



Importance of Women's Mental Health

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Women's mental health is influenced by a variety of factors. Women are more likely than men to be the primary caregiver for their children, and they may also look after elderly or disabled relatives. Caregivers are more likely than other women to suffer from anxiety and depression. Women are more likely than men to live in poverty. Many mental health issues, such as depression and bipolar disorder, affect women more than men or in different ways than men. The majority of serious psychiatric illnesses are incurable. However, they can be handled, allowing you to feel better and live a happier life. Although our mental health has an effect on our relationships, it's also important to note that our mental health has an impact on how we interact with others and form relationships. Depression and anxiety are two mental health issues that can affect one's ability to communicate and connect with others. Homelessness, poverty, housing, protection, and the local economy can all be impacted by untreated mental health issues. They can have an effect on local business competitiveness and health-care costs, hinder children's and youth's ability to excel in school, and cause family and community disruption. Emotional well-being is crucial to physical wellbeing. Emotionally stable people have power over their emotions, feelings, and behaviour. They're capable of dealing with life's difficulties. They have the ability to keep problems in perspective and recover from setbacks. Mental disorder that goes untreated can lead to serious cognitive, behavioural, and physical health issues.

Unhappiness and reduced satisfaction of life are two complications that are often attributed to mental illness. Family squabbles Mental disorder has an effect on a person's social engagement and day-to-day activities. Despite the fact that there were less opportunities for social inclusion, people with mental illnesses were nevertheless able to pursue other social opportunities. Turner syndrome, Rett syndrome, and ovarian and cervical cancers are other diseases and conditions that only affect women. Violence toward women, women with disabilities and their particular struggles, osteoporosis and bone health, and menopause are all issues that affect women's overall health and wellbeing. Females experience depression at a higher rate than males after puberty. Girls are more likely than boys to experience depression before they hit puberty since they reach puberty earlier. There is evidence that the gender gap in depression may persist throughout one's lifetime. Psychotherapy is a term that refers to the process of Psychotherapy is a certified mental health professional's clinical treatment of mental illness. Psychotherapy examines a person's emotions, feelings, and habits in order to enhance their well-being.

The most powerful way to support rehabilitation is to combine psychotherapy with medication. Focus on consuming plenty of fruits and vegetables, as well as foods high in omega-3 fatty acids, such as salmon, to improve your mental health. Dark green leafy vegetables, in particular, protect the brain. Nuts, seeds, and legumes like beans and lentils are also good for the brain.

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