

## Mental Health: Understanding and Supporting Your Well-Being

**Sobia Haqqi\***

*Former Deputy Dean DME at College of Physicians and Surgeons Pakistan.*

**\*Corresponding Author:** Dr. Sobia Haqqi. MBBS, MCPS, FCPS, ISC-HPE. Consultant Psychiatrist at SouthCity Hospital Pvt Ltd. Member American Psychological Association. Founding Member and Vice President (Sind) Pakistan Association of Social Psychiatry. International Voting Member of Society of Biological Society (USA). Former Deputy Dean DME at College of Physicians and Surgeons Pakistan.

**Received :** October 09, 2024

**Published :** October 21, 2024

Copyright © All rights are reserved  
by Dr. Sobia Haqqi.

As we navigate through life, it's essential to prioritize our mental health just as much as our physical health. Mental health plays a crucial role in our overall well-being, affecting how we think, feel, and act. It encompasses emotional, psychological, and social aspects of our lives, influencing how we handle stress, relate to others, and make choices. In this article, we will explore the importance of mental health and provide insights on how to support and maintain it.

First and foremost, it's vital to understand that mental health conditions are common and can affect anyone, regardless of age, gender, or background. Conditions such as anxiety, depression, and stress-related disorders are prevalent and can have a significant impact on daily life. Recognizing the signs and symptoms of mental health issues is the first step in seeking help and support.

One of the most important aspects of mental health is destigmatizing the conversation around it. It's crucial for individuals to feel comfortable seeking help and support without fear of judgment or discrimination. Creating an open and supportive environment for discussing mental health can lead to early intervention and improved outcomes for those in need.

As a patient, there are various ways to support and maintain your mental well-being. Firstly, staying connected with others can have a positive impact on mental health. Building and nurturing supportive relationships with friends, family, or support groups can provide a sense of belonging and reduce feelings of isolation.

Additionally, engaging in activities that promote relaxation and stress reduction can be beneficial. This can include practicing mindfulness, yoga, or other forms of physical activity. Taking time for self-care and finding healthy ways to cope with stress can help in maintaining a positive mental outlook.

Furthermore, seeking professional help when needed is crucial. If you are experiencing persistent feelings of sadness, anxiety, or other concerning symptoms, reaching out to a mental health professional can provide valuable support and guidance. It's essential to remember that seeking help is a sign of strength, and there are effective treatments available for various mental health conditions.

In conclusion, prioritizing mental health is an essential aspect of overall well-being. By understanding the importance of mental health, recognizing the signs of mental health conditions, and seeking support when needed, patients can take proactive steps to ensure their mental well-being. Creating a supportive environment for discussing mental health and engaging in activities that promote relaxation and stress reduction are valuable tools in maintaining a positive outlook. Remember, you are not alone, and help is available to support you on your journey to mental wellness.

## Reference

1. Sobia Haqqi. "Importance of Dental Health for a Healthy Mind and Healthy Body" *Oral Health and Dentistry* 6.1 (2023): 01-02.
2. Sobia Haqqi. "Neuro-Cognitive Effects of Covid" *Current Opinions in Neurological Science* 8.1 (2023): 01-02.
3. Sobia Haqqi. "Can Learning styles impact Learning outcomes?" *Current Opinions in Neurological Science* 4.2 (2019): 49.
4. Sobia Haqqi. "Is curriculum needed?" *Current Opinions in Neurological Science* 4.1 (2019): 47-48.
5. Sobia Haqqi. "Communicating with Impact: will our Post-Graduate Trainees Benefit from these Skills?" *Current Opinions in Neurological Science* 2.2 (2018): 456-457.
6. Sobia Haqqi. "Coronavirus Disease (COVID-19): Psychological Impact". *Current Opinions in Neurological Science* 5.1 (2020): 35-36.
7. Sobia Haqqi. "Developing world and Mental Health: where do we Stand?" *Current Opinions in Neurological Science* 1.1 (2017): 63-64.
8. Sobia Haqqi. "Inclusion of Common Mental Disorders in Undergraduate Teaching". *Current Opinions in Neurological Science* 1.1 (2017): 72-73.
9. Sobia Haqqi. "Domestic Violence: Substantial Health Problem". *Current Opinions in Neurological Science* 1.4 (2017): 185-187.
10. Sobia Haqqi. "Mental Health Day: What have we learned?" *Current Opinions in Neurological Science* 1.2 (2017): 137-139.
11. Sobia Haqqi. "Review 1: "SSRIs and SNRIs and Risk of Death or Intubation in COVID-19: Results from an Observational Study". *Rapid Reviews Infectious Diseases* (2020).
12. Sobia Haqqi. "The Prevalence of Depression among Residents in a Teaching Hospital".
13. Areeb Sohail Bangash., et al. "Maintenance of empathy levels among first and final year medical students: a cross sectional study". *F1000research* 16 (2013): 157.
14. Sobia Haqqia and Nisreen Ali. "Folie a deux: a case report". *F1000research* 1 (2012): 18.
15. Rasool I and Haqqi S. "Breaking the Bad news, A Pakistani Perspective". *Pakistan Journal of Chest Medicine* 17.2 (2011).
16. Sobia Haqqi. "Substance abuse in Schizophrenia- a short report". *Procedia - Social and Behavioral Sciences* 5 (2010): 2239-2241.
17. Sobia Haqqi. "Prevalence of Domestic Violence and associated Depression in married women at a Tertiary care hospital in Karachi". *Procedia Social and Behavioral Sciences* 5 (2010): 1090-1097.
18. Muazzam Nasrullah., et al. " The epidemiological patterns of honour killing of women in Pakistan". *European Journal of Public Health* 19.2 (2009): 193-197.
19. Sobia Haqqi. " Suicide and domestic violence: could there be a correlation?". *The Medscape Journal of Medicine* 10.12 (2008): 287.
20. Sobia Haqqi. " Honor killings - still a burning issue in Pakistan". *The Medscape Journal of Medicine* 10.5 (2008): 110.
21. Sobia Haqqi. "A Reader and Author Respond to "Honor Killings -- Still a Burning Issue in Pakistan". *The Medscape Journal of Medicine* (2008).
22. Sobia Haqqi. "Mental Health Consequences of Disasters". *Medicine Today* 4.3 (2006): 102-106.



This work is licensed under Creative Commons Attribution 4.0 License

Submit your manuscript at:

<https://scientiaticerca.com/submit-manuscript.php>