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My powerpoint focuses on the topic of mental wellness and how neglected it is as an issue. When people think about Mental Health it is usually associated with some kind of mental illness or impairment of character. However there is so much more to the field that we call mental wellness and many seem to look over the importance that it has upon their lives. so much so to the point that getting help or advice on how to better manage your mental state is somehow looked at as you having some kind of mental illness. Not only that in other developing countries things like Mental Health or mental illnesses or issues are seen as some kind of luxury or that it's something only available to us because we have nothing else to do. Yet what is not realized is that because we have solved the problem of sustaining our basic necessities Other problems will arise and we (people who live in developed countries)are just at the next biggest problem. But the other side of the coin is that people who live here don't seem to view mental Wellness as something that is a necessity to their lives when they couldn't be more wrong your mental state has to do with everything that you do how you take care of yourself, how you interact with others, and how you react to situations. Taking care of yourself mentally will always pay off because it helps you to rationalize and sort out your feelings and emotions. Most people usually over time as they grow up will pick up some good mental habits that will help them overcome certain mental obstacles that they come into contact with but because of the amount of things that we do in a day and how many other things we interact with the average person may not have the most optimal methods the deal with everything. That also being said because of the lack of awareness of mental state and health Our society has become blind to the problems it has created. So many of us that live here go through things that we may not be able to process mentally and end up developing some kind of disorder as a result and it's never properly dealt with. So people who develop those problems end up living their lives without ever having it fixed because they may never be told that they might need help. Some severe cases would be people who have anxiety and it may never get dealt with and it can end up turning into then looking at their bodies and not being happy with it and then developing unsavory manners of keeping themselves in shape. For example bulimia which is an eating disorder that causes you to eat and throw up continuously so as to not lose your shape or figure and that all stemmed from a problem that could be solved if we had better mental wellness awareness. There's also the fact that youth are one of the most exposed groups to mental illnesses that could be solved if they got the proper help for it. In 2014 suicide was one of the leading causes of death for young people in America more than many of the other harmful agents out there that could hurt them it was a problem that could have possible been reduced had they gotten the help they needed. The recognition of it is improved now but it's still not where it needs to be and that's why it's a social injustice thank you.