BUILDING A FOUNDATION FOR GOOD MENTAL HEALTH

by:
Jennifer A. Calica
Teacher II, Balsik Elementary School

Moving forward through the COVID pandemic in an unprecedented manner, uncertainty of what lies ahead makes everyone’s head thinking; what would be tomorrow like and the days after it?

The ‘new normal’ progresses rapidly into something that people are not accustomed with: public transportation that doesn’t feel like one, public markets that are not so public anymore, no more gatherings with friends and families, increased fear for health safety and life, and more importantly, physical learning turned online learning and other modalities.

Unquestionably, these changes brought by the measures we have to take to prevent COVID-19 transmission affect one’s mental health. The risk of having mental health problems grows when there is social isolation or increased loneliness, stressful life situations (e.g. financial problems, internet connection problems), and abrupt changes in life routine.

As we know, mental health is not something people always talk about for the fear that it is a too sensitive topic to put their hands on. However, as sensitive as it may get, it is time to talk about it since it touches a lot of sectors and learning is one. According to the Suicide Prevention Resource Center (n.d.), mental health problems hinder the student’s ability to learn. It is a serious impediment to the child’s progress as it influences the student’s energy level, concentration, mental ability, and perception. Furthermore, research proves that mental health difficulties interferes with students’ performance. It is a mistake to
ignore it since it is a growing concern not only for the students, but also to parents and faculties.

Nevertheless, there are possible supports that can help lessen the occurrence of mental health problems, maybe even prevent it from happening. Instead of focusing on how to heal mental health problems, how about focusing on building a foundation for good mental health?

It can be achieved through these steps:

1. Take care of your body.

Taking care of our bodies is also equivalent to taking care of our minds as they are connected to each other. In order to attain that, one should eat well. The better nutrients people intake, the better they make our bodies work. Second, exercising also helps as it releases endorphins. Endorphins are known as the body’s ‘feel good’ chemicals, it stimulates feeling of pleasure and pain relief. Lastly, get enough sleep. When people get enough hours of sleeping, stress is handled better.

2. Slow down.

It is essential to take things slowly and relax. Rushing things just add up to stress and eventually gets people overwhelmed by it. Relaxing helps see problems and solutions more clearly.

3. Have fun.

Often times, when people are either sad or worried, they forget to do the little things that make them happy, thus, making them worse. It’s best to do something fun to feel freshened and feel good about oneself.
4. Reach out.

The importance of having someone to talk to is underrated. Having people to help you when in need or just someone who you can share happy times, sad times, etc. helps remind you that you are not alone. They are your very own emotional support. When things get heavy, having a friend or a family to lift that burden up with you makes you feel better.

These simple ways can be a foundation for a good mental health. Positive mental health assists on making an environment for people to thrive and reach their optimal potential in life, learning, and/or work.
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