MENTAL HEALTH

The ways on Mental Health

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Shuhana B.







WHAT IS MENTAL HEALTH?

- Mental Health is a part of our "emotional, psychological and social well-being".

- Mental Health comes in all sorts of ways. It affects how we act, feel, and think.

- Mental Health - examples: depression, anxiety disorders, eating disorders, addiction, etc.

"On days I hate being myself, days I want to disappear forever. Let's make a door in your heart. Open the door and this place will await, you can believe in this Magic Shop that will comfort you."

- BTS, Magic Shop

HOW MENTAL HEALTH OCCURS

Mental health can occur from many different aspects. Most of the time it occurs from childhood abuse, stress or traumatic events. When this happens it can affect everyday life. These are not the only ways one can develop Mental illness. Losing a loved one, going through financial problems, chronical illness, and/or religious beliefs can also be the cause of a developing or ongoing Mental Illness and health.









STIGMA OF MENTAL HEALTH

The stigma of Mental Health in society and around the world is not talked about enough. In many situations shown young people claimed that talking about their mental illness was far harder than coming out about their sexuality. An article posted a while back stated as such. "I'm Asian, I'm gay, and I have faced discrimination – but not for the reasons most people think'... 'It was actually when I got depression that I faced most discrimination.". The other was mental health have been seen as stigma are when in certain parts of the world there religious or social beliefs that being skinny is a sign of beauty causes many young girls and boys to deal with eating or anorexic disorders. which soon lead to health problems. and more.

HOW CAN YOU COPE

Mental Health is nothing easy that can be driven away overnight. It takes time and the best way(s) to help overcome the troubles of Mental Health is to talk to someone about it. Anyone you can trust who is willing to take time and help you. A therapist, your best friends, your teachers, or even coworkers that you are close to. Talking to some about your thoughts and feeling can also help you clear your mind of any discomfort that is being held inside.

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Tik-Tok examples

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TIK-TOK EXAMPLES

Using TikTok we tried to see how others viewed mental health. As well as how it may or may not have affected them. Here are the videos that were posted and the results that came in from the people of the platform who use it.





