

# Psychological Wellness and Mental Health Essay

Everyone, regardless of their nationality, gender or age, to some degree, at an unconscious level uses psychological defenses to ensure that they can function healthily even in a stressful environment. Good emotional and physical health enables people to cope with problems and challenges. Mental wellness is associated with successful socialization and resilient adaptation skills to changing conditions, leading to more positive outcomes in both working and personal contexts.

One of the main goals of health psychology is to examine the different types of factors that determine a person's health status. On the one hand, studying this topic through sociology, the humanities, the natural and applied sciences provides an opportunity to look broadly at issues, analyze the current situation, experiences, draw conclusions for the future. It improves the professional activity of scientists, opens new directions for them to explore, helps identify relevant topics. On the other hand, the study of mental health from different angles helps identify the demands of the population, the difficulties they face. In other words, it helps improve the quality of their personal lives. Thus, integrating the four lenses provides a deeper understanding of mental health and how to achieve it.

Practices as a social phenomenon are primarily the focus of the sociology of everyday life. The reason for this is the increasingly complex human reality under which a modern person has to exist. One of the most relevant examples of how health problems in contemporary culture shape social practices is the situation with COVID-19 (Thombs et al., 2020). Commitment to preventive measures against the coronavirus has taught people to smile with their eyes if a mask covers their mouth and to greet with a touch of the elbow. It also encourages ones to show respect by taking a few steps away from your interlocutor, going out less, ordering takeout, and more (Cozza et al., 2021).

It is crucial to focus on the essential things not to miss the significance of the micro-transformations that underlie changes in psychological health. Thus, scholarly interest in this topic can develop new social practices and provide objective information about the dynamics of society.

The topic of mental health is one of the primary issues in the sciences. Solving problems in wellness can provide both benefits and challenges. On the one hand, it generates the identification of others, which is a difficulty. On the other hand, as Arango et al. (2018) argue in their research, the study of mental health leads to more ambitious goals and creates new tactics to improve the psychological well-being of the population. Thus, it gives experts in different scientific fields to find new solutions, strategies. It is a definite advantage for this area as a whole and each individual. The wellness sphere can enhance understanding and awareness of a problem by investigating various institutions or social actors.

The psychological culture of an individual is a critical part of general culture. In this area, mental health is directly related to the culture of education: it affects human behavior in the community, a sense of security, a measure of responsibility. In terms of socialization, psychological well-being significantly affects how people interact, how productively they work, process, and communicate information. A mentally healthy person who can analyze their condition calmly accepts another point of view, respects the other person's opinion and perspectives. Such people focus on themselves and their welfare and development. They are tolerant and do not express aggression toward somebody because of their religion, culture, or gender. It is important to note that a person's complete and healthy mental state lays the foundation for their life prospects and is also an integral part of the nation's future.

Health is a state of being characterized not only by the absence of disease or physical defects but also by complete mental and social well-being. It is impossible to imagine the development of the sciences and civilization as a whole without focusing on mental health and areas of wellness. Improving people's psychological health helps form a quality intellectual, economic, social, political, and cultural reserve of society.

## References

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