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Editorial

Mental health refers to cognitive, behavioural, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term “mental health” to mean the absence of a mental disorder. Mental health can affect daily living, relationships, and physical health. However, this link also works in the other direction. Factors in people’s lives, interpersonal connections, and physical factors can contribute to mental ill health. Looking after mental health can preserve a person’s ability to enjoy life. Doing this involves balancing life activities, responsibilities, and efforts to achieve psychological resilience. Stress, depression, and anxiety can all affect mental health and disrupt a person’s routine. Although health professionals often use the term mental health, doctors recognize that many psychological disorders have physical roots.

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