

Mental health

Ideal mental health is a person's ability to fully enjoy life, manage emotions, and work productively. If you feel like you've lost control of your life, there's a problem.

What is mental health?

The concept of mental health is directly related to the term psychological health. It is about a person's mental well-being in the truest sense of the word. If everything is in order with mental health, a person can fully enjoy life, understand the meaning of his existence, effectively perform professional and other tasks, and normally build relationships with society.

The level of mental health of an individual person at a certain point in time is different. It is influenced by numerous social, psychological and biological factors. For example, violence from others (e.g., in a team or family) and constant socioeconomic pressure are considered risk factors for mental health. Sexual violence is also a major threat to mental health.

Deterioration of mental health also occurs due to social upheaval, due to working conditions associated with frequent stressful situations, gender discrimination, social exclusion and violation of rights. Mental (mental) health problems are often experienced by people who lead unhealthy lifestyles, as well as people who have chronic illnesses, physical disabilities, or disabilities.

How do I determine my mental health?

To determine your mental health, you can use the system of British psychologist Maria Berry, who in 1958 identified six fundamental signs of mental health.

- Personal autonomy. You are finally independent and can make decisions based on your own experiences and desires alone. You are not dependent on your parents, and although you can consult with them, their word is not the final truth for you.
- Correct perception of reality. You perceive the world around you like most other people. For example, you do not suffer from hallucinations, your brain does not distort your worldview.

- A positive attitude toward yourself. You can rely on your own strengths, have a normal attitude towards your physical and psychological disadvantages and advantages. At the same time, you do not have too inflated or, on the contrary, low self-esteem. You also do not criticize yourself or others for every word or action.

- Stress tolerance. You have no difficulty in releasing tension after stressful situations, you find strength in yourself to cope with circumstances that make you feel uncomfortable.

- Ability to adapt to the world around you. You are able to adapt to changing life circumstances and can bend to them while remaining calm. For example, you quickly settle into a new workplace and blend into the team.

- Self-actualization. You constantly analyze your achievements, engage in self-development, improve professional skills, you can identify negative traits of your own character and fight them.

How to maintain mental health during the war?

- Sleep Duration. The first thing we pay attention to is the amount and duration of sleep. The most telling indicator that our health is crumbling and our psyche will soon begin to deteriorate is when we get very little sleep and suffer from insomnia. Scientists say that 4-5 hours of deep sleep and 2-3 hours of shallow sleep are needed by the body daily. If a person follows such a regime, he can live for several months without any abnormalities and health problems. Consequently, you should try to make your sleep 7-9 hours a day.

- Quality of sleep. Not only the quantity of sleep is important, but also the quality. It is mandatory to sleep on a horizontal flat surface and in warmth. In cold rooms, bomb shelters, etc., you should put heating pads or ordinary plastic bottles with warm water on your bed. If possible, take care of the flat surface of your bed, because while sleeping sitting or half sitting the spine and the whole body receives additional load, and the body does not rest fully.

- Soothing medications. If there is a sleep disorder and a person can't sleep, you should definitely take sedative medications! Otherwise, problems with mental and physical health will begin in 1-2 months.

- Restriction of certain products. It is necessary to limit the use of coffee, black and green tea, because they excite the sympathetic nervous system, which only increases the toxic effect of stress. It is necessary to limit the use of coffee, black and green tea, because they excite the sympathetic nervous system, which only increases the toxic effects of stress. Important: it is necessary to limit alcohol. Not for nothing during curfew often prohibit the sale of alcohol. This is explained not only by considerations of ethics and safety of human behavior, but also to preserve health. After all, despite its sedative (calming) effect, alcohol is a bad tranquilizer because it is a depressant. Frequent drinkers become depressed over time, see their present and future time in negative tones, and become irritable. So, "treating" yourself with alcohol and relieving stress is a direct path to depression, not to mention the risk of getting alcohol addiction.

- Dietary regimen. In stressful conditions, it is extremely important to monitor nutrition - it should be as regular as possible. After all, people during stress often forget to eat and do not feel appetite or even hunger. Therefore, if possible, be sure to provide yourself with regular meals three or four times a day. It is better to eat according to the usual regime, that is, at approximately the same time, as you did before. The fact is that our body is so organized that it quickly gets used to the cyclic system, so the more we have repeated actions, the less energy our body spends on them and, accordingly, retains more energy and vitality.

- Warm food. The next extremely important condition: warm food. If a person is in an unheated room or cannot cook food due to lack of gas, it is necessary to drink hot water or light tea. After all, our body is very much exhausted, loses immunity and strength if there is no warm food. This is explained by the fact that our digestive system spends a lot of energy to digest food in dry food. Therefore, even if you eat so-called dry rations and sandwiches, this food must be consumed with hot water.

- Information control. What is the essence of information control? In times of war, it is simply necessary to control thoughts and information consumption, no matter how difficult it may be to do so. The fact is that the psyche is set up this way - we subconsciously perceive information about danger as if it were happening to us, and we start to become stressed. Our body literally tells us to "run, run, fight" and starts producing stress hormones to do so. But with prolonged oversaturation of negative information in our body, these hormones become so abundant that the body begins to break down. Therefore, limit the round-the-clock reading and discussion of news about the war, viewing publics with shocking information

- Emotional control. With an excessive load on our psyche and emotions, such as war, it is necessary to exercise a certain control over well-being. First, you need to pay attention to what kind of emotions and how often you experience. After all, for some signs, you will simply need to see a professional to avoid getting serious dangerous disorders like PTSD or mental illness. Secondly, it's important to limit the feeding of your negative emotions, meaning that, for example, if you experience incredible panic or despair when you read news about war, it's simply vital that you stop reading them often.