

**TALKWIDME**

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# ADVICE TO GEN Z

• -SUSHEEL KUMAR



**MENTAL HEALTH**

## "Prioritizing Mental Wellness: Nurturing Our Emotional Health in Today's World"

Mental health is a cornerstone of overall well-being, yet it often receives less attention than physical health. It encompasses our emotional, psychological, and social well-being, influencing how we think, feel, and act in daily life. Just as we prioritize exercise and nutrition for physical health, nurturing mental health is crucial for a balanced life.



Maintaining good mental health involves various practices, from mindfulness and stress management to seeking support when needed. However, mental health challenges are common, affecting people of all ages and backgrounds. Factors like genetics, environment, and life experiences can contribute to these challenges.

Acknowledging and addressing mental health concerns is vital for recovery and resilience. Seeking professional help, talking openly about struggles, and building supportive relationships are essential steps toward healing. Educating ourselves and others about mental health reduces stigma and promotes understanding.

In today's fast-paced world, prioritizing mental health is not just a personal responsibility but a societal necessity. By fostering compassion and empathy, we can create environments where everyone feels supported in their journey toward mental wellness.

## **Navigating Mental Wellness: A Guide for Gen Z**

**From academic pressures to social media influence, the mental well-being of Gen Z is more important than ever. Here are some strategies tailored specifically to help Gen Z navigate the complexities of mental health:**

Gen Z is a very complicated set of children who grew up with many options on their table for their meals. This resulted in the drifting of thoughts among Gen Z. The generation needs a lot of practical approaches in life which unfortunately lacks because of parenting factors. Most parents of this generation have adopted Authoritarian or Neglectful parenting which caused the children to either experience worse/shattering situations or be kept away from real-world situations. This is the exact root cause of all the problems in Gen Z. They are either traumatised by worst experiences or completely unaware of the real-world scenarios. A lack of balance in parenting is a big bane for the present youngsters in India.

The mental health of this generation is a big challenge. However, if the youth is well-informed about mental health professionals, they are still hesitant to seek help from them. Here are some tips for youngsters to take care of their mental health.

Digital detox is the first step towards achieving mental health goals. This will not only help the students to save time, but it also helps them to stay away from too many opinions around them. They need to identify which social media platform is sharing too many opinions and thoughts to keep them away from specific social media platforms. This doesn't mean they must be completely free from social media, but there should always be a balance in life, anything too much becomes unhealthy. Also, social media has its positive side of educating youth and making them creative.

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Practice mindfulness and self-reflection to understand good and bad or right and wrong. One must pen down their actions on a piece of paper by the end of the day to reflect on their thoughts and understand the outcomes of their thoughts or behaviour. Mention your thoughts or behaviour on a paper and write their respective outcomes. This will help you to reflect on yourself through which you can make better decisions.

Digital detox and mindfulness can save time to a great extent and can eliminate unwanted friendships, relations, and bad practices. For youngsters who are having a lot of time and difficulty in passing their time, here are a few suggestions:

- Find out what your passion is, whether it is music, business, automobiles, sports, etc. Get a deep dive into the subjects or fields you like and try creating your opportunities.
- Try to have a conversation with people whom you feel are a source of knowledge.
- Attempt to implement/use the knowledge you gained from others. Be open to feedback and share your thoughts with friends and family. Take negative feedback with a smile and try validating the negative feedback to check the accuracy of the feedback and keep working for your dream.

By practising these methods you can improve your productivity and self-worth. Obstacles may come in the process but that's the game. Doing something without expectations is a difficult thing but it is strongly recommended to do anything and everything without expectation to put yourself away from all the negative feelings like sadness and discouragement.