



Physical Illness And Psychological Health

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Abstract

The quality of an individual's mental and physical health is inextricably related. People with severe mental illness are at an increased risk of developing various physical ailments. On the other hand, the rates of despondency and anxiety among those whose physical health issues persist are much higher than the norm for the country as a whole. When a person's mental and physical health are both in poor condition at the same time, the quality of their life may suffer, and they may be at greater risk for developing complications. Inefficiencies in the workplace and growing costs associated with medical care both harm the economy. The first step in establishing measures to minimise the formation of co-occurring illnesses and to help people currently managing mental illness and persistent physical issues is to understand the linkages between the mind and the body. Both internal and external influences may influence both the mind and the body. Changes in physiological and emotional processes and social issues such as income and housing can affect the mind and the body. A person who already has a mental illness or a chronic physical ailment has a greater risk of developing a second condition due to their biology, their experience with their sickness, and the societal factors that play a role in determining their health. People who have mental illness may have physical symptoms either as a direct effect of their disease or as an adverse response to the therapy they receive. Gaining weight and experiencing abnormal heart rhythms are just two of the numerous unpleasant side effects of using many psychiatric medications, even those prescribed for treating mental illness. As a consequence of these symptoms, the body is put in a state that is more susceptible to several diseases. How a person experiences their mental illness may also raise their susceptibility to developing a physical sickness. The effects of mental illness on a person's social and cognitive functioning and energy levels might operate as obstacles to adopting healthy practices. It's possible that people don't care about their health enough to put in the work required to keep it up to par. This is a possibility. They may make



less healthy lifestyle choices, such as engaging in unhealthy behaviours like smoking or drug misuse, as a reaction to or as a result of their symptoms.

Keywords: *Psychological Health, Health Awareness, Indian Scenario, Government Programs*

Introduction

One's mental and physical health are intertwined in ways that cannot be separated. Mentally unwell people are more likely to suffer from various physical ailments. However, the rates of despair and anxiety are twice as high among those who deal with ongoing physical health problems. The quality of life might suffer, and the risk for complications can rise when mental and physical health problems occur together. Reduced productivity at work and more extraordinary healthcare needs lead to monetary losses for society. The first step in establishing measures to minimise the formation of co-existing disorders and to help people currently dealing with mental illness and chronic physical issues is to understand the linkages between the mind and the body. Alterations in physiological and emotional processes and changes in social variables such as income and living circumstances may affect both the mind and the body. Biology, disease history, and social determinants of health are all potential pathways by which someone with a mental or chronic physical illness can be more likely to get a second illness. Both mental illness and its treatment may cause physical symptoms in people coping with it. Many psychiatric medications, even those prescribed for mental illness, may have undesirable consequences, including gaining weight or experiencing irregular heartbeats. These signs and symptoms leave the body vulnerable to several diseases. How people deal with their mental illness might increase their vulnerability to other types of infection. Because mental illness may impair social and cognitive functioning and energy levels, it may be difficult for those suffering from it to adopt healthy habits. People may not care about their health for several reasons. Because of or in response to their symptoms, they may also begin engaging in unhealthy behaviours like smoking or substance abuse.

Objectives



[Discuss about Roadmap For Mental Health Awareness](#)

[Discuss about Effects of Mental Health on Physical Health](#)

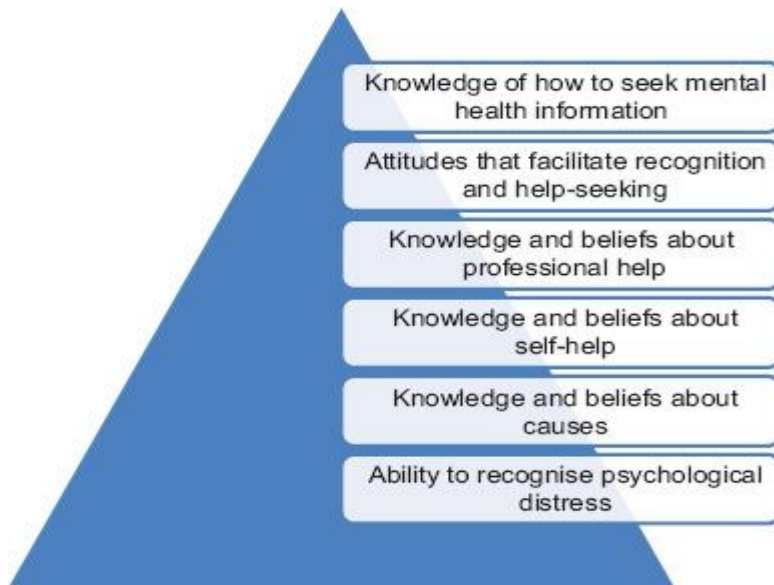
[Discuss about Tips for Maintaining Your Emotional and Physical Well-Being](#)

[Mental Health Awareness](#)

The public's mental health has improved thanks to awareness campaigns. Educating the public and working to reduce the stigma that surrounds mental health issues may be accomplished in several ways. Problems arise in the mental health care delivery system because of a general lack of awareness about mental illnesses. The benefits of awareness-raising and its influence on people's tendency to become engaged have been studied, as has the significance of community-based systems in developing countries. Both health consciousness and health literacy are essential to achieving optimal health. Unfair judgement and prejudice might result from ignorance of the facts. Much study hasn't been done to put a number on Indians' degree of mental health literacy. In one study, only 29.04% of adolescents properly identified melancholy, while only 1.31% correctly identified schizophrenia or psychosis. There was evidence of a social penalty for needing help.

These findings highlight the need to educate the public about mental health. "Mental health literacy," a concept closely related to this, is increasingly acknowledged as an important gauge of broad awareness of these illnesses. One definition of health literacy is the capacity to "access, absorb, and use the information to achieve and sustain optimal health." In [Table 1], we define what we mean by "mental health literacy," which encompasses topics like diagnosis, causes, self-care, facilitating professional intervention, and internet navigation. Publicly available data may be used to challenge beliefs that prevent people from learning about available resources and effectively requesting assistance when they need it. The Norwegian effort to reduce the duration of untreated psychosis is only one example of how education may improve mental health outcomes.

Table 1: Literacy in Mental Health: Its Components



The adverse effects of stigma have resulted in the development of several initiatives all around the globe, the purpose of which is to combat the prejudices, assumptions, and discrimination that contribute to social impairment. These initiatives aim to fight stigma by educating people about how they can help those affected by it. There has been a beneficial impact from awareness campaigns for mental health, and these campaigns can bring about a favourable transformation in people's perceptions of mental illnesses. However, further in-depth studies are necessary to evaluate the effect that attempts to enhance mental health literacy worldwide will have in the long run. These activities are intended to have a positive impact.

Indian Scenario

The World Health Organization (WHO) has presented an overview of the aims of sustainable development and elaborated on how mental illnesses and suicide are related to those objectives. The rate of suicide in India in 2015 was 15.7 per 100,000 people, which is much higher than the average rate for the region, which was 12.9, and the average rate for the globe, which was 10.6 respectively. The suicide rate among those aged 15–29 is the highest of any age group anywhere in the world. This is especially true in India. The population still has a substantial unmet demand, and it is imperative that this need be satisfied.



It has been demonstrated that the treatment gap in less developed nations ranges from 76 to 85 per cent when evaluated by the absolute difference between the prevalence of mental disorders and the percentage of people who get treated for them. This evaluation is performed by looking at the prevalence of mental disorders compared to the percentage of people treated for them. One of the key explanations for why there is such a big treatment gap is the problem of limited resources, commonly listed as one of the primary factors. There are gaps not only in the nation's human resources but also in the country's physical infrastructure. These gaps may be seen in India. India still bears a disproportionately high percentage of the sickness burden globally, notwithstanding the improvement in various health measures. Compared to the health indices of other countries with a similar level of wealth as India and those of other countries that are geographically close to India, our numbers could be better. Because of the high out-of-pocket expenditures connected with medical treatment, a sizeable portion of the population is forced into poverty, where they are then susceptible to the adverse consequences of receiving insufficient care. It has been proposed that an efficient method for providing effective treatments in settings with limited resources is to delegate work to community health professionals who need specialised training. This would be an excellent approach to save time and money. Leveraging primary care systems and using novel force multipliers are possible future courses of action that might be taken in light of the significant shortage of available psychiatrists, psychologists, psychiatric nurses, and social workers.

Roadmap For Mental Health Awareness

The only way to get India's massive population invested in its mental health is to raise knowledge, which will spur demand. Increased understanding will likely lead to earlier diagnoses, more accessible access to care, and new preventative measures. In a democratic society, more knowledge should lead to increased advocacy, political will, money, and synergies. The following six channels (Figure 1) are expected to generate the most buzz and spread the word.

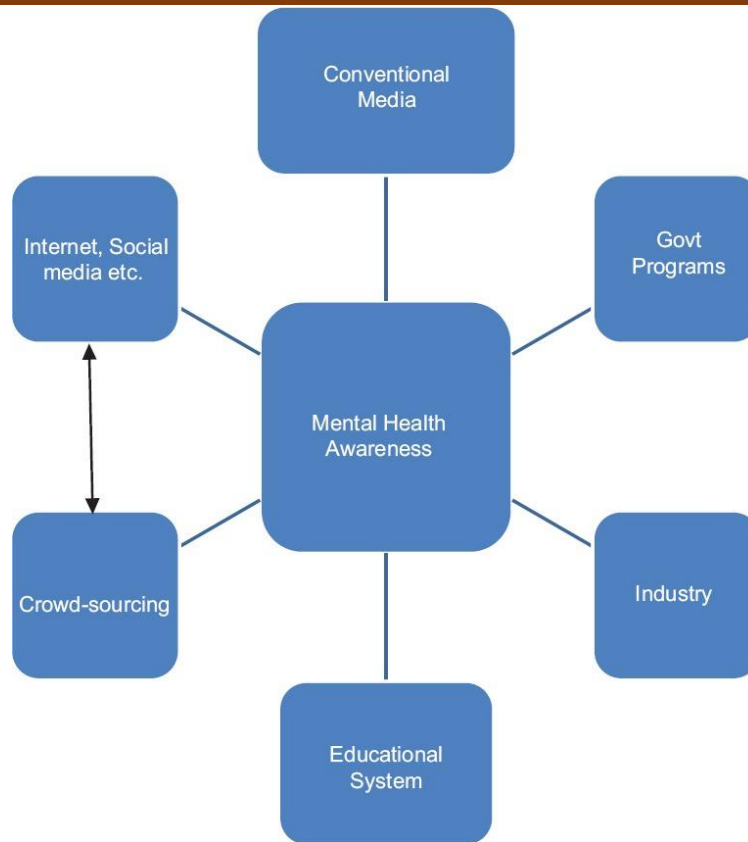


Figure 1

Model for increasing awareness of mental health

Conventional media

The media's contribution has been crucial to the previous initiatives that have raised awareness about mental health problems. Celebrity endorsements have formed the backbone of public relations efforts up until this point. One recent example is the one by Deepika Padukone, an actress, who discussed her battle with clinical depression. Additional factors that contribute to the success of media campaigns include concise tag lines for advertising and narrations and documentaries rich in substance.

It is a relatively simple step to make information that is supported by evidence and readily available on mental health readily available to journalists and other content providers such as



internet portals from credible and trustworthy sources such as the Indian Psychiatry Society, research organisations, medical colleges, and so on through the websites of each of their respective organisations. Journalists and other content providers can access this information by visiting the respective organisations' websites. Journalists and other content producers interested in gaining access to this material may do so by going to the websites of the relevant organisations. One way to accomplish this objective is to ensure that the material in question is readily available to journalists and other individuals who make content. If content that is easily translated and does not include any jargon can be made available in a variety of regional languages, in both written and spoken form, then this will go a long way toward meeting the objectives established for this project. If this can be accomplished, then this project will be a success. If this objective can be realised, it will be determined that the project was successful. It is in the best interest of professionals working in mental health to take the initiative to interact and cooperate with the media, as it is to their best advantage. This is because it is in the best interest of the professionals working in the field to do so. This is because doing so is in the patient's best interests whom they care for. If patients who have finished their treatments without incident are rewarded for making their experiences with treatment accessible to the general public, this may help relieve the lack of factual testimony in the medical community.

Government Programs

Even though there has been much debate over the total amount, the federal government of the United States still spends the most money on mental health. Even while most newly discovered medicines are compartmentalised and restricted to metropolitan regions, the only way for the public health system to reach the masses living in rural areas is via large-scale programmes. Aside from the National and District Mental Health Programs, the National Rural Health Mission is well on its way to becoming the vehicle for delivering mental health as a component of integrated primary care at the leading edge of the public healthcare system. This goal will be accomplished with the National and District Mental Health Programs. Because of this purpose, the District Mental Health Programs and the National Rural Health Mission will compete directly. As a result, the National Rural Health Mission and the District



Mental Health Programs will be in direct competition with one another. The fact that it works in partnership with well-established private and alternative care providers in a way that does not endanger patients will aid in the successful energisation and execution of such massive initiatives.

Educational system

Most persons suffering from chronic and persistent mental disorders have their first symptoms before age 24 when most are still enrolled in school. Increasing one's knowledge of mental health may be accomplished in various ways via the educational system. These opportunities range from empowering stakeholders for early detection and simple interventions to including narratives on mental health in curricula as a step toward destigmatisation, elimination of discrimination, and early detection. Including reports on mental health in curricula is one step toward destigmatisation, elimination of discrimination, and early detection.

Industry

The organised sector has a significant reduction in the number of productive labour members due to mental illness. It is becoming more vital to make a concentrated effort to raise awareness of mental health, not just as part of an organisation's commitment to its social duty but also to preserve productivity.

Internet, Mobile Devices, And Social Media Platforms

Not only are hand-held gadgets and social media platforms capable of boosting knowledge, but they also have the potential to be game-changers in the dissemination of successful mental health therapies via the use of focused amplification. The decision-making process will be aided by a better understanding of subtle and scattered patterns across vast amounts of data resulting from the increased use of big data.

Crowd-sourcing

When knowledge and technology completely combine in a free society, crowd-sourcing emerges as a potent instrument for overcoming geographical, historical, and economic limits.



This is because it allows people from all over the world to contribute their ideas. Active engagement of offline and online groups working together to affect good change is what this term refers to. Consequently, the creative concepts of regular people can be magnified across both distance and time by combining their efforts with those of the accomplishments of non-governmental organisations. The unorthodox nature of specific ideas may be tested via crowdsourcing, which has shown to be an effective strategy.

Effects of Mental Health on Physical Health

Your mental and emotional wellness directly impacts your physical health. Keeping your mind in good shape might help you avoid dangerous illnesses. Higher rates of cardiovascular disease were also associated with poorer levels of psychological well-being, according to the study. Conversely, research has connected poor mental health to hazardous behaviours and poor physical health outcomes.

Chronic diseases. Researchers have found a connection between chronic illnesses and depression. Diabetes, asthma, cancer, cardiovascular disease, and arthritis are only a few examples of conditions that fall within this category. People who have schizophrenia have a higher chance of acquiring cardiovascular and pulmonary disorders. Having mental health problems on top of a chronic illness may make managing your condition much more difficult. Cancer and heart disease pose a more significant threat to those suffering from depression or other mental health conditions.

Sleep problems. Sleep problems, including insomnia and apnea, are more prevalent in those with mental health issues. It might be challenging to sleep and remain asleep when you have insomnia. Breathing difficulties during sleep may disrupt sleep quality and contribute to sleep disruptions caused by sleep apnea.

Approximately 50%-80% of patients with mental health disorders also have difficulty sleeping. The percentage of people who have trouble sleeping is just 10%-18%. Problems Sleeping problems are associated with a wide range of mental health conditions, including but



not limited to anxiety, depression, and bipolar disorder. Sleeping problems may also be a cause of these conditions.

Smoking. People who struggle with mental health are more likely to be smokers than those who do not. People with mental health issues are disproportionately represented in the ranks of heavy smokers. Depression is associated with decreased levels of the neurotransmitter dopamine. Feelings of happiness may be influenced by dopamine. Since the nicotine in cigarettes stimulates dopamine release, this habit has been proposed as a treatment for depressive disorders. However, since nicotine is simply a short-term fix, you may want to smoke repeatedly, which may develop into addiction.

Access to health care. Those who suffer from mental illness are disproportionately denied quality medical treatment. People with mental health issues may also have difficulty prioritising their physical health. Therapy, medication compliance, and maintaining a healthy lifestyle may be challenging for those with mental health issues.

Physical Health Conditions That May Affect Mental Health

Your mental health is affected by your physical health as well. Mental health problems are a risk factor for those with physical health problems. Red, itchy patches on the skin are the hallmark of psoriasis, a dermatological illness. Acute stress and depression go hand in hand with it. Psoriasis sufferers often deal with emotional and psychological anguish, significantly affecting their well-being and quality of life. Anxiety, social stigma, and feeling unaccepted are the primary causes of emotional distress. Depression and anxiety are common reactions to life-changing events like receiving a cancer diagnosis or recovering from a heart attack. Depression's adverse effects on mood, sleep, and motivation affect almost a third of persons with life-threatening illnesses.

Tips for Maintaining Your Emotional and Physical Well-Being

Caring for your body and mind will improve your overall health and happiness.

Some suggestions for taking care of your body and mind are as follows:



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- **Get frequent exercise.** Exercise is essential for maintaining physical fitness, but it also has the potential to assist in enhancing one's mood. A ten-minute stroll might improve Your mental acuity, leaving you feeling more energised and in a better mood.
 - **Eat a good diet.** A diet heavy in fruits and vegetables but low in processed sugars and fats may improve physical and mental health. You may want to consider getting the assistance of a trained nutritionist to assist you in developing a diet plan that is tailored specifically to your requirements.
 - **Stay away from drugs and alcohol.** Even while drinking alcohol and smoking cigarettes could help you feel better in the short term, doing either of these things regularly is likely to impact your physical and mental health severely.
 - **Get adequate sleep.** The next day, adults need seven to nine hours of sleep to function correctly. In addition, if you want to feel more awake during the day, you might try sleeping around half an hour.
 - **Try relaxing methods.** Relaxation techniques like meditation, deep breathing, or focusing your thoughts will assist when you're feeling stressed.
 - **Educate your mind with useful mental techniques.** Try to concentrate on happy feelings and happy occurrences rather than unpleasant ones.
 - **Ask for assistance from other people.** You can feel less anxious when discussing your problems with friends or family. When faced with challenging circumstances, enlisting the aid of others may help lighten the load you're carrying.

Conclusion

The moment has come to pursue a new strategy with the same passion and excitement in light of the reality that most previous initiatives to improve mental health in less developed countries have been ineffective over the past sixty or more years. It is possible that raising awareness about problems related to mental health may become both the means and the method of putting a stop to this apathy. It is possible that forward-thinking government policies based on evidence-based approaches, an engaged media, a vibrant educational system, a responsive industry, aggressive utilisation of newer technologies, and creative



crowd-sourcing could all work together to help eliminate the stigma associated with mental illnesses.

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