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Mental Health and Lifestyle

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INTRODUCTION

Mental illness is very widespread in today's culture, with one out of every six people suffering from some form of mental illness. There is strong evidence that there is a relationship between mental and physical health. One area that has been researched is the link between food and mood, with studies suggesting that eating a balanced diet is connected to a lower risk of depression. Dietary factors that have an impact on psychological health may also be essential. For example, a diet high in trans-unsaturated fats has been linked to an increased risk of depression.

Physical activity is another important lifestyle aspect that has been researched for its mental health advantages. Physical activity has been shown in numerous trials to be useful in lowering depressive symptoms and boosting mood. According to cross-sectional study, as little as 20 minutes of physical activity per week can improve mental health and wellbeing. According to one study, planned exercise was just as beneficial as medication in lowering panic symptoms. Studies demonstrate that improvements in physical health behavior can lead to a variety of mental health and wellbeing advantages. Beyond the physical benefits, quitting smoking may have some psychological health benefits. Given the high prevalence of smoking in the psychiatric population and the link between positive affect and increased quitting rates, therapies that target both mood disorders and smoking behaviors in these patients are expected to be more effective. While progress has been made in identifying factors that influence health behavior change, there are still some areas where contradictory or limited results or studies of low methodological quality exist, resulting in inconsistent evidence. In the field of health behavior change, progress is being made. Interventions and their development may be more effective if they can identify and draw on specific intervention components derived from theory, explain the exact intervention approaches used, and fully reflect this in findings to encourage replication based on effective strategies. Obese young women are at an increased risk for mental illnesses, according to research, while underweight people are a separate risk group. In addition, irregular social rhythms, which include social connections, have been linked to mood problems. According to a recent study, older people with major depressive disorder had weaker social rhythm regularity than healthy controls.

Individuals' mental health is influenced not only by personality indicators, general living situations, and big life events, but also, as more evidence suggests, by simple everyday behaviors that may be changed. Participating in sports or moderate to vigorous physical activity, participating in cultural or mental activities, such as singing in a choir or reading a book, refraining from smoking, practicing moderation in alcohol consumption, maintaining a body mass index (BMI) within the range of normal weight, and eating a healthy diet are all known to promote physical health. There is a strong link between these lifestyle choices and numerous somatic disorders, such as cancer, heart disease, and stroke. Evidence suggests that such lifestyle characteristics have a positive impact on the psychological domain, reducing depression and anxiety while also improving life satisfaction and self-perceived mental health.