

Mental and Emotional Health

"Mental and emotional health refers to feelings, thoughts and actions of an individual specifically when a person faces stresses and challenges in his or her life".

Emotional and physical health problems are due to absence of good mental health. Our society is divided into distinct cultures which have their own mental and emotional characteristics that define well-being of a person.

Our emotions are not separate entities from us they are an active part of our body mind & soul. Whenever you suffer from emotional and mental stresses, your physical health is also affected. Your spirits are raised only if you are mentally and emotionally fit. Researchers reveal that if stresses are never balanced then you can suffer from many physical distresses which are linked to your state of mind. When people are depressed, anxious, stressed or grief-stricken then their lives are in danger. Mental and emotional stresses affects your personal relationships and work abilities.

Mental and emotional health problems can be due to traumas and serious losses in early phases of life. Social conditions in which a person lives are the most important characteristic for good mental and emotional health. Feelings of disgust are usually developed due to negative thoughts and even sometimes because of side effects of medications. There are various genetic and bio-medical causes of which are responsible for emotional stresses.

A person with good mental and emotional health must have the following characteristics:

- A healthy person always possesses a sense of contentment and well-being. One must have the ability to enjoy life and have fun. An emotionally healthy person always has a zest of living, to laugh and enjoy along with others.
- You should keep up the spirits high and must be capable to deal with stresses of life. The ability to fight back even in adverse conditions is a must.
- With the help of positive relationships and meaningful activities, an emotionally healthy person participates in experiences of life to complete extent. The feeling of self realization is a must in person.
- Presence of good mental health means ability to grow, change and experience different aspects as one faces different circumstances in life. You must make yourself flexible in order to deal with ordeals of life.
- Another important characteristic of good emotional health is the ability to strike balance in different aspects of life. You must be social as well as remain in solitude with your loved ones. One must have the ability to work and play simultaneously. Similarly catering all your daily physical and emotional needs of exercising rest and sleep.
- There should be an intellectual development of your [health](#), spirit, body, mind and soul. A sense of well-roundedness and creativity is a must.
- The person who is emotionally and mentally healthy always shows concerns for others. He or she has the ability to take care of his own and other loved ones. A person must have good self-esteem and [self-confidence](#) in order to remain physically and mentally active.

About the Author

Chris Knight writes on [depression medications](#).

Source: <http://>