TOGETHER, WE FIGHT.

by:
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It is our duty to take good care of our bodies. People nowadays are very eager to maintain their physical appearance—and that is okay. Boosting our self-confidence is really a commendable idea. But we should not forget that our body is not just consists of these visual features, we should also take good care and consideration of our mental and spiritual health.

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act (mentalhealth.gov). Stable mental health is crucial and beneficial for it will help us on how we handle stress, how we react on certain things and on how we analyze situations. It is common knowledge that anxiety and depression is rival that we cannot see. Many of us, diagnosed or undiagnosed, had been stressed in one point of our lives. Children, adolescents, men or women and even adults can be victims of these concealed enemies.

Studies these days found that anxiety and depression mostly affect students and their academic progress. In a study conducted by Alharbi, et al., out of 1245 students, 122 (9.8%) were having severe anxiety. Even tho majority of the respondents do not have anxiety, the numbers of students who have mild, moderate and severe anxiety are still alarming. They have concluded that raising mental health awareness can prevent the numbers of students who have anxiety for it is prevalent that mental health disorders have significantly increased over time.

In an article posted by International Board of Credentialing and Continuing standards, they said that anxiety and depression are the most common obstacles that teens and young adults face and it’s beginning to take a serious toll in the classroom.
And it is difficult to identify because these disorders display different signs from one student to another. Recent study also confirmed that due to the Pandemic, students, mostly college, are facing financial stresses. They also have difficulty in accessing mental health care. One problem arises from another and so on. This current situation we’re having contributed a lot in our unstable mental health.

But help is always available. There are some exercises that we can apply for our own sake and tips to share to those who are having mental breakdowns. 1. Let’s always reach out, connect with others. Somewhere at any time of the day, someone wanted to be reached out. They might be afraid to open up, but always be patient to listen. A simple “hello” might save someone’s bad day. 2. Seek professional help. It’s been generalized that seeking professional health is a negative thing, but be open-minded that these professionals are in their field of expertise. They can help us — they are always there to help us. 3. Getting physically healthy. Some people neglected being physically active, but studies can confirm that exercises can improve our mental health, boost our mood, and reduce our anxiety. Aerobic exercises to be précised, have been proved to reduce our anxiety and negative mood. 4. Love and care yourself. You must understand that anxiety is not your fault. Pamper yourself and think of all positive thoughts that surround you. You feel stressed, frustrated and fed up, but if there’s someone who can help you easier, it is yourself. Lastly, commit to spiritual practices. Prayers and meditation can provide you peace of mind and more time to be away from negativity. Join activities that will help you focus on doing what you love.

During these times, it is understandable to face and experience anxiety, depression and stress. Teachers, students, parents, unemployment cause by pandemic and to those who are struggling just to live, be reminded that you are not alone. Together, we fight these ghosts in our minds. Together, we become stronger. One step a time and we will be there.
References:

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