



# Impact of mental health on physical health problems

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## ABOUT THE STUDY

There is a strong correlation between mental and physical health, but little is understood about the paths from one to the other. Using lifestyle choices and social capital in a mediation framework, the direct and indirect impacts of previous mental health on present physical health and past physical health on present mental health. The Centre for Epidemiological Studies Depression Scale (CES) is used to assess mental health, while the Activities of Daily Living (ADL) is used to Assess Physical Health (APL). We find significant direct and indirect impacts for both types of health, with indirect effects explaining 10% of the influence of previous mental health on physical health and 6% of the effect of past physical health on mental health. Physical activity is the major contribution to the indirect effects. Males had higher indirect effects in mental health (7.9%), as do older age groups in mental health (12.6%) and physical health (11.6%). Health policies aimed at improving both physical and mental health must include not only the direct but also the indirect cross-effects between mental and physical health.

The mental health is extremely important to us for overall well-being. Being mentally healthy can help us to stay healthy and prevent significant health problems. According to one study, improved psychological well-being can lessen the incidence of heart attacks and strokes. Poor mental health, on the other side, can lead to poor physical health or dangerous conduct. Depression has been connected to a variety of chronic conditions. These ailments include diabetes, asthma, cancer, cardiovascular disease, and arthritis. Schizophrenia has also been related to an increased risk of cardiovascular and respiratory disorders. Dealing with a chronic illness can be made more difficult by mental health issues. People with depression or other mental health issues have a higher mortality rate from cancer and heart disease. Sleep issues people with mental illnesses are more likely to suffer from sleep abnormalities such as insomnia or sleep apnea. Insomnia

can make it difficult to fall or remain asleep. Sleep apnea causes breathing issues, which can cause frequent awakenings.

Employment can have an impact on both physical and emotional health. Poor physical (or mental) health may result in pay or productivity loss, limiting access to healthier diets and settings. The income effect has a detrimental impact on mental (or physical) health. Lack of sleep or workplace stress coupled with having a mental (or physical) health problem might have similar detrimental health repercussions. Second, individuals' mental health may influence their decision-making process, affecting their ability to acquire information about their health, prevention, and the quality of healthcare providers, and so negatively affecting their physical health. Third, physical and mental health's are linked to lifestyle choices like physical exercise, smoking, and alcohol usage, as well as diet.

Several studies have identified a link between physical exercise and depression/anxiety disorders, as well as poor physical health outcomes. Systematic evaluations provide substantial evidence that exercise improves both mental and physical health outcomes in the elderly. Individuals with greater physical and mental health are also more likely to exercise, suggesting a reverse-causal relationship.

Here are some guidelines for taking care of our health physically and mentally: 1) Engage in regular physical activity. Exercise is vital for staying physically fit, but it can also help to feel better. A daily 10-minutes stroll will boost our mental awareness, from feeling alone and gets energized and in a good mood. 2) Maintain a healthy diet. A diet rich in fruits and vegetables and low in processed carbohydrates and fats can improve our physical and mental health. Consider hiring a trained nutritionist to assist in developing a food plan, that is tailored to get more specific needs. 3) Stay away from alcohol and drugs. Although drinking and smoking may help to feel better in the short term, they can be harmful to both our physical and mental health. 4) Get plenty of rest. Adults

need seven to nine hours of sleep per night. This can also increase alertness by taking a 30-minute sleep during the day. 5) Experiment with relaxing techniques. When our body is stressed, we can benefit from meditation, deep breathing, and focusing our thoughts. 6) Establish

good mental habits. Instead of focusing on bad feelings and experiences, try to focus on positive ones. 7) Seek assistance from others. Talking with friends or family members can help to relax. Having others assist in difficult times can also lessen the weight on mental health.