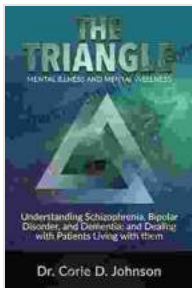


Unveiling the Triangle Nexus: Exploring Mental Illness and Mental Wellness

Mental health encompasses a wide spectrum of human experiences, ranging from subjective well-being to the presence of mental disorders or illnesses. Understanding the complexities of mental health requires examining the triangle relationship between mental illness, mental health, and well-being.



The Triangle Mental Illness and Mental Wellness: Understanding Schizophrenia, Bipolar Disorder, and Dementia; and Dealing with Patients Living with them

by Tan Twan Eng

★★★★☆ 4.2 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Mental Illness

Mental illness refers to a range of diagnosable conditions that disrupt daily functioning and impact an individual's thoughts, feelings, and behaviors.

These conditions can be caused by various factors, including genetics, environmental stressors, and biological imbalances.

Common mental illnesses include:

- Anxiety disorders
- Mood disorders, such as depression and bipolar disorder
- Psychotic disorders, such as schizophrenia
- Personality disorders
- Eating disorders
- Substance use disorders

Warning Signs of Mental Illness

It is crucial to recognize the warning signs of mental illness to seek timely help. These may include:

- Persistent changes in mood, such as prolonged sadness or irritability
- Altered sleep patterns, such as insomnia or excessive sleepiness
- Difficulty concentrating or making decisions
- Extreme mood swings or rapid cycling of emotions
- Hallucinations or delusions
- Loss of interest in previously enjoyable activities
- Withdrawal from social interactions
- Suicidal thoughts or behaviors

Mental Health

Mental health refers to the overall psychological and emotional well-being of an individual. It encompasses the ability to cope with life's challenges, form and maintain relationships, pursue meaningful activities, and contribute to society.

Factors that influence mental health include:

- Social support
- Healthy coping mechanisms
- Meaningful relationships
- Physical health
- Financial security
- Access to resources

Mental Wellness

Mental wellness, a subset of mental health, represents a state of optimal psychological and emotional functioning. It encompasses:

- A sense of purpose and meaning in life
- Positive self-image and self-esteem
- Strong coping skills
- Healthy relationships
- Emotional resilience
- Active engagement in meaningful activities

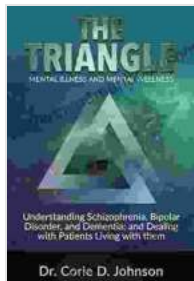
Promoting Mental Wellness

Promoting mental wellness requires a holistic approach that addresses individual and societal factors. Here are some strategies:

- **Build strong relationships:** Surround yourself with supportive and understanding people.
- **Practice self-care:** Prioritize physical exercise, healthy eating, and sufficient sleep.
- **Engage in meaningful activities:** Pursue hobbies, volunteer, or connect with nature.
- **Develop healthy coping mechanisms:** Learn stress management techniques, such as yoga, meditation, or deep breathing.
- **Seek professional help:** Don't hesitate to consult a therapist if you are struggling with mental health issues.
- **Promote mental health awareness:** Educate yourself and others about mental illness and wellness.
- **Advocate for mental health services:** Support organizations and policies that provide access to mental health care.

The relationship between mental illness, mental health, and well-being is complex and multifaceted. By understanding the warning signs of mental illness, promoting mental health, and actively pursuing mental wellness, we can create a society that values and supports the psychological well-being of its members.

Remember, mental health matters. It is not a sign of weakness to seek help. By breaking down stigma and promoting mental well-being, we can empower individuals to thrive and live fulfilling lives.

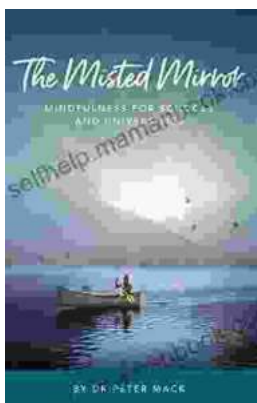


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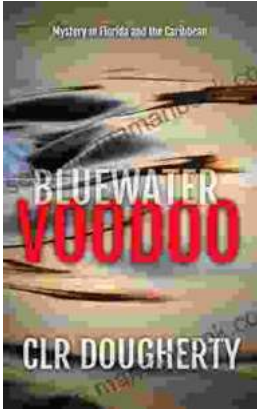
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