

Mental Health and Happiness? Yes Please!

Héctor Ángel Vega Pérez

Universidad Pedagógica y Tecnológica de Colombia
Tunja, Colombia

How to cite this article (APA, 7th ed.):

Pérez, H. A. (2021). Mental health and happiness? Yes please! *ENLETAWA Journal*, 14(2), 138.

Mental health is the pinnacle of happiness and growth. We know that being a happy person is not easy. The first step to being a happy person is to take care of your mental health. When you take care of your mental health, it is easier to recognize what can harm you physically and mentally. If you do not take care of your mental health, you will most likely end up falling into a deep pit of depression or suffering from other detrimental problems, such as anxiety or stress. Another important reason why you should take care of your mental health is because, thanks to it, you can grow as a person. In other words, if you properly take care of your mental health, you can overcome many obstacles and move forward in the future. For these reasons, mental health is the pinnacle of happiness and proper growth. Remember that mental health is not a joke.

On the one hand, taking care of your mental health is something fundamental despite the fact that many people think that it is not so relevant. They think that there are more important things like money or work; but what happens when you have work and money, but you do not have happiness and your feelings and thoughts are a disaster? In the worst-case scenario, neglecting your mental health can lead to suicide. Another important thing to keep in mind is that recognizing what things bother you or make you uncomfortable, physically or mentally, is extremely necessary. The basis for good mental health care is to know yourself. One can argue that it is more important to know ourselves than to know others. In fact, when you know yourself, you can be happy and avoid stress and anxiety.

Mental health brings many rewards. The greatest reward mental health provides is growth as a person. Growing as a person allows you to leave all your fears behind; fears that bind people to the past. If mental health receives the treatment it deserves, you can move forward regardless of the adversities that lie ahead.

Finally, mental health care is something to take seriously. Do not think that by not paying attention to the subject everything will be fine; remember that mental health is not a joke and that your mind is as important as your body.

