Niloufar Beheshti

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**Introduction**

Psychological health is a major concern for individuals. Positive psychological health contributes to wellness and a friendly attitude in individuals towards others. However, psychology is greatly affected by stress and anxiety. This stress is usually the result of a failure that affects psychological health. Individuals usually start taking drugs in certain situations that have a strong effect on neurotransmitters, as well as change the mood and increase anxiety. It also tends to develop memory problems, attention, and learning that discourage individuals and they become stressful. The increase in drug usage increases intolerance and damages the personal safety of individuals. Thus, it was very necessary to evaluate different factors in psychological health that are interrelated and suggest possible solutions to overcome the vulnerabilities. For this purpose, we are going to study stress (chapter.2), psychological health (chapter.3), drug use and addiction (chapter.7) and personal safety (chapter.16), to analyze the relationship between these factors. It will also help us to come up with effective solutions to overcome the challenges as well as achieve higher psychological prosperity.

**Discussion**

Stress is s feeling of emotional tension that emerges from a negative event in your life and make things worse. A person feels frustrated and angry when things do not go in the right direction. However, stress can be both positive as well as negative. The positive aspects lead to quickly meeting the deadlines and give more attention to the pending work. While the negative aspects can lead to issues related to anxiety, anger, and depression. The nervous system and the endocrine system are responsible for an individual response to the stress. The nervous system controls short term stress that is in supervision. It also triggers the endocrine system to release hormones and respond to stress. Thus, it handles chronic stress. However, some stress goes beyond the capacity of the nervous system and includes behavioral responses to the stressors. It refers to the cognitive ability of a person how he reacts to a particular situation. It is highly based on the personality traits of an individual that plays an important role in coping with the stress. The emotional responses to the stress are based on personality whereas the behavioral responses are based on the nervous system (Horan et al.). Different individuals' response differently to particular situations according to their developed traits. Aggressive or dominant nature can result in destructive situations whereas calmness and resilience lead to social success for an individual. Reacting in stressful situations greatly harm individual psychological health as well.

Chronic stress accelerates psychological problems depression, anxiety, eating disorders, panic attacks. It also affects the immune systems and results in infections, asthma, and allergy attacks. The stress increases tensions that affect the nervous system of individuals. Many reasons lead to stress to results in psychological issues such as financial concerns, household pressure, and academic stress. The stress has a strong connection to the psychological concerns of an individual. The stress does not allow a person to interact with other people and is socially isolated. The psychological concerns also lead to the usage of excessive alcohol and drugs that are harmful to the individual. As the use of alcohol and drugs increases, it further increases the tendency of unsafe situations. People are more likely to harm themselves and get into the worst situations (Tomlinson et al.). The psychological issues also lead a person towards conflicts. Thus, it was very necessary to maintain optimism. I usually fall into stressful situations but I protect myself to incur psychological concerns such as by sharing my worries with my best friend. It helps me to discuss my situation with her and telling her all my worries and concerns. I am usually open to opinions and take them positively. Stress can be managed through communication with others. I have learned that it can be improved with the support system, thus resultantly will have a positive impact on other psychological concerns. Also, writing down the traumatic incidences helps decrease the impact of conflicts on a person. It is a way of expressing your feelings without exacerbating further anger and creating more problems for yourself. I usually have a persistent feeling of failure in my professional life. Thus, I make more efforts to my studies and pay more attention to those subjects where I am weak so that I could overcome my failures.

The psychological health concerns mostly lead a person towards alcohol and drugs. People seek relaxation in taking drugs. However, there is a lack of awareness that drugs only increase the consequences of psychological health. These increases mental illness and irritability in individuals. It also impacts the productivity of individuals and they become less active in academics. Furthermore, when drugs are taken by a person having a mental illness, they are more likely to indulge in suicidal acts. Suicides are the second leading cause of death in the US and the major reason for this is psychological health and stress. The drugs intake also changes the personality of individuals and they become more irritable and reckless. A mentally disturb individual when indulging in drugs results in suicides (Sheppard et al.). This paper has helped me to safeguard myself from the negative impacts of depressions or stress. I believe these concerns required immediate counseling so that they do not result in further harm for an individual. The psychological health concerns could be easily tackled with positive approaches such as developing a strong and friendly social support network. The early counseling helps to reduce the likelihood of psychotherapy, hospitalization in case of suicidal attempt. In case of any mental illness or depression, I usually prefer to pay a visit to psychiatrists and share my vulnerabilities besides getting into further issues. However, psychological illness also increases the tendency of addictive behaviors such as sex addiction, internet gaming, compulsive exercising, and shopping. These behaviors are equally of concern and required an individual to limit their exposure towards such addiction that negatively impacts lives.

Personal safety is a high concern for people in such a vulnerable world where everyone is exposed to injuries. These injuries may occur to human factors such as alcohol or mental illness as well as environmental factors such as pressure from work and home. Personal safety can be achieved through a positive response to your surroundings. It also involves adopting such strategies that limit the occurrence of such activities. I usually prefer making friends who are positive about life and provide me with friendly suggestions in case of a mishap. I believe that when you are secure in your surrounding so mental illness does not occur easily. The first thing is one needs to love oneself and give priority to their lives. Indulging in drugs and alcohol only increases stress and I usually stay away from such hazards. I usually spend more time with my family to get myself pampered from my parents and feel worth full. In today's world, cyberstalking and betraying is such common that leads to mental stress and in capabilities. It also discourages people from accomplishing their goals. Thus it is very necessary to keep limit on the use of the internet and social media platforms and make effective use of these sources.

**Conclusion**

The paper has helped me to identify the risk factors that negatively impact our lifestyles. It has encouraged me to adopt healthy living standards to reduce stress and mental illness. It provides awareness about the misuse of certain drugs. It also encourages developing those behaviors that reduce drug addiction such as positive self-esteem, self-control, assertiveness, optimism and strong social connections. However, stress is a common phenomenon that leads to mental illness. It is very necessary to adopt approaches that reduce stress such as by spending more time with family and loved ones and try to focus on accomplishing your goals. Personal safety is essential for every individual to safeguard themselves from the negative shortcomings of their surroundings. I believe to adopt strategies that improve lifestyle not let issues dominate our lives.

Works Cited

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