GENERAL HEALTH

THE SILENT STRENGTH: TAKING CARE OF YOUR MENTAL HEALTH AND EMOTIONAL WELLBEING

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Your mind deserves care, rest and peace too. Firstly imagine carrying a bag weighting very heavy you carry it every day. At very first you might not notice it but overtime it slower you down drains your energy and makes your even simplest task so much overwhelming , this invisible burden is what we call anxiety ,stress, pressure and emotional exhaustion ...which people carry it by and on themselves without even realizing it. Caring for mental health will exactly help you to overcome this invisible burden which you don't realize that you are carrying within yourself

UNDERSTANDING MENTAL HEALTH AND EMOTIONAL WELL-BEING.

"There is hope when your brain tells you there isn't" – JOHN GREEN

Mental health & Emotional well being are the key for flourishing and functioning in our daily life. The first step toward mental health is accepting everything around you "it's okay to not be okay, it's okay to be okay every time". It's just a life so chill, happiness is not a permanent state, and experiencing sadness , frustration ,worry is a natural part of human. Instead of suppressing these emotion we should acknowledge and understand them.

Have you ever said you are okay in front of everyone while silently carrying a storm inside? Many of us have. We often ask, "How are you?" but rarely stop to hear the real answer. In a world where we celebrate success and strength, we sometimes forget that it's okay to admit when we're absolutely not okay when we are struggling inside. Taking care of our mental health can begin with small but meaningful steps: talking to someone we trust, taking break when life gets heavy, spending time alone and connecting with nature in a very peaceful environment or spending your time with your loved ones, getting enough sleep or allowing ourselves a moment to breathe. These simple acts remind us that we also deserve love, care and empathy which we often forget to give ourselves, which we give to others but forget to give ourselves.

True strength isn't about hiding you're struggle. It is always taking care of yourself, listening to yourself, and above everything putting yourself first and focusing on yourself and your emotional wellbeing.

Make your mental health and emotional wellbeing a priority and create a space where people can speak and open up without fear of judgment

At the end of the day, success means little or you can say nothing if we lose ourselves along the way. So, just pause every once in a while and check in with the person who matters most and the person who you care about the most—you. Your mind deserves care. Your emotions deserve kindness. And your mental health deserves to be a priority, not an afterthought.

Because true strength is often silent, and one of its greatest forms is choosing to take care of yourself over everything

Your mind is the only home you will ever truly inhabit for your entire life—stop leaving it unattended while you tend to everything else. We routinely rush to fix a cracked phone screen, schedule a car service, or answer an

urgent email, yet we allow our own mental landscape to quietly fray in the background. Prioritizing your emotional well-being is not a luxury, an afterthought, or a sign of weakness; it is the ultimate act of self-preservation. You cannot pour from an empty cup, nor can you build a meaningful life on an exhausted foundation. Give yourself permission to pause, log off, and breathe, because the most important meeting you will ever schedule is the one where you check in on yourself.

Competing interests

The authors declare that they have no competing interests.

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