

Mental Health and Risk Management of Non Communicable Diseases

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Abstract

Non communicable diseases are fast growing in Indian scenario. Knowingly or unknowingly, certain unhealthy ways of coping up can be a reason for non-communicable diseases. When we are unable to maintain a balance between mind and body system through effective coping strategies, we experience stress. Everyone can deal with stress either through changing the stress producing situations or changing our reaction to stressful situations. Avoid the stressors, alter the stressors, adapt the stressors and accept the stressors are the key area of concern related to stress management. Moreover one should set a powerful mind against alcoholism, smoking and drug abuse. Effective stress management can reduce the risk of non-communicable diseases to some extent.

Keywords: Non-communicable disease; Coping up; Coping strategies; Stress; Stressors.

Introduction

A sound mind in a sound body makes a person happier and healthier. Thus the current era focuses

on powerful 'mind-body connection' through which emotional, mental, spiritual, social and behavioral factors can directly affect our health. Knowingly or unknowingly, certain unhealthy ways of coping up can be a reason for non-communicable diseases. When we are unable to maintain a balance between mind and body system through effective coping strategies, we experience stress. Unhealthy ways of coping up, which leads to stress are following: smoking, alcoholism, over eating or under eating, spending more time with computer and excessive use of mobile, withdrawing from friends, family and society, use of excessive sleeping pills, sleeping too much and Projective behaviors (Putting stress on others through angry, outbursts and physical violence)

Everyone experiences stress differently and it influence the health in different ways. Stress in small amount is productive while overwhelmed stress results in certain physical changes in body system through sympathetic activation and parasympathetic deactivation. The impact of such bodily changes for a long period will be renamed

as non-communicable diseases like Diabetes Mellitus, Myocardial Infarction, Hypertension, Dyslipidemia, Arthritis and Asthma. and the list goes on.

How to Balance Your Mind to Defend Against Non-Communicable Diseases?

Deal with stressful situations

Everyone can deal with stress either through changing the stress producing situations or changing our reaction to stressful situations. There are four 'A's which clearly state how to deal with

stress, they are Avoid Stressors, Alter Stressors, Accept Stressors and Adapt Stressors. These strategies helps to go away from psychotic, neurotic and psychopathic disorders like depression, anxiety disorders, stress syndromes, eating disorders and mold individual to be strong enough to resist against non-communicable diseases.

Avoid the stressors: There are many unnecessary situations or moments that we persistently take in mind forever, which cause discomfort in our life and deteriorate our body as well as mind. It's better to avoid relationships, which cause extreme tension either by simple negligence or saying 'NO' to them. Let us take tasks which is achievable in terms of

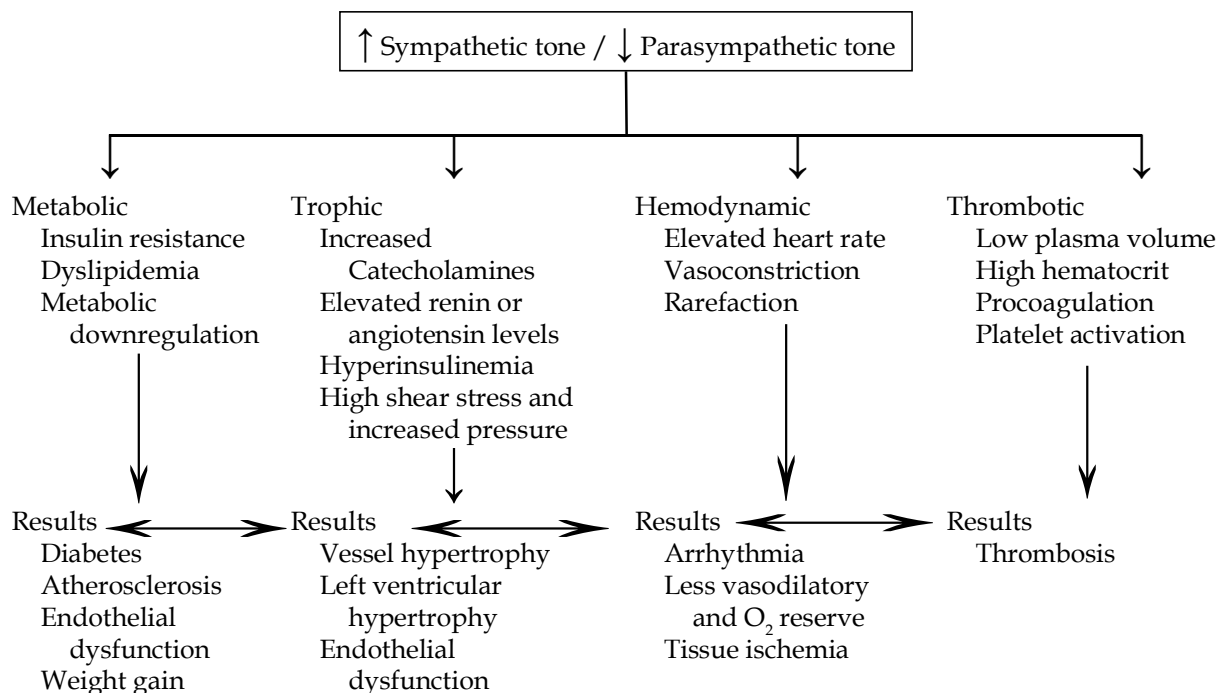


Fig. 1: Concept map on sympathetic activation and parasympathetic deactivation.

Source: <http://faculty.washington.edu/chudler/nsdivide.html>

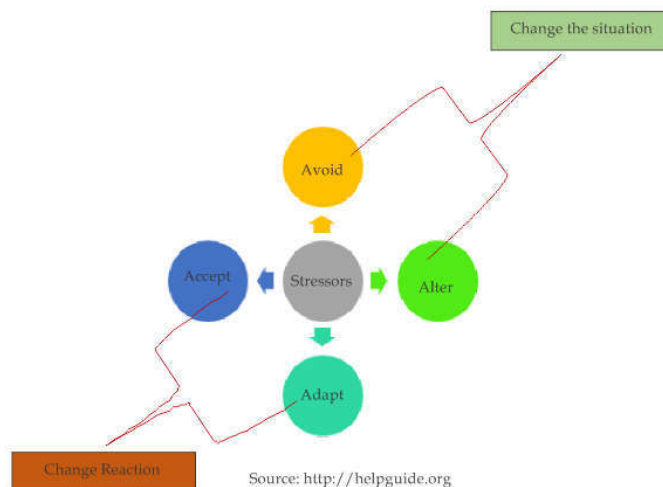


Fig. 2:

Source: <http://helpguide.org>

our ability and availability. Think before promising certain activities and avoid unachievable tasks. Avoid sensitive talks, unpleasant TV programs, busy roads and busy shopping. And find out better alternatives. Prioritize daily activities, do the things which is MUST for us first, than spending time for least priority tasks.

Alter the stressors: Let us try to change our stressful situations through certain tactics in communications and change in mode of operation in daily life. Best methods of changing stressors are through speaking directly to bothering person in an open and respectful way than keeping frustrations in mind. Some behaviors like, poor time management, inability to compromise certain things, lack of flexibility, perfectionism, lack of assertiveness are hidden in us and can act as stressors. Try to change some fixed norms and be stress free to some extent.

Adapt to the stressors: Find out measures to cope up with unavoidable stressful situations. Be realistic in setting goals and divert mind to pleasurable events (for example if traffic jam makes you trouble listen FM music or favorite songs and make the situation enjoyable). Learn to accept things if it's good enough and don't expect excellence everywhere. Try to focus on positives in you and tolerate some sort of discomforts to get something good in future or change your perspectives. Physical exercises, breathing exercises, meditation, music, Yoga, sports, social events, journaling, laugh and fun making and adopting healthy life styles are different ways to cope up with stress in life. Still there are numerous coping measures in different countries suitable to their population.

Accept the stressors: Certain stressors are unavoidable like death of loved ones, chronic illness and natural calamities. Accept the facts. Concentrate on things which is controllable and achievable. Let us change challenges to opportunities, share our feelings to trustworthy, learn from mistakes and forgive many things which is not up to the mark more over try to realize that we live in an imperfect world. Here mistakes are natural. Remember we have to do our best for the events which are controllable like examinations, speech and job interviews.

Set a powerful mind against alcoholism, drug abuse and smoking

Powerful mind against addictions is key to successful life and healthy physic. If we are

determinant enough to stay away from dangerous behaviors like alcoholism, smoking and drug dependency, we will be far away from the so called non-communicable diseases. There are some tips to stay away from addictions.

1. *Don't be afraid to say 'NO':* if somebody pressurize to drink, just say 'NO' to them assertively and don't spend time to describe about several reasons behind it.
2. *Avoid negative peer pressure:* it is better to avoid friend circle who can't live without addictive behaviors.
3. *Find ways to make life enjoyable without smoking, alcohol or drugs:* Change the thinking of many who believes alcoholism or smoking are inevitable for a colorful life. We will be happiest in life with certain social, personal and moral values in long run and momentary pleasures play nothing in life than its ill effect.
4. *Adopt stress reduction strategies:* emotional instability is a commonest reason behind alcoholic and smoking behavior of majority of population. Stress reduction strategies in daily life play a pivotal role to live away from substance dependence.
5. *Strong bond with family:* Open communication in family helps to ventilate frustrating feelings in mind and makes one mentally healthy. Thus the need of relaxations through substance can be inhibited.
6. *Avoid all sorts of addictive beverages:* there are many beverages tempts to be addictive in future. These drinks are primary teaching for future alcoholic behaviors. Say buy to those liquids and relay on natural homemade drinks.
7. *Internalize the ill effects of alcoholism, smoking and drugs:* collect maximum information of bad effects of these behaviors to teach ourselves to go away from addictive behaviors. A determinant and self-motivated mind is needed to fight against cravings towards substances and provocations from peers. Knowledge is a powerful force to defend against substance abuse.
8. *Be courageous to declare our non-alcoholic status in public places:* this will help to be a role model in society and take responsibility to maintain self-image in society.

9. *Plan ahead for get together or journey:* Plan ahead in mind that, "I will not be a victim for somebody else's alcohol or drug abuse". We won't be an addictive until and unless our mind permits.
10. *Get support:* Whenever we feel weak in mind and think some sort of CNS depressants are needed for relaxation, remember there are many counselling centers throughout the world to help you from depressive feelings along with your family members and good friends. Seek help and be strong.

Many research studies shows a stress-free mind relax our organs and maintain our cells positive and productive. Let us fight against non-communicable disease with strong and solid mind.

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