



Mental Health As A Choice

Bucaj Tatjana, RN*

Wirral University Teaching Hospital NHS Foundation Trust, UK

***Correspong author:** Bucaj Tatjana, Wirral University Teaching Hospital NHS Foundation Trust, 9c River View, 174 Arrowe Park Road, Wirral CH49 5PF UK. Tel: +44 7518809768; Email : tatjana.bucaj@gmail.com

Citation: Tatjana B (2018) Mental Health As A Choice. Ad Nurs Sci Resear: ANSR-105.

Received Date: 21 August, 2018; **Accepted Date:** 23 August, 2018; **Published Date:** 31 August, 2018

Abstract

Keywords : Health, Responsibility, Choice

Mental health can be understood as a condition in which an individual exercises his / her abilities, how to deal with the stress of everyday life, to be productive and contribute to the community. The aim of this is to awaken the individual's awareness of the need for personal engagement in the protection and improvement of their mental health. There are options to work on self - building but ultimately everything is a matter of personal choice. International Labor Organization (ILO) 2016.g. has published a report on trends in workplace illness and activities aimed at improving the health of workers through improved working conditions including various educational programs. Education modules are being organized to raise awareness of the risk behavior that causes the deterioration of the quality of health as a whole. Health professionals have acquired knowledge about these areas during the course of training and applied the same in their work places. If you look at health as an individual's condition, the question is how much an individual contributes to the preservation of one's own health. **Conclusion & Significance:** It is necessary to evaluate the personal involvement in preventing the onset of the disease and preserving the existing condition. There is a need for self-criticism in uncovering unhealthy behavior that is damaging the quality of life. The first step is always the hardest - get out of the comfort zone and actively participate in creating better living both in the workplace and beyond. It takes the will, the knowledge, the energy to achieve the desired goal. As far as it is not possible to reach the goal by yourself, do not hesitate to look for help. The matter of choice.

Good mental health brings a sense of strength and satisfaction, resistance to daily stress has been developed. It is a quick recovery from emotional difficulties and crises. The result is that an individual manages and enjoys his/her life. In the life of the modern age, alienation is common. Lacking traditional forms of support and assistance creates additional effort in achieving life goals.

By reviewing the statistical data of the situation in Croatia, the second place was suffering from mental disorders by the number of days of hospital treatment. Reasons for such a state can be found in the war-marked past, inadequate present and uncertain future. International Labor Organization (ILO) 2016 has published a report on trends in job laundering as well as activities aimed at improving the health of workers by improving working conditions including various educational programs. Croatian Ministry of Health and Croatian Public Health Institute in 2017 launch a project called "Company a Friend of Health" with the aim of preserving and promoting health at work. The project covers various areas of activity: nutrition, promotion of physical activity, protection of health professionals at the workplace, smoking ban, ban on alcohol and drugs, environmental protection, consumer and customer health protection. Therefore, education modules are being organized to raise awareness of the risk behavior that is causing the deterioration of the quality of health. One of them is devoted to mental health at work. An individual is at the center of attention and through information and advice helps strengthen personal resources to deal with everyday challenges and stressors, including job challenge.

Everyone who is capable of working is obliged to undertake activities to preserve and improve their health, which means avoiding all risk factors that endanger life and health (consumption of narcotic drugs, tobacco products, alcohol, risky sexual behavior and other medically recognized factors). There is a legal regulation that obliges citizens to take care of their own health. Health Care Act:

Article 3 - "Everyone has the right to health care and the possibility of achieving the highest possible level of health, in accordance with the provisions of this Act and the Mandatory Health Insurance Act. Everyone is obliged to take care of their health. No one should jeopardize the health of others."

Article 23 - "Everyone is obliged to use his / her health care rights in accordance with the provisions of this Act and the instructions on the treatment of a doctor of medicine and a dental practitioner and is personally responsible for non-compliance with these instructions."

So the theoretical legislator has obliged individuals to take care of their health, and how this will work is a matter of personal choice. The choice will depend on several factors, the question is whether they can fully take care of themselves or need some help in terms of strength, will and knowledge. The book "Choice Theory" by William Glasser can be a good starting point where the reader will know that he can control himself and his life alone. The reader will find that for satisfactory relationships in the present, one should not go back to the past or rectify it, but to learn to choose behavior that satisfies a good life with itself or with the environment in any relationship. There should be no great expectations from others. Everything that people can get or give them is information. How to deal with this information is the question of choice. What matters to preserve mental health is that all long-term mental problems are the problems of relationships. It can be said that the partial cause of many other health problems such as pain, dizziness, weakness, and some chronic illnesses classified under the name of autoimmune disease are actually diseases of the relationship. It is necessary to exit the comfort zone and act NOW. What drives us through life is the five generic needs: survival, love - belonging, power, freedom and fun. Depending on the quality of the image of an individual in the world of quality, this will be a behavior that consists of four indivisible components: activities, opinions, feelings, and physiology. Feelings and physiology can be controlled indirectly through selected ways of thinking and acting on which we have direct control.

What to do?

Get to know yourself better: Examine your own attitudes and habits (helping and diverting), awaken emotional strength, mental abilities, desires and tendencies, remember what your daily thoughts and feelings are, stress and choose the best way to react.

Build your self-confidence: Identify and accept virtues and weaknesses, and build self-confidence, learn new knowledge and skills, as it also contributes to strengthening self-confidence.

Find the time for yourself: Relax with music, reading, meditation, walking or anything you enjoy.

Have moderate physical activity: Choose exercise according to your own abilities and practice regularly each day, as it improves emotional stability, reduces anxiety and depression.

Importance of social contacts: Creates supportive, close relationships with family and other people. Family and friendly support is important especially in difficult moments. A wider social circle can provide new experiences and bring balance to life. Inclusion in the community and voluntary work gives a sense of meaning and satisfaction and strengthens self-esteem.

Conclusion

Healthcare professionals have adopted knowledge from different areas during the course of their education and applied the same in their work places. However, considering health as an individual's condition, the question is how much each individual contributes to the preservation of their own health by preventive measures. It is necessary to evaluate the personal involvement in preventing the onset of the disease and preserving the existing condition. There is a need for self-criticism in uncovering unhealthy behavior that disturbs the quality of life, both personal and the person in the environment. There is a choice. The first step is always the hardest - to leave the comfort zone and actively participate in creating a better life, both at work and beyond. It takes the will, the knowledge, the energy to achieve the desired goal. As far as it is not possible to reach the goal by yourself, do not hesitate to look for help. The matter of choice. Life is full of choices. You will never win if you never begin.

References

1. www.zzjzdnz.hr/hr/zdravlje/mentalno-zdravlje/381
2. www.hzjz.hr/sluzba-promicanje-zdravlja/svjetski-dan-mentalnog-zdravlja/
3. www.ilo.org/wcmsp5/groups/public/---ed_protect/---protrav/---safework/documents/publication/wcms_466547.pdf
4. www.zakon.hr/z/190/Zakon-o-zdravstvenoj-za%C5%A1titi
5. www.javno-zdravlje.hr/djelatnik-u-sredistu-radnog-sustava-tvrtka-prijatelj-zdravlja/
6. www.hzjz.hr/sluzba-javno-zdravstvo/zastita-zdravlja-naradu/
7. www.hzjz.hr/sluzba-promicanje-zdravlja/svjetski-dan-mentalnog-zdravlja-2/
8. www.brainyquote.com/quotes/helen_rowland_119693
9. Glasser W : Teorija izbora, Alinea d.o.o. – Psihologija, Zagreb,2000.
10. Havelka M : Zdravstvena psihologija, Medicinski fakultet sveučilišta u Zagrebu, Zagreb,1998.
11. Maslow A : A Theory of Human Motivation

Copyright: ©2018 Tatjana B. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.