

SUNDAY

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Importance of Mental Health

Your mental health is an important part of your well-being. This aspect of your welfare determines how you're able to operate psychologically, emotionally, and socially among others. Considering how much of a role your mental health plays in each aspect of your life, it's important to guard and improve psychological wellness using appropriate measures. Because different circumstances can affect your mental health, we'll be highlighting risk factors and signs that may indicate mental distress. But most importantly, we'll dive into all of the benefits of having your mental health in its best shape.

Risk Factors for Poor Mental Health

Mental health is described as a state of well-being where a person is able to cope with the normal stresses of life. This state permits productive work output and allows for meaningful contributions to society. However, different circumstances exist that may affect the ability to handle life's curveballs. These factors may also disrupt daily activities, and the capacity to manage these changes. The following factors, listed below, may affect mental well-being and could increase the risk of developing psychological disorders.

Childhood Abuse

When a child is subjected to physical assault, sexual violence, emotional abuse, or neglect while growing up, it can lead to severe mental and emotional distress.

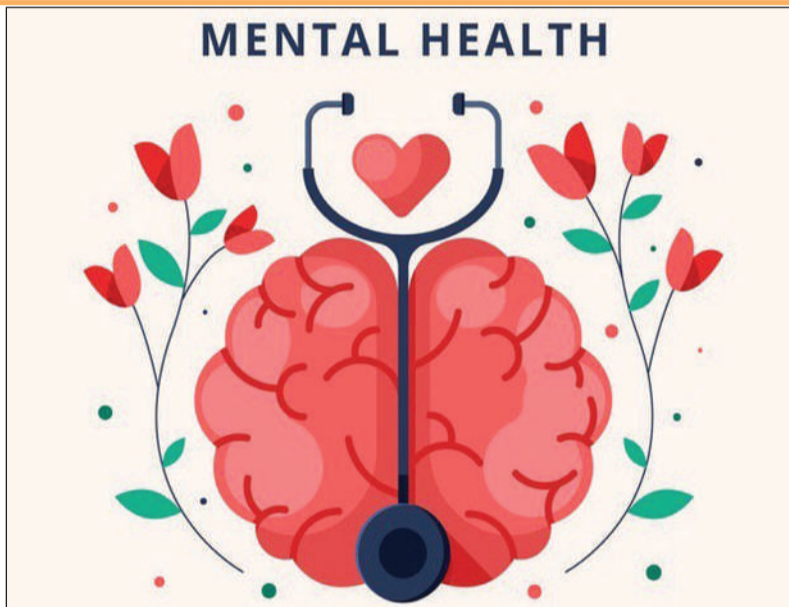
Abuse increases the risk of developing mental disorders like depression, anxiety, post-traumatic stress disorder, or personality disorders. Children who have been abused may eventually deal with alcohol and substance use issues. But beyond mental health challenges, child abuse may also lead to medical complications such as diabetes, stroke, and other forms of heart disease.

The Environment

A strong contributor to mental well-being is the state of a person's usual environment. Adverse environmental circumstances can cause negative effects on psychological wellness. For instance, weather conditions may influence an increase in suicide cases. Likewise, experiencing natural disasters firsthand can increase the chances of developing PTSD. In certain cases, air pollution may produce negative effects on depression symptoms. In contrast, living in a positive social environment can provide protection against mental challenges.

Biology

Your biological makeup could determine the state of your well-being. A number of



mental health disorders have been found to run in families and may be passed down to members. These include conditions such as autism, attention deficit hyperactivity disorder, bipolar disorder, depression, and schizophrenia.⁵

Lifestyle

Your lifestyle can also impact your mental health. Smoking, a poor diet, alcohol consumption, substance use, and risky sexual behavior may cause psychological harm. These behaviors have been linked to depression.

Signs of Mental Health Problems

When mental health is compromised, it isn't always apparent to the individual or those around them. However, there are certain warning signs to look out for, that may signify negative changes for the well-being. These include:

A switch in eating habits, whether over or under eating, A noticeable reduction in energy levels, Feeling persistent despair, Indulging in alcohol, tobacco, or other substances more than usual, Experiencing unexplained confusion, anger, guilt, or worry, Severe mood swings, Picking fights with family and friends, Hearing voices with no identifiable source, Thinking of self-harm or causing harm to others, Being unable to perform daily tasks with ease

Benefits of Good Mental Health

Whether young or old, the importance of mental health for total well-being cannot be overstated. When psychological wellness is affected, it can cause negative behaviors that may not only affect personal health but can also compromise relationships with others.

A Stronger Ability to Cope With Life's Stressors

When mental and emotional states are at peak levels, the challenges of life can be easier to overcome. Where alcohol/drugs, isolation, tantrums, or fighting may have been adopted to manage relationship disputes, financial woes, work challenges, and other life issues—a stable mental state can encourage healthier coping mechanisms.

A Positive Self-Image

Mental health greatly correlates with personal feelings about oneself. Overall mental wellness plays a part in your self-esteem. Confidence can often be a good indicator of a healthy mental state. A person whose mental health is flourishing is more likely to focus on the good in themselves. They will hone in on these qualities, and will generally have ambitions that strive for a healthy, happy life.⁸

Healthier Relationships

If your mental health is in good standing, you might be more capable of providing your friends and family with quality time, affection, and support. When you're not in emotional distress, it can be easier to show up and support the people you care about.

Better Productivity

Dealing with depression or other mental health disorders can impact your productivity levels. If you feel mentally strong, it's more likely that you will be able to work more efficiently and provide higher quality work.

Higher Quality of Life

When mental well-being thrives, your quality of life may improve. You might also pick up new hobbies, and make new acquaintances, and travel to new cities.

Parenting tips: 5 common problems your teens could be facing

Dealing with a teenager as a parent can be an overwhelming experience. On the other side, being a teenager isn't easy either. While sometimes parents may find their teen to be "overreacting" or "disrespecting" or not expressing enough gratitude for all the comforts in their life, almost every teenager is bound to go through a phase where their life feels nothing short of a rollercoaster.

If you have open communication with your teen, then chances are you may be in loop with their share of troubles. However, teens can also get too secretive of their life and issues owing to multiple reasons. Here are 5 such common problems that teenagers often go through, in varied degrees subject to their environment, personality and other factors.

Body image issues

As a child hits puberty, advancing towards their teenage years and into adulthood, their body will undergo a lot of changes – which may hamper their self-esteem if they are unable to accept these changes as natural. Almost every teen will go through a phase where their face would be loaded with pimples, still it is natural for them to feel awkward and embarrassed. Other common bodily changes include height, weight, body hair and menstruation. It's important you keep a tab on how your child feels about their body. Instead of making them feel ashamed of their body hair or small height, as a parent you need to ensure your kid is happy and comfortable in their own skin.

Bullying

Bullying tends to be more pronounced among teenagers. It could be physical or even verbal. Cyber-bullying has also spiked with the rise of the Internet and social media. It is important that you talk to your child about neither bullying anyone, nor getting bullied. In case someone does bully them, make your child comfortable enough to tell you about it. A bullied kid may experience loneliness, sadness, depression, anxiety, sleep changes and changes in eating patterns.

The teen being bullied may start to show less interest in things they previously enjoyed and also may experience heightened feelings of loneliness and sadness. They also may experience depression, anxiety, sleep changes and changes in eating patterns. In some, it could even affect their academic patterns or their overall health.



If you discover that your kid is being bullied, talk to them calmly and find a solution by calling out the bully. Your child should be afraid or carry this fear in their future.

Competition and pressure

It is natural for kids, especially in their teenage years, to compare themselves with their peers. In fact, this is something that we do even before and after our teenage years. Maybe as a parent, you too can't stop yourself from comparing your "success" from other parents based on their kid's behavior, personality or happiness.

So, comparing oneself to someone else is totally natural. But we have to ensure that this does not negatively overwhelm your kid and make them insecure about themselves and the life that they have. The best way to do this is by demonstrating yourself the qualities of confidence or satisfaction, or any other quality you want your child should possess.

Alcohol and drug abuse

Children are curious about things they are forbidden – such as consuming alcohol or trying drugs. In this digital age, your teen may already know a lot about different kinds of liquor or why people smoke cigarettes or do drugs. If you want to protect your child from these harmful substances and habits, it is important to have a clear conversation with them about the harmful effects these substances can have on their body. Underage drinking is anyway illegal, so maybe you can tell your teen that they can try drinking in controlled quantities once they become an adult. This may help, instead of taboos the whole issue and leaving your child curious for answers. Also pay attention to your teen's company as if their friends drink or smoke, your child could fall under the pressure to follow them.

Feeling misunderstood

During their teens, your child may often feel lonely and that no one is there for them or able to understand them. While some kids have friends they tell almost everything about their day, you may find a new distance between you and your kid.

Know that it is ok as long as there are no red flags. Your child is growing up and would be wanting more space. However, you also have to be there for them, else they could feel that you are no longer bothered about their life, like you used to be when they were little. The best way to ensure both ends are well tied is to have healthy, friendly communication with your child. Along with asking how their day went, tell them your feelings, thoughts and experiences.

Trendsetting jewellery pieces for brides

Brides give careful consideration and selection to all aspects of their wedding, including the wedding clothing, the wedding decorations, and, most importantly, the bridal jewellery. Bridal sets have evolved into more than ornaments or accessories because jewellery is such an essential component of Indian weddings; they now express personal stories and leave a lasting impression on the modern Indian bride.

Sheeshpatti

Sheeshpatti, also known as Rajasthani Sheeshpatti, is a beautiful headpiece. Sheeshpatti unquestionably gives the much-needed drama to an Indian bride's bridal flare. Sheeshpatti undoubtedly gives the much-needed drama to an Indian bride's bridal flare. Celebrity brides Alia Bhatt, Deepika Padukone and Kajal Aggarwal wore these trending headpieces on their big day.

Trending Kaleeras

Bridal kaleeras are the new area where there has been a lot of creativity. Due to the restricted options in the earlier, brides had to stay with the traditional golden kaleeras, but there are so many innovations now. Kaleeras actually seem to have undergone a makeover, from the ones with tassels and pom-poms to the ones that make bold style statements. And we are enjoying it all immensely!

Choker

The modern bride is defined by ubiquitous silhouettes, and when you add a unique choker design to the mix, your bridal attire is elevated to a whole new level. For your wedding and the associated festivities, here are some choker necklace inspirations for you to pick from: emerald, kundan, floral, and polki.

Naths

Millions of brides have had a special place in their hearts for Nath's from time immemorial. On your wedding day, the perfect vintage nath gives you true maharani feelings. There are variety of options that are available. An elegant vintage nath that complements your passa, the classic nath in chandbali shape, a kundan nath that is unbeatable, an antique gold nath with a classic appeal, a vintage nath that is large and has delicate detailing, a gorgeous vintage nath with colourful beaded thread.

Diamonds

This gemstone will give your appearance a lot of glitz and glitter. The trend for bridal diamond jewellery is expected to take off in 2023, and many brides will jump on board and choose stunning diamond jewellery instead of kundans and polkis.

(TOI, With inputs from Piyush Gupta, director, PP Jewellers)

