USE YOUR COCONUT

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Lots of news and stories are circulating about students who committed suicide. But what exactly drive these teens to kill themselves? Psychologically speaking, the age bracket which these youngsters belong, termed as Adolescence, is a critical stage to shape them socially, mentally, and emotionally. Thus, greater guidance and care should be given to them for sound decision making and avoidance of such incidence leading to inappropriate acts like suicide.

Nowadays, committing suicide is an elevating serious issue in the Philippines. By the year 2012, more than two thousand Filipinos opted for suicide and mostly were men. Probably, this is the result of suffering with mental illnesses. In the data of the National Statistics Office (NSO), the third most common form of death among Filipinos is caused by mental health illnesses. The adults died due to psychiatric disorders while children died from mental health problems. As awareness, students’ forms of depression were great level of expectations, bulk tasks dated for a short time, peer tensely, bullying and many more. While it is true that mental health conditions happen to adolescents, it stays underdiagnosed and incurable. In the country, WHO Global School-Based Health Survey has shown that 16% of student between 13-15 years old have ever seriously attempted suicide one or more times during the past year (DOH, 2018).

Mental health is undeniably a serious health issue that should be given much attention. Awareness should be raised! People must be educated of the coping mechanisms and the proper ways on how to deal with persons victimized by mental illnesses so they may get through their struggles. Activities that would really help include adapting healthy sleep patterns, doing regular exercise, surrounding self with positive people and thoughts, managing emotions, and praying constantly. You become what you think. Always choose to think healthy and positive, and you will not only be mentally
fit but holistically. Make your mind the cause of your success not the cause of your illness.
As the old saying goes, use your coconut.

References:

https://www.mentalhealth.gov/basics/what-is-mental-health
https://www.pinerest.org/mental-health-awareness-blog/

DOH (2018)