having healthy relationships, a strong self-image, and the capacity to handle stress. It's about being able to accomplish what you love and feeling in charge of your life. We should all endeavor to preserve our mental health since it is equally as vital as our physical health. From easy daily activities to coping mechanisms for stress or anxiety, everyone should strive to improve their mental health.

Nowadays individuals are facing so many health issues due to their fear and concerns. Everything is connected with their inner peace. So there are a lot of tutors and psychologists in order to help people improve their mental health. Individuals are being more concerned and worried over time. They are depressed about problems like their social and financial status, familial conditions and others. So they do not pay attention their mental health. Keeping inner peace is very significant. People can overcome so many problems by being confident and calm. But unwanted illnesses may harm individuals' health. Because they put themselves in a perpetual state of anxiety and stress. They might experience diabetes, asthma, high blood pressure and uncured diseases like these. Doctors have not found any cure to treat these illnesses. And they destroy people's health one by one over the time. In the end they definitely cause death among sick people. That's probably why, scientists always mention that individuals should maintain their mental health everything is linked to people's brain and thoughts. By improving their overlook most of patients can overcome cancer, even. Therefore



psychiatrists, psychologists and experts make an effort to inform people how mental health is significant. If individuals follow their directions, they never face any health issues as well as can live longer. Physical brain problems known as mental or psychiatric disorders impair thinking, mood, behavior, and energy levels and interfere with day-to-day functioning. It's becoming more obvious that stress, neurobiology, brain chemistry and structure, or heredity may all have a role. [2]

Not only experts but also government can take many measures to help local people keep their mind calmly. They organize meeting with experts and doctors to convey important information for their population. Last but not least, patients who are fighting with such illnesses which I mentioned above are cured totally free in hospitals. As long as their expenses are covered by governments Only a small percentage of people are diagnosed with mental health illnesses like anxiety and depression, despite the fact that everyone needs to take care of their mental health just as they do their physical health. Raising awareness of mental health issues in whatever manner you can is crucial because of this. One in five people may experience a mental disease at some point in their lives, according to Mental Health America. Despite the fact that many people worldwide suffer from mental illness, there are still many stigmas associated with talking about or getting treatment for mental health problems.[3]

Developing emotionally, spiritually and mentally may assist people to understand that every problem and stressful conditions are temporary. Obstacles come and go. Nobody can say that there is not anybody with any regrets, hardships. Accepting situations plays a key role people's life. And this teaches people to become satisfied from everything. Despite opportunities in hospitals, people should be attentive for their overall wellbeing. Some diseases cannot be treated and medicine is still weak in front of them.[4] Being depressed and concerned perpetually can cause awful results, even genetic illnesses. In order to prevent these consequences, individuals must pay attention what they are thinking and worried about. It is very vital, especially for younger generation. Since they should live and learn more and more. Nobody wants to waste their life by looking outside from hospital windows. So it is all about our mind and thoughts.

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