

Accepting and recognizing your mental illness

Annabelle Short*

Freelance editor, Australian National University, Australia

Introduction

Mental health conditions are prevalent and widespread. In America, a large number of people in a given year suffer from some form of mental disorder. Mental illness is a behavioral or mental pattern that causes significant distress or impairment of personal functioning.

It's a condition that involves a change in emotion, thinking, or behavior. There are different forms of mental illness; some of the most common include depression, bipolar disorders, schizophrenia, and other psychoses, dementia, and developmental disorders like autism.

Most people find it physically and emotionally challenging to recognize and cope with their mental illness.

Recognizing mental illness

When it comes to mental illness, most people begin to identify changes or start to get the feeling that something is not quite right about their thinking or behavior. There are different signs and symptoms you need to recognize in mental health conditions.

Each mental illness has symptoms specific to it. Some of the most common signs and symptoms to look out for are; sleep, appetite or mood changes, social withdrawal, increased sensitivity, illogical thinking, hallucinations, suicidal thoughts, nervousness, or excessive fear.

If several of these are occurring, it's crucial to make contact with a mental health professional. Below is a closer look at some of the most common mental illnesses and their symptoms.

Depression

Depression is one of the most common mental disorders. It involves the persistent feeling of sadness or loss of interest, which may lead to a change in sleep, appetite, concentration, self-esteem, or daily behavior.

Depression can either be long-lasting or recurrent and, at its most severe state, can lead to suicide. There are preventive and practical measures that are adopted to reduce depression.

Preventive measures include psychological support and psychosocial assistance after traumatic experiences. Treatment includes talking therapies and antidepressants.

Bipolar disorder

A massive number of people worldwide have bipolar disorder. It involves episodes of mood swings, which range from depressive lows to manic highs. These episodes include irritable mood, rapid speech, inflated self-esteem, and over-activity.

The exact cause of this disorder remains unknown; however, a combination of genetics, environment, and altered brain structure may play a part. Some medications help in the treatment of the disorder

and in preventing a relapse. These medications work by stabilizing the mood. Psychosocial support is also a vital part of treating bipolar disorder.

Schizophrenia and other psychoses

Schizophrenia is a disorder that affects thoughts, feelings, and behavior. It's a severe disorder affecting lots of people globally. It typically begins in late adolescence or early adulthood.

Schizophrenia and other psychoses are characterized by distorted thoughts and perception, disorganized speech or behavior, hallucinations, and delusion. Treatment is usually lifelong. Antipsychotic and Anti-Tremor medications, psychotherapy, and social support can help people affected with the disorder lead a productive life.

Dementia

This condition is chronic and usually progressive. In dementia, there's a deterioration in cognitive function, which affects memory, social skills, thinking ability, language, orientation, and judgment. It results from different diseases and injuries which affect the brain.

Dementia affects each person differently. Alzheimer's disease is the most common form of dementia. There is no treatment currently available for dementia. However, therapies may help manage the symptoms.

Developmental disorders, including autism

Developmental disorders are a category of mental illnesses that begin in childhood. It covers intellectual disability and pervasive development disorders, such as autism.

Autism impacts the nervous system; it impairs a person's ability to communicate and interact. Early recognition, therapy, and learning may help reduce the symptoms. In children, autism can also be managed with the use of dietary supplements.

Accepting mental illness

Those with mental illness must learn to accept the condition and the difficulties that come with it. This acceptance will help them make positive changes. The process might be complicated, and several challenges may arise. But with each issue encountered, there's the reminder that there is hope for recovery, and with available treatments, they can lead a productive and fulfilling life.

*Correspondence to: Annabelle Short, Freelance editor, Australian National University, Australia, E-mail: craftwithannabelle@gmail.com

Received: February 24, 2020; Accepted: March 02, 2020; Published: March 04, 2020

Conclusion

It's always crucial to pay attention to any sudden change in your thoughts and behaviors. If you notice any difference in behavior, ensure you go for diagnosis. After diagnosis by a mental health professional, make sure to get treatment and medications.

Sources

Wikipedia: Mental Disorder

American Psychiatric Association: Warning Signs of Mental Illness

World Health Organization: Mental Disorders

Copyright: ©2020 Short A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.