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Pradesh, India.**Tel:** 8801858923**Citation:** Kille S (2021) Editorial on Home
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Vol.5 No.3:13**Editorial**

The terms "mental health" and "behavioral health" apply to the cognitive, behavioral, and emotional well-being of people. It all comes down to how people think, feel, and act. The word "mental health" is often used to refer to the lack of a mental illness.

In Mental disorder may have a detrimental effect on everyday life, relationships, and physical health.

This relation, however, also works in the opposite direction. Mental health problems can be caused by a number of factors, including personal conditions, interpersonal relationships, and physical factors.

Taking care of one's mental wellbeing will improve one's ability to enjoy life. To do so, you must strike a balance between your daily activities, obligations, and efforts to improve your psychological resilience.

Stress, depression, and anxiety may all have an effect on a person's mental health and disturb their daily routine.

Despite the widespread use of the word "mental health," many symptoms that physicians classify as psychiatric illnesses have physical origins.

The terms mental health and mental illness are described in this article. We will go into the most common psychiatric illnesses, their early warning signs, and how to treat them.

We describe mental health and mental disorder in this article. We also go into the most common psychiatric illnesses, as well as their early warning signs and treatment options.

Mental wellbeing, according to the WHO, is "more than merely the lack of mental illnesses or disabilities." Peak mental health entails not only preventing active mental illnesses but also maintaining overall well-being and satisfaction.

They also stress the importance of maintaining and restoring mental health on an individual level, as well as in various cultures and societies around the world.

According to the National Alliance on Mental Illness, about one in

every five adults in the United States suffers from mental illness each year.

According to the National Institute of Mental Health, an estimated 11.2 million adults in the United States, or around 4.5 percent of adults, had a serious psychiatric illness in 2017. (NIMH).

Mental health problems are associated with a number of risk factors.

All, regardless of age, sex, income, or race, is at risk of having a mental health condition.

Mental disabilities are one of the leading causes of disability in the United States and most of the developing world.

A person's mental health may be influenced by social and financial conditions, biological influences, and lifestyle choices.

A significant percentage of individuals who have a mental health disorder have several conditions at the same time.

It's important to remember that good mental health is dependent on a delicate combination of factors, and that many aspects of life and the larger environment can all illnesses have physical origins lead to mental illness.