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Mantra for Good Mental Health



In the fast moving life and with the sedentary lifestyle, people are not able to maintain or follow a proper diet, which in return is causing a lot of mental, emotional and physical distress. The basic elements or needs of an individual to function properly are good food, water, clothing and shelter. If there is an error in one of it, automatically the other aspects do suffer thus causing immense discrepancy in health

A good health is a reflection of what you eat. Vitamins, calcium, sugar levels in blood, insulin, blood flow throughout the day, muscles, strength are all dependent for a better functioning of the brain and the body.

One needs to understand that it is food for which, we all strive in our lives. Psychologically it also said that poor diet could eventually aggravate to stress and depression. When you work on high nutrient rich foods, you are working on to set up yourself for lesser mood swings and an improved ability to focus.

In mental health there are umpteen methods and techniques which we ask our clients to perform for keeping their mental and emotional well-being and intact. One needs to be cautious and conscious of the thought, the feel and the act of what he is doing for a better functioning and to achieve mindfulness.

Let us try the following main strategies to overcome stress and any other mental conditions or disorders:

1) **Self Care:** In this factor, there are many ways to take care for yourself. Like, keeping a basic hygiene starts with every days routine. We have now facilities like beautification and massage, getting your nails aesthetically done and many such pampering sessions.

One needs to understand what makes him or her to have the “feel good” feeling regards to so many options in the beauty market. Self-care also includes maintaining one’s mind, body and soul. Getting pampered is everyone’s dream and one should strive harder for it.



2) **Self Love:** Self Love more involves in knowing you are safe and having a clarity about your positives, negatives, likes, dislikes and all about you and religiously working to know yourself well to cope up with life in a healthy way. Self-love comes from within and with acceptance about yourself.

A) **Watering or Gardening:** The plants in the house gives a pleasant feeling and is a part of the nature. Green colour pacifies and relaxes our mind and being near, the oxygen makes us feel stress free.

B) **Cooking:** Cooking is another therapeutic activity. One can achieve and feel much lighter and it can help to divert from the negative thoughts or the stressful events during work hours or even from personal life space.

C) **Making of schedule right in the morning** once you get up and following all the things for your physical, mental, emotional and societal growth would be helpful. Any physical activity, which can help you, feel better about yourself.

D) **Doing household chores** right from cleaning the kitchen platforms to dusting your house to cleaning your clothes. Washing them, keeping wardrobes clean is also a great home activity. You can do to divert yourself from stress or any negative thoughts.

E) This **doesn't applies to everyone**, but for people who like to have pets, they are not just for the unconditional love but while taking their care, there is a lot to do with their diet and cleaning them and to observe them in their playful behaviour.

If we can target such activities that can be done by the end of the day, automatically an individual can incorporate more into having a balanced life with their sedentary lifestyle on their mental, emotional, cognitive and brain health in general.

Furthermore, even if you have a desk job or a sedentary lifestyle, you are prone to lifestyle disorders like diabetes, hypertension, BP, Cholesterol, etc. It is also wise to have one hour for physical fitness or any sort of activity, which you like to do as it releases a lot of stress and makes the neurotransmitters and chemical messengers like Dopamine, Adrenaline and Serotonin to all function well.

3) **Neutral outlook towards life:** May it be anyone's life, it has to have certain ups and downs. According to me, "it's not the education but experience about life, which make the person intelligent and prepared for anything in life". One needs to know the key of a balanced life is by understanding the coping mechanisms of itself for problem solving and taking wise decisions at the right time of the life. Tactical Breathing, Visualisation, and Smart goal setting can be functioned well.

4) **The Big "5" pillars of a good mental health plan.**

A) **Sleep:** an ideal brain requires 7-8 hours of deep sleep to get back to the stressful situations in one's life. A REM (Rapid Eye Movement) sleep is required as it denoted the better quality of one's mental and emotional health.

B) **Food and nutrition:** It is most important to know what you are eating. There are many Psychological eating disorders, which result in the progression of mental and emotional disorder. What you eat is what you think and hence one needs to be consciously making choices of what best the body needs and wants from the energy.

C) **Mood:** Mood is never stable and that the fluctuation in it is inevitable. One needs to understand about the mood patterns, mood swings if any and mood shifts to gauge the reaction to situations on day-to-day basis.

D) **Lateral Motion and Urination:** Brain is said to be the most important and sensitive part of our body anatomically. It's the brain and the Central Nervous System, which decide on many factors. People with lowered coping mechanisms and dull mental health go through disorders like constipation, IBS and other anal and rectum related issues. One needs to observe there pattern of the link and some problems in the abdomen. Psyche and Somatic disorders go hand in hand.

E) **Hobbies:** One needs to know what makes the person happy by performing some activities and or by learning new activities like playing a guitar or dance. Hobbies can include various types of sports, art, performing arts, etc.

5) **Travelling exploring and meeting friends and being social**: Humans are social animals. One needs to have friends' family and a social circle for the sheer pleasure and happiness that you can get from sharing. Exploring people and friends can benefit your mental and emotional health and can add on to your life by knowing their life experiences. In the society it is an accumulation of sorts of behaviours, personalities, moods and feelings and we then know to accept and adjust to our surrounding people and understand our worth.



If you have a good mental health, it can always lead to a peaceful and happy life. Following the mantras can help you to have the best of your mental health and ability to deal with life-changing experiences.

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