

# World of Lunatics@2253

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**Abstract:** Mental health includes our emotional, psychological and social well-being. It affects our thoughts, feelings and actions. It also helps you decide how to manage stress, interact with others, and make healthy choices. Although these terms are often used interchangeably, poor mental health and mental illness are not the same thing. A person may have poor mental health and not be diagnosed with a mental illness. Similarly, a person diagnosed with a mental illness may experience periods of well-being physically, mentally and socially.

**Keywords:** Cognitive Health (CH), Behavioral Health (BH), Emotional Health (EH), Spiritual Health (SH), Sexual Health (SH), Self-Acceptance (SA)

## **INTRODUCTION:**

Human being have been innovating since human origin and there is no doubt that this work will continue but nothing in this world is eternal and it is necessary to use it as much as necessary and preserve it for the next generation. If the mental health of the whole world is not healthy, then what is the use of any invention, and looking at the current situation, it is seen that the human movement is going in the same direction. In order to live a quality life, a person needs to have a healthy mental, physical and social health but we do not see awareness about mental health or no one gives it that much importance. A person should first accept himself unconditionally. Development takes place by recognizing one's own abilities and interests and one is expected to work productively for oneself and for the society and one should normalize the stresses and strains of life and accept it and one should aim to lead the society towards advancement by making new useful inventions but looking at the current trend of the whole world it is towards the world of madmen. It is seen that it is happening.

## **Mental Health Reality:**

In this world of chauvinism, we all leave our happy life and go after the competition to get a false virtual status. So life is like a competition. Because of this competition, we are unknowingly beating our minds. Only intellect is used in this competition, not the mind! So the mind is bleeding and we are ignoring it. We are suffering from various mental illnesses. As a result, about 1 in 7 people in the world suffers from some form of mental illness. According to statistics, there are about 90 to 99 crore mentally ill people in the world. This statistic is only for hospitalized patients. The number of people who are unaware of their mental illness or have been neglected by their family members is likely to be higher. This is why we are facing a terrible condition like suicide. Around 1500 to 2000 people commit suicide every day worldwide. This is the greatest misfortune of our society. Even though we know everything, we are deliberately turning a blind eye to it. We are causing the world to become a world of lunatics because there is a life-threatening competition.

Mental illnesses are also hereditary, which means there is no doubt that this illness will be passed on to future generations as a gift. As a result, the world is becoming a storehouse for the mentally ill. With the number of mentally ill patients increasing day by day, this world is going to be a 'depot of lunatics' in 150-200 years. If steps are not taken in time, we will see a very frightening situation. Although the body is in the external form, since the mind is internal, it is not clear whether it is fit or not. As a result, mental illness is spreading rapidly. Just as exercise is important for the body, so is exercising the mind to keep the mind healthy.

Society is so engrossed in competition that it has forgotten its basic needs. This is the source of mental illness. Man has gone away from basic needs like thirst, hunger, sleep, sexual needs etc. But even in the 21st century, if we do not take these needs to heart or fail to accept them. So we are responsible for this. We are the victims, but what is the fault of the coming generations? Who is responsible for this? From now on, we will provide mental illness to children as soon as they are born. Mental illness can be prevented by getting it, for which the dose of counseling along with medicine is equally effective. It takes a long time to understand and treat a mental illness that has spread throughout a person's body, maybe life is over, so everyone should find out for themselves and find happiness in life. Only then is there happiness in life and such life will be fun. Otherwise the world of lunatics will not take long to come into existence in 150-200 years. The treatment methods used in the world are falling apart. The treatment methods that are being used are also emotionless! Explain the essence of one side of the coin. There are those who do this. Instead of improving their mental health, it is deteriorating. The church working on it has become just as careless and irresponsible. It's all our fault, because we never understand ourselves. The question is not whether we should compete, it is a matter of time. But it must be to our liking, not that we have to accept with a big heart the fruit or the form of what we strive for in order to get a virtual false status.

## **The Six Components of Mental Health:**

### **1) Cognitive Health:**

A person works according to his perception of his thoughts, senses and experiences, the things he is interested in, he works there and the joy he gets from it fills the whole mind. Any problem in life is the answer, so it is necessary to accept that problem and overcome it, so generalize it. It is necessary to do, it gives us the way to a happy life.

**2) Behavioral Health:**

A person is a social animal, he interacts with society, family, friends and himself and through this interaction he learns how to behave with whom his behavior depends on and the individual behaves accordingly. Behavior maintains self and social health, it helps in maintaining mental health. Behavior depends on thoughts and feelings so a person should keep his thoughts positive, it creates positive feelings and a person's behavior is complementary to the society. A person should be accepted in the way he has behaved.

**3) Emotional Health:**

Feelings are the expression of a event or reality according to one own perception. Feelings naturally formed in a person if expressed at the right time lighten the burden of the mind and it boosts mental energy. A person with a stable emotional quotient is healthy and adapts to the environment therefore one's own work or social work becomes fruitful so understanding each others feelings is also very important. It is equally important to increase the emotional quotient with intelligence quotient, it creates a new consciousness in the person.

**4) Spiritual Health:**

The meditation of the voice in the space of one's own mind is spirituality. In spirituality the mental consciousness is awakened and the whole body becomes sensitive. A person can be known, it helps to soften the problem, a person connects himself with the world, others find his place, inner knowledge enriches the sense of responsibility, as a result positive changes are seen in health and through this a person learns the art of living.

**5) Sexual Health:**

Sexuality is primarily natural and a basic need of the individual but the individual is different. Sexuality should be accepted unconditionally by the self and the society. When a person is united with himself or with a different person he enjoys a higher level of happiness that cannot be found anywhere else in the universe. For that the art of sex should be acquired, even though this art is natural in nature, the social constraints are the same. It is necessary to cast aside the view that sufficiency is important and devote oneself to the art of integration.

**6) Self Acceptance:**

The center of mental health is mainly based on self acceptance, so a person needs to accept himself. Most of the problems related to mental health of a person are related to self acceptance. Also, it is important to understand the opportunities and dangers of a person's strength. Sometimes we are unfamiliar with ourselves. It is also important to understand and accept it unconditionally. Acceptance is the only answer to any problem or situation in the universe. If it is accepted there is a way out of it and interest in life increases.

**The Path Ahead:**

Hence there is need of securing good emotional intelligence. There must be mental health education as a part of a curriculum. Career options should be counseled for youth .Career should be kept away from success. Societal and parental awareness is necessary for this generation. One should take training of Art of living or Vipashyana, Dhyana, Yoga . WHO has to take initiative for building mentally healthy society.

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