



Mental Health Tips



Why it is important to express how you feel inside

By Ryan Ramirez

It's all too common for people to assume that keeping their feelings of distress & their problems inside is easier than telling the people closest to us. It often leads us to feeling depressed, anxious, stressed out, and just unhappy. As humans, we have a built in capacity to hold on to everything that makes us feel emotion, including the memories that leave us feeling sad & depressed.

But where does that leave us?

Bottling it up inside until we blow up?

Mental health is an essential aspect of our overall well-being and of life as a whole, yet it is overlooked way too often. It is easy to neglect the pieces of us we don't fully understand, even if that also means neglecting *our feelings*. Good mental health is a culmination of many factors, whether that be having a positive outlook on life, healthy coping mechanisms, the ability to manage your stress and emotions in an effective manner, and many more.

BUT there's one thing....

Mental health conditions are constantly increasing worldwide, and with that the amount of people not willing to talk about the problems they face. It's not unknown that depression and anxiety are some of the **BIGGEST** mental health disorders in the world. Depression and anxiety are often comorbid, *meaning* that someone can experience symptoms of both disorders simultaneously.

Here's some facts:

- Depression and anxiety affect an estimated 264 million people globally.
- Around 20% of the world's children and adolescents suffer from a mental health condition.
- The World Health Organization, often referred to as WHO, identifies depression as the leading cause of disability around the world.
- Depression, aside from feeling sad or down, can actually leave people with physical symptoms like fatigue, sleep disturbances, and a change in appetite.
- In the UK alone, as estimated 1 in 4 people will suffer from a mental health problem each year.

Even with those *hard-hitting* facts, there still appears to be a stigma around talking about our problems and getting the help you need. Increasing access to mental health services and improving public awareness about depression and anxiety would put us one step further towards a better future. **Breaking the stigma** is a must if we want to secure a better future for ourselves and our families. *Talking about it* does help, whether that's to a licensed professional or a family member.

Just remember that **it is okay** to not be okay, and seeking help is a sign of strength. You are important, and so is the way you feel.