

Lifestyle and Mental Health

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Abstract -It can often be overlooked that our lifestyle choices and physical health can have a massive effect on our mental health and emotional wellbeing. A lifestyle choice can have a major impact on a person's physical and mental health. Certain lifestyle factors may directly affect brain chemistry and contribute to mental illness. Mental illnesses are real health issues in the modern era. Healthy lifestyle choices along with appropriate treatment options will work more effectively and can help improve your mental health. Mental health includes social, psychological, and emotional wellness, as it affects the way of thinking, feeling, and behaving in an individual and also affects his social life and his decision-making. Mental health is not associated with a specific age, but rather is important in all stages of life from childhood to different stages of maturity. This article aims to provide information on how different lifestyle aspects can impact on our minds and to offer advice on how to make simple changes in order to feel happier and healthier both mentally and physically.