BREAKING MENTAL STEREOTYPE

by:
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Have you ever asked yourself, “Kaya ko pa ba?” whenever you wake up in the morning? As if you having a hard time getting ready for work. That every thought of it actually kills you little by little inside. when it’s only Monday but you see yourself waiting for the weekend. That going to work feels like a burden all of a sudden. It’s been affecting you, your work and everything around you. And you’re shutting down everyone. You may be experiencing a mental health problem.

Mental Health has been circulating all over the news these days. People are having trouble sharing their problems and getting help from others. Everyone can actually suffer from it or is currently dealing with it. It can be in the form of depression, anxiety, bipolar, etc. It can lead to death for those who wanted to escape from it.

If you notice that you’ve been feeling a little down lately and struggling to get through the day, don’t hesitate to take a break. Do not overthink. Do not keep it to yourself. Surround yourself with your family, friends and positive people. Know that there will always be someone who you can share the thoughts you have and can actually understands you and your struggles.

Mental health is not just a state of mind. It is an illness.

References:

https://www.medicalnewstoday.com/articles/154543.php