



Emotional Health : Why Does It Matter?

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Emotional health is the level of our psychological well-being due to our emotions and feelings and how well we cope with it.

When it comes to our physical health, we never hesitate to take precautions and get treatment or go see a doctor whenever necessary. But when it comes to our emotional health, we normally don't take it seriously.

Emotional health can be affected by many factors such as failures, long term illness, break-ups, losing someone, and stress, etc.

I'd like to give an example. When one of our friends is going through a break-up from a long-term relationship, most of the time we would normally say that "It's all in your head man, just move on." This is exactly the same as saying "It's all in your leg man, just stand up and walk" to a person with a broken leg who is bound to a wheelchair.

We should be aware of emotional health because this is inevitable. This means that there will be a moment or many moments in our life where we will have to go through emotional health-related problems. Moreover, if emotional health-related problems are left untreated, it may lead to serious health consequences and even death.

Based on my researches, I came up with my 3-layers model – Early depression, Severe depression & Escape. In the early depression stage, the victim isolates themselves from any social activities and will just stay away from everyone without wanting to do anything. In the severe depression stage, the victim can no longer perform his/her daily activities such as going to the office and getting the work done or taking care of the kids. In the escape stage, the victims no longer care about anything anymore and eventually leads to suicide.

HelpGuide (www.healthguide.org) has proposed 6 ways on dealing with emotional health-related issues and I will be promptly discussing 2 of them here. The first way is “social connection” which means that when the person is feeling depressed, he or she should spend more time with family members, friends, and all the positive people. The second way is on “managing stress”. When it comes to dealing with stress and problems we should focus and deal with one problem at a time as this will not just eliminate stress but also boost our productivity.

Moreover, I conducted a questionnaire survey on 10 of my colleagues and friends. The questionnaire consists of 3 parts. The first part requires the participants to select their age range, the second part requires the participants to answer an open-ended question on their method of dealing with emotional stress and the last part is the Likert scale that require the participant to select on how effective do they think of their own way of dealing with emotional stress. From the results, 70% of the participants deal with emotional stress by hanging out with their family members and friends. Furthermore, I found out something notable from the results, but solid conclusions could not be made due to the small sample size of the research. Thus, I came up with a hypothesis to prove for my future research which is “Different age group of people deals with emotional stress in different ways”. This means that mature adults (age over 40) deal with stress in a significantly different way than young adults (age below 30).

Being healthy does not just mean that we don't have any disease. It means the complete well-being of our physical, social and our emotional health!