

# 6.2

## THERE IS NO HEALTH WITHOUT MENTAL HEALTH

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### Introduction

Health has traditionally been understood in physical terms, focusing on the body's ability to function optimally. This view of health emphasizes the absence of disease, injury, or physical ailments, and the maintenance of physical well-being through nutrition, exercise, and medical care. The concept of health, in this sense, has been heavily centered on the physical body, with the belief that good health equates to physical fitness and the absence of physical illness. However, this traditional view often marginalizes mental health, treating it as secondary as or less important than physical health. Mental health encompasses emotional, psychological, and social well-being and is crucial in how individuals think, feel, and act. It influences our ability to handle stress, relate to others, and make decisions. The WHO proposition that there can be "no health without mental health" is also supported by the Pan American Health organization, the EU Council of ministers, the world federation of mental health, and the UK Royal College of psychiatrists. World Mental Health Day (2010) once again focuses our attention on the need to continue the integration between mind and body through active advocacy, education and re-evaluation of the way we view patients with mental disorders. Mental illness and

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physical health conditions are interconnected and fragmentation of services and an overemphasis on specialization, means that patients often fall between the gaps. So we need to redouble our efforts to gather resources so that patients suffering from mental illness do not die sooner than necessary. Mental health problems are common: one in four people experience a mental health problem during their lifetimes. Mental health and neurological problems account for 22 and 17 % of the total burden of disease in men and women in the WHO European region, second only to cardiovascular disease.

Historically, mental health issues have been stigmatized, misunderstood, or dismissed. The marginalization of mental health is evident in how resources, research, and public awareness have predominantly focused on physical health, with mental health receiving less attention. This has led to inadequate support for mental health conditions and a lack of understanding of their impact on overall well-being. In recent years, there has been a growing recognition that health is holistic, integrating both physical and mental aspects. This shift acknowledges that mental health is just as important as physical health and that both are deeply interconnected. Addressing mental health issues with the same seriousness as physical health is crucial for achieving true well-being.

### **Defining Health and Mental Health**

Health is commonly defined by world health organization (WHO) as a state of complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity. This definition emphasizes the holistic nature of health, encompassing various aspects of wellbeing, including physical health, mental stability, and the capacity to engage in fulfilling social relationships. Health is a dynamic state that results from the body's constant adjustment and adaptation in response to stress and changes in the environment.

Mental health refers to the cognitive, emotional, and psychological wellbeing of a person. This includes how individuals think, feel, and behave, including their ability to handle stress, connect with others, and make decisions. Good mental health is characterized by a balance in emotions, a positive sense of self, and the ability to

cope with normal life stresses, work productively, and contribute to the community. Mental health issues can range from temporary conditions like anxiety or depression to more severe disorders like schizophrenia or bipolar disorder. Good mental health is more than just the absence of mental health is more than just the absence of mental health is an integral part of overall health and is essential for personal wellbeing and the ability to contribute to a community. According to W.H.O “Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.”

#### **Inter relation between Physical and mental health**

The relationship between physical and mental health is deeply interconnected and can significantly impact each other in numerous ways. Here are some key points highlighting the interrelation:

##### **1. Physical Health Influences Mental Health:**

- **Chronic Illness:** Conditions like heart disease, diabetes, and cancer can lead to stress, anxiety, and depression due to the strain of managing the illness, financial burdens, and the impact on quality of life.
- **Pain and Discomfort:** Persistent pain can lead to irritability, mood swings, and mental health disorders such as depression.
- **Nutrition and Exercise:** Proper diet and regular physical activity improve mood and decrease the risk of depression and anxiety.

##### **2. Mental Health Influences Physical Health:**

- **Stress and Anxiety:** Chronic stress can lead to high blood pressure, heart disease, and a weak immune system.
- **Depression:** Individuals with depression are more likely to have cardiovascular disease, obesity, and a weakened immune response.
- **Behavioral Impacts:** Mental health conditions can affect motivation to exercise, maintain a healthy diet, and adhere to medical regimens, negatively impacting physical health.

### 3. **Biochemical Connections:**

- **Hormones and Neurotransmitters:** Hormonal imbalances and neurotransmitter levels, which affect mood, also impact physical processes, including metabolism, immune function, and inflammation.
- **Inflammation:** Both mental health disorders and physical illnesses can cause and exacerbate inflammation, contributing to a cycle of poor health.

### 4. **Lifestyle Factors:**

- **Sleep:** Poor mental health can lead to sleep disturbances, affecting physical health. Conversely, poor physical health can disturb sleep, impacting mental health.
- **Substance Abuse:** People with mental health issues might use substances as a coping mechanism, negatively affecting physical health.

### 5. **Social and Environmental Factors:**

- **Social Support:** A strong support system can improve outcomes for both mental and physical health by reducing stress and promoting healthy behaviors.
- **Environment:** Living in a healthy environment can reduce the incidence of both physical illnesses and mental health disorders.

### 6. **Integrated Treatment Approaches:**

- **Holistic Care:** Recognizing the link between physical and mental health can lead to more integrated treatment approaches, addressing both aspects simultaneously.
- **Behavioral Therapy:** Techniques like Cognitive Behavioral Therapy (CBT) can help individuals manage mental health conditions and improve health behaviors.

### 7. **Preventative Measures:**

- **Regular checkups:** Monitoring physical health can help identify early signs of mental health issues and vice versa.
- **Education and awareness:** understanding the connection between physical and mental health can lead to better management and prevention strategies.

Understanding and acknowledging the strong connection between physical and mental health is crucial for comprehensive healthcare. By treating both aspects of health, individuals can achieve a better quality of life and improved outcomes.

### **Characteristic of Mental health**

Mental health encompasses a wide range of factors that influence a person's psychological and emotional wellbeing. Here are some key characteristics of good mental health:

- 1. Emotional stability:** the ability to manage and express emotions in a healthy manner. This includes being able to cope with stress, frustration, sadness, and anger without being overwhelmed.
- 2. Resilience:** the capacity to bounce back adversity, challenges, and setbacks. Resilient individuals can recover from difficult situations and maintain a positive outlook on life.
- 3. Self-Awareness:** understanding one's own thoughts, feelings, and behaviors. Self-awareness allows individuals to recognize when they are experiencing stress or negative emotions and to take appropriate steps to address them.
- 4. Healthy relationship:** the ability to form and maintain positive relationship with others. This includes effective communication, empathy, and the capacity to resolve conflicts constructively.
- 5. Positive self-esteem:** a healthy level of self-esteem involves having a balanced and realistic view of oneself, appreciating one's strength and accepting one's limitations.
- 6. Autonomy:** the ability to make independent decisions and take responsibility for one's actions. Autonomy is important for feeling in control of one's life and making choice that align with personal values.
- 7. Coping skills:** effective strategies for dealing with stress, anxiety, and other challenges. These skills may include problem solving, time management, relaxation techniques, and seeking social support when needed.

**8. Purpose and meaning:** A sense of purpose and meaning in life contributes to overall wellbeing. This may involve having goals, a sense of direction, poor feeling connected to something larger than oneself.

Good mental health is not just the absence of mental illness, but the presence of positive characteristics that allow individuals to thrive and lead fulfilling lives.

### **Components of Mental health**

Mental health is a multifaceted concept that encompasses various components. These components are interrelated and contribute to an individual's overall mental wellbeing. The key components of mental health include:

- 1. Emotional wellbeing:** The ability to manage and express emotions appropriately, including happiness, sadness, anger, and fear. It also involves recognizing and coping with emotions in a healthy way.
- 2. Psychological wellbeing:** involves self-acceptance, personal growth, a sense of purpose, and the ability to develop and maintain fulfilling relationships. It also includes resilience, or the capacity to recover from setbacks.
- 3. Social wellbeing:** this includes the quality of relationships with others, social support systems, and the ability to form and maintain healthy social connections. It also involves a sense of belonging and inclusion within a community.
- 4. Behavioral health:** Involves the patterns of behavior that contribute to or detract from mental health, including habits, routines, and lifestyle choices such as diet, exercise, and substance use.
- 5. Physical health:** Physical health and mental health are closely linked. Chronic physical conditions can affect mental health, and vice versa. Adequate sleep, nutrition, and physical activity are essential for maintaining both physical and mental health.
- 6. Spiritual wellbeing:** for some, this includes a sense of purpose and meaning in life, often connected to religious or spiritual beliefs, values, and practices. It can provide a source of comfort and resilience.

**7. Environmental factors:** The surrounding environment, including living conditions, work environment, and access to resources, can significantly impact mental health. Safe and environments contribute to better mental health outcomes.

**8. Self-esteem and self-efficacy:** Self-esteem refers to how one values oneself, while self-efficacy is the belief in one's ability to accomplish tasks and overcome challenges. Both are important for mental health.

**9. Stress management:** The ability to cope with and manage stress effectively is crucial for maintaining mental health. Chronic stress can lead to mental health issues if not addressed.

Understanding these components helps in recognizing the various aspects of mental health and the importance of a holistic approach to mental wellbeing.

#### **Tips for Better Mental Health**

**1. Get Closer to Nature:** Such and every person lives his/her life with worries and fear, uncertainties etc. That make us sad, unhappy and impose pressure that make us feel stressed so one of the important strategy to maintain good physical and mental health is to live closer to nature, which have calming effects on us. One of the best examples was seen during covid 2020. People cope up with their psycho somatic problem by living closer to native either by cycling, walking, farming etc. In Japan people use "Forest Bathing" which may improve their mental health, by experiencing different sounds, smell and textures may really help River, Ponds, seashore etc connected us with nature.

**2. Keep Moving:** Our minds and bodies are connected with each other. If we want to improve your mind and body in balancing way. We should move your body by dancing, cycling, walking, cleaning or going to the gyms. For example physical exercise release good hormones that reduce feeling of stress, anxiety etc.

**3. Enhancing of Social Skills:** social intelligence works as important psychological strategy for maintaining balance between mental and physical health. Researchers share that Being Kind is good for both, because it moves, help us feel more capable

strengthen our connections with others. Friendly connections are very important for mental health.

**4. Open Minded to New Experiences:** How we spend our time and what we think about ourselves and the world. Our perception or rather expectations actually influence good and bad. Everything depend on what we experience. Life can feel more interesting lively and rewarding when we are open to trying new experiences and experimenting with how we do things.

**5. Learn to understand and Manage our Feelings:** Humans behavior always emerged at three dimension of cognitive structure in cognitive, affective and connative. What we think positive or negative arousal which in turn affect our behavioral patterns, some time without any reason we felt sad, fear, shame, loneliness anger or sometime else. We do not always know why were feeling that way such type of behavior can be reduced by talking ourselves, by repeating something positive about ourselves for example chanting 'Mantra'. By using Drill technique we can went out our negative thoughts and feelings. Sometimes these activities called mindfulness.

**6. Support Confidential Help and Counseling:** Supporting confidential help and counseling is crucial for maintaining privacy, trust, and effective assistance. Here are some strategies to ensure confidentiality privacy measure, confidentiality policies, anonymity, staff training, legal compliance, secure record keeping, and client empowerment. Ensuring confidentiality helps build trust and provide a safe environment for individuals to seek help without fear of exposure.

Thus all these intersectional strategies and intervention exist to promote, perfect and restore mental health.

### **Conclusions**

The phrase "There is no health without mental health" underscores the integral role that mental wellbeing plays in overall health. Here are some key conclusions drawn from this concept:

**1. Holistic health:** Mental health is not separate from physical health; they are deeply interconnected. Issues like stress, anxiety,

or depression can manifest physically, leading to conditions such as heart disease, weakened immune systems, and chronic pain, similarly, physical health problems can exacerbate or trigger mental health issues.

**2. Quality of life:** Mental health significantly impacts one's quality of life. Even if someone is physically healthy, poor mental health can diminish their ability to enjoy life, maintain relationships, and function effectively in daily activities.

**3. Healthcare integration:** Effective healthcare systems must integrate mental health care with physical health care. This includes ensuring that mental health services are accessible, reducing stigma around mental health issues, and providing education to recognize and address mental health concerns early.

**4. Prevention and early intervention:** Promoting mental well-being and addressing mental health issues early can prevent more severe health problems. Mental health promotion should be a part of public health strategies.

**5. Support systems:** Strong social and community support systems are crucial for maintaining mental health. They provide the necessary environment for individuals to thrive and cope with stress and challenges.

**6. Policy implications:** Governments and organizations should prioritize mental health in their health policies and allocate resources accordingly. This includes funding for mental health research, services, and education programs.

In summary, recognizing that “there is no health without mental health” encourages a comprehensive approach to health care, where mental well-being is seen as essential to overall health and quality of life.

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