Environmental Effects on Mental Health

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Almost everything and every interaction in your life affect you in one way or another. The food you consume, the people that surround you, the scenes you smell, and the noises occurring at each turn are some parts of the environment that influence the way your body works and develops as a whole. It is important if you recognize the social and environmental impacts on your personal health. To eliminate the negativity that weighs you down in ways you may not be completely aware of yet.

Nowadays depression nowadays has become a major problem in our society. Depression is a mood disorder that causes you to experience sadness and loss of interest. You feel like you have lost the will to go on or to even try. Approximately 14.8 million American adults, or about 6.7 percent of the U.S. population age 18 and older, suffer from depression annually. Some factors that can cause this specific mental disorder may be either the loss of a loved one, financial struggle, a move, a divorce, social isolation, stress, loved ones, and many other factors. Often times people with depression tend to remove themselves from the presence of comforting and encouraging loved ones or they stop participating in activities that interest them which makes the condition worst.

The environment has a huge role that is being played on to depression. Let's think about the situation like this: a girl who is often felt like she is being excluded from people and the activities occurring around her. She always has a smile on her face and she helps people as often as she can. This is a girl whom people might not think is depressed and wants to kill herself.

Often times it is hard to see the signs of depression but they are there regardless of how happy they look. Sometimes people with depression try to overcompensate how they feel by wearing a mask to hide their true feeling. This mask can be portrayed as a smile, a joke, or random outburst of emotions. Another example of environmental effects on mental health might be the loss of a loved one. When one experiences loss they feel like they have nothing to help them go on. The motivation to live is lost. The thought of death can be scary it brings up ideas that life can end at any moment so what's the point in living.

Mental health in our society is extremely underrated. Many people believe it not to be a real thing and that people are faking it. Even though there are many things that cause depression, the main ingredient is the environmental effects.