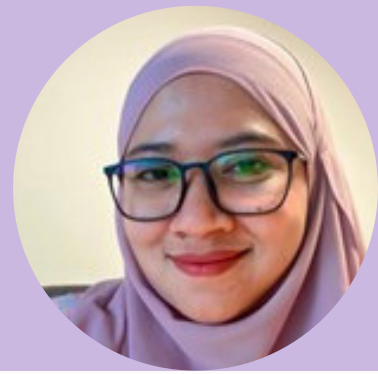


ALUMNI

Understanding Mental Health: What, When, Who, and Beyond



What is Mental Health?

Mental health is a fundamental aspect of our overall well-being. According to the World Health Organization (WHO), it is defined as "a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well, work well, and contribute to their community." It plays a vital role in our ability to make decisions, build relationships, and shape the world around us.

What is Mental Health Disorder?

On the other hand, mental health disorders are characterized by clinically significant disturbances in an individual's cognition, emotional regulation, or behavior. These disturbances are typically associated with distress or impairment in important areas of functioning. In short, mental disorders are conditions that significantly affect an individual's mental and emotional well-being.

When Does Intervention Become Necessary?

The point at which intervention becomes necessary varies from person to person. It often depends on the severity of the mental health disorder and its impact on an individual's life. Common signs and symptoms of mental disorders include significant impairment, disturbances in behavior, emotions, and relationships. Recognizing these signs is crucial to determine when intervention is needed.

Who is at Risk and What Causes Mental Health Disorders?

Mental health disorders can affect anyone, and several factors contribute to their development. The risk factors include a combination of genetic predisposition, medication, substance use, and lifestyle choices. Additionally, an individual's psychological factors, such as personality dynamics and cognitive errors, can play a role. Social elements, like having a strong support system and a sense of connection, also influence mental health.

Self-Help and Beyond

While recognizing the signs and risk factors is essential, self-help strategies can be valuable in managing mental health. Practices like deep breathing exercises and anger management techniques can help individuals regain control over their emotions and impulses. A lesser-discussed aspect of mental well-being is the spiritual model, which emphasizes purpose, meaning, and a connection to something greater than oneself. This can be achieved through acts of altruism and finding a greater purpose beyond individual needs.

Breaking the Stigma

It is crucial to address the stigma surrounding mental health issues. Stigmatizing individuals with mental disorders only hinders their ability to seek help and support. Social stigma often results from negative associations between individuals and their mental health conditions. Breaking down these stigmas and stereotypes is the responsibility of society as a whole.

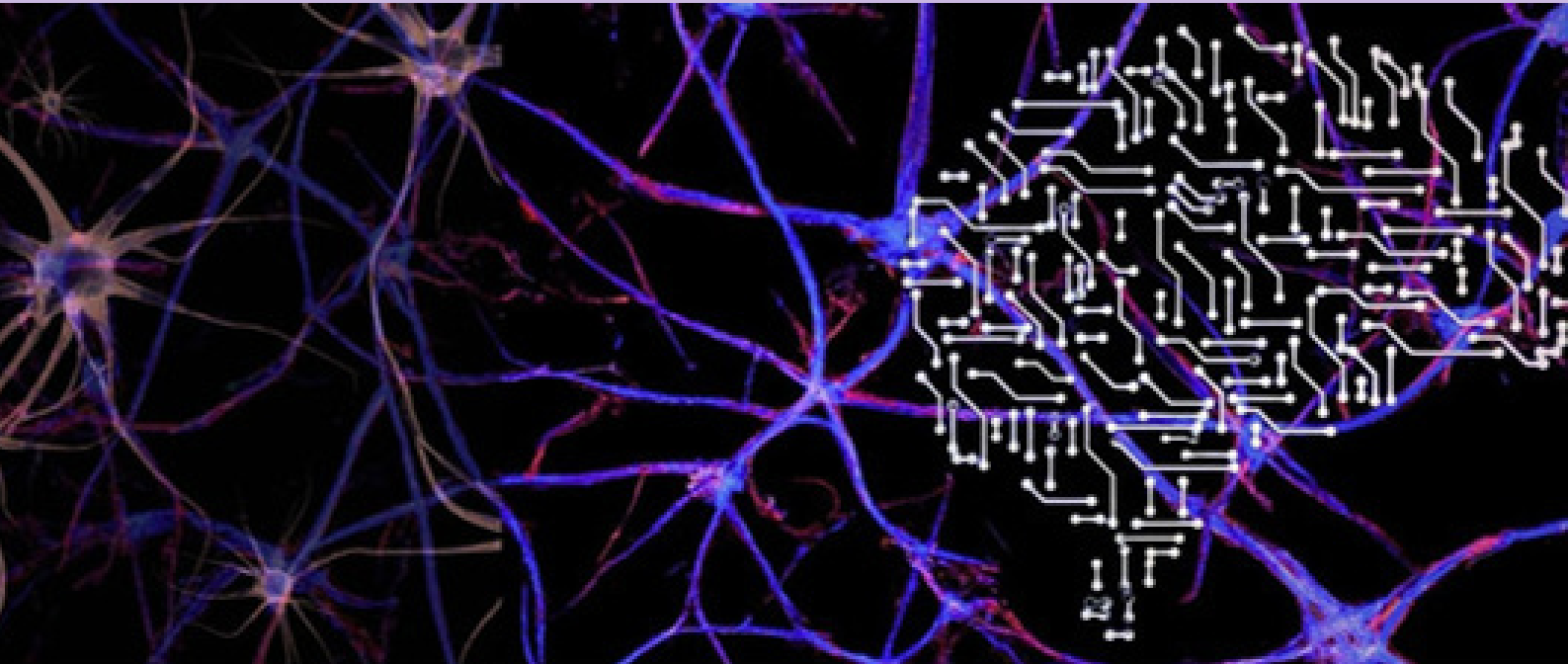
In conclusion, mental health and mental disorders are integral components of our overall well-being. Recognizing the signs of mental health disorders and addressing them promptly is crucial. It is equally important to break down the social stigma associated with mental health and understand that seeking professional help and practicing self-help techniques can lead to a better quality of life. Embracing the holistic approach of the bio-psycho-social-spiritual model can further enhance our understanding of mental well-being and help us lead happier and healthier lives. Mental health is not just an individual right; it is a universal responsibility that we all share.



Mdm. Saliha Azlan
RX8/Faculty of Pharmacy, UiTM

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Illustrator:

Mdm. Nurul Izzati Ismail

PRESCRIPTION

Faculty of Pharmacy,
Universiti Teknologi MARA,
Kampus Puncak Alam,
42300 Bandar Puncak Alam, Selangor.

 @pharmacyuitm




 @pharmacy_uitm




 Faculty of Pharmacy UiTM



 <https://pharmacy.uitm.edu.my/>



 +603-3258 4645

 korporatff@uitm.edu.my