

Mental Health

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Bad mental health is something that many Americans suffer with. Whether it be depression or even dissociative identity disorder, or better known as DID, one in five adults in the U.S. suffer with some sort of mental illness according to the National Institute of Mental Health (NIMH). Everyone handles their health in different ways and every disorder comes with its downs. Mental health is something that goes below the surface and is something that can't be seen. Disorders such as depression, anxiety, and PTSD all have their different ways of affecting one's life, the biggest effect being on one's motivation and work ethic.

Depression has many symptoms such as feeling lethargic, sudden loss of interest in things one used to love and many other things, "It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home" (Torres, 2020, p. 1), and can present itself at any point of someone's life. Many adults who suffer from depression find it hard to stay motivated and it can cause issues in both one's work life and personal life. Depression can also cause suicidal thoughts as well as feelings of worthlessness, though many know how to deal with it. Most people have coping mechanisms and every person copes differently as Navsaria from Washington University states in 2020, "four key ingredients to developing coping skills for resilience: connection, wellness, healthy thinking, and finding meaning".

Anxiety comes in different shapes and forms. Anxiety also differs in severity. Many who have anxiety tend to overthink and panic over many things, have trouble sleeping, and feel impending fear or doom according to Mayo Clinic. Due to these symptoms, one can find it difficult to focus on schoolwork or focus on work in general "symptoms can interfere with daily activities" (MedlinePlus, 2016, p. 2). Just like with depression, one can cope with their anxiety.

Anxiety is also manageable and treated in many ways according to Cleveland Clinic. A person with anxiety can be medicated with anti-anxiety medication, antidepressants and even beta-blockers. One could also consider psychotherapy or counseling with a lot of people doing exposure therapy which “focuses on dealing with the fears behind the anxiety disorder” (Cleveland Clinic, 2020, p. 38). Post traumatic stress disorder or better known as PTSD’s symptoms must interfere with someone’s work or school in order for someone to properly get diagnosed with the disorder as stated by SAMHSA. Many symptoms overlap with anxiety with panic attacks being frequent.

In 2021, the National Institute of Mental Health stated that “more than one in five U.S adults live with a mental illness”. Despite so many people suffering with different disorders, mental illness is not something many understand. Bad mental health is not something one can see and these struggles can affect one’s life in many ways.

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