

Mental Wellness: What You Need to Know Transcript

Hello, hello. In this video, I will be covering mental wellness. It is important to be aware about one's own mental health because not everyone has access to information or understands how our brain functions. This topic will have two parts; you are currently watching part 1. This vlog will focus on explaining general mental wellness along with several examples. As a disclaimer, I will use specific phrasing in ASL throughout the vlog - however, the signs used in this video are strictly for educational purposes, fundamental understanding, and to be more concise.

Mental wellness is a person's inner process of well-being that helps us think, feel, connect, and function well in our daily lives. Environmental and life factors make a huge impact long-term - some of these factors include poverty, domestic violence, disabilities, and inequality. Receiving help and taking an effective approach can be done at a low-cost. However, many health systems are under-resourced and treatment gaps are still widely common in today's society. People with mental health conditions often experience: stigma, discrimination, and violations against their basic human rights.

Taking care of one's mental health is essential. It is the ability to manage and process your thoughts and emotions appropriately - whether the feelings are positive or negative. Feeling good about yourself, about who you are, and having healthy relationships (intimate and/or platonic) is key. It is also possible to make a difference with a healthy mindset - the ability to learn, work, and give back to the community. Having a purpose and connecting with others are also vital for a strong mental health. Keeping one's mental health fortified includes being able to adapt and overcome challenges that life may throw your way, as well as taking calculated risks, and being a positive role model.

Mental wellness is extremely important as it can affect our overall physical health. For example, people who experience depression may reduce their physical activity, it may also lead to one eating more unhealthy foods, and/or isolating themselves from their loved ones. People who feel self-conscious about their bodies or skin are also more likely to isolate themselves - possibly by wearing more clothing to cover up. Individuals who experience anxiety may also choose not to go out due to several factors such as: possible triggers that they themselves might run into, or the individual may not want to deal with unagreeable weather, and more. After taking some time to reflect about who you are - knowing what triggers you, what bothers you, and what helps you to feel more at home, will result in a peace of mind. Making sure you are comfortable should always be a priority and as a result, your happiness will greatly improve your overall health and manage it better.

Diving into a little bit about mental health and disorders, there are over 200 different types and diagnoses possible. To keep things brief, I will only be covering a listed top 5 - the first of which is Anxiety Disorder. Experiences with anxiety may look different from person to person as there are many different subcategories - such as: Obsessive Compulsive Disorder (otherwise known as OCD), there is also Panic Disorder, and PTSD (Post Traumatic Stress Disorder). Second on our list are mood disorders which do include depression or constant mood changes that can be

linked to depression. Next are Psychosis Disorders such as Schizophrenia (which in ASL, it may look something like this) or Delusional Disorder (which is unrealistic thinking). Fourth on our list is Dementia and the last in our top 5 are Eating Disorders. Eating Disorders include: Anorexia (self starvation), Bulimia (purging the food after eating), and Binge-eating (which may involve purging after eating large amounts of food or not eating at all afterwards).

As we wrap up part one, I hope you all have learned something today and have understood the material. If you have any medical related questions/concerns about something we've discussed today, please contact your doctor - don't wait! For general questions, comments, concerns, please contact your Client Service Specialist (CSS) or our Public Relations/Outreach Specialist - Alexander Sanborn. Thank you!