

Celebrate World Mental Health Day

Overcoming stigma: Learn more about mental health and why your well-being is important



Your mental health is just as important as your physical health. And they're both equally important to your overall health and wellness. Yet, stigma – or negative beliefs and attitudes – continues to keep many people with mental health concerns from getting help.

Stigma can come in many forms. It can come from the people around you, the way systems and policies are formed in your community, and from within yourself. Stigma persists even in cultures where legislation exists to protect the human rights of people with mental health conditions.

World Mental Health Day is held each year on October 10. The aim is to raise awareness of mental health issues around the world and mobilize efforts in support of mental health. As stigma is often rooted in fear and misunderstanding, let's take a moment to learn more in honor of World Mental Health Day.

What is mental health?

As defined by the World Health Organization, mental health includes your emotional, psychological and social well-being. It affects how you think, feel and act. It also helps determine how you handle stress, relate to others and make healthy choices.

Contrary to what many people think, mental illnesses do not represent a lack of self-discipline or flawed character. They also do not usually come and go, like a phase or stage in life.

In fact, mental health conditions are medical conditions. And they develop as a result of biological, psychological and social factors. They can affect people from all backgrounds, geographies and demographics.



October 10

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**Happy World
Mental Health Day**

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Are physical and mental health conditions related?

Mental illnesses can affect all areas of your life, including your overall health, relationships, career and finances. Just like physical health, that is, the overall wellness of your body, can.

People can experience one or the other, or both. Meaning, physical and mental health conditions can be separate health issues. They can be interconnected health issues. And they also can cause or contribute to one another.

People who have mental health conditions often experience physical symptoms. For example, people with depression may get headaches, fatigue or digestive issues. And people with anxiety disorders may experience stomach, sleep and focus troubles.

What can I do to help my mental health and well-being?

There are a lot of proven ways to help nurture your mental and emotional health. Start by thinking of ways you can proactively manage stress, maintain optimism and build resiliency. For example, to manage stress, avoid overcommitting yourself at work and in your personal life.

Also, do things that help you release tension. Take time to relax, move your body, laugh and participate in fun activities you enjoy.

Making meaningful social connections with uplifting people can help bring joy and positivity into your life, too. So does practicing gratitude, which can help you remember the good in life even when times are tough.

And if you are experiencing a mental health concern, practice self-care and reach out for support.

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