Перевод статьи сделал фрилансер: **Миронов Сергей**

**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 differs at a given point in time. It is influenced by numerous social, psychological and biological factors. For example, violence from others (e.g. in the community or family) and constant socio-economic pressure are considered risk factors for mental health. Sexual violence is also a major threat to mental health.

Deterioration of mental health also occurs as a result of 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 by 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 solely on your own experiences and desires. You are not dependent on your parents, and although you can consult 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.

- Positive attitude towards 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 high or, on the contrary, low self-esteem. Also you do not criticise yourself or others for every word or action.

- Stress tolerance. You do not find it difficult to relieve tension after stressful situations, you find strength in yourself to cope with circumstances that cause you a sense of discomfort.

- 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 fit into the team.

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

**How to maintain mental health during war?**

- Sleep duration. The first thing we look at is the amount and duration of sleep we get. 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 this regime, he can live for several months without any abnormalities and health problems. Therefore, 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 the 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. Necessary: we need to limit alcohol. It is not for nothing that the sale of alcohol is often prohibited during curfews. This is explained not only by considerations of ethics and the safety of human behaviour, but also by the preservation of health. After all, despite its sedative (calming) effect, alcohol is a bad tranquilliser because it is a depressant. Frequent drinkers become depressed over time, see their present and future time in negative colours, and become irritable. So, "treating" with alcohol and relieving stress is a direct path to depression, not to mention the risk of getting alcohol dependence.

- Dietary regime. 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 about the same time as you used to do it. The fact is that our body is so organised that it quickly gets used to a cyclic system, so the more we have repetitive activities, 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 the lack of gas, it is necessary to drink hot water or light tea. After all, our body is very strong