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Ways to deal with mental health

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Mental health is a serious issue around the world, especially in these times during the covid-19 pandemic with many people facing many difficulties such as a family member has fallen ill. You may be an unlucky person who has serious issues with mental health due to many things that has happened to you in your life, but there is a few ways to deal with these issues. Some of these ways would work for you, while some might not, such as content creation on social media, learning a new skill or language and baking or cooking, these are a few ways that will help deal with mental health issues, but if it does not, find something you like to do and don't force yourself to do these activities if they do not work.

One way that I would deal with mental health is by making content across many social media platforms. Creating content is an exciting way to deal with mental health. Content creation on apps such as tiktok or instagram is a type of dealing with mental health that will bring many surprises, such as a post blowing up, but sometimes, could make it worse, depending on your status. You may at a time feel pressured to post every day so your viewers can enjoy your posts, but don't feel pressured to do that. What you do is your choice and because it is a way to deal with mental health, you should not be doing what others want you to, instead do what you want to do.

Another way I find helps dealing with mental health is learning something new, such as a new skill or language. Many people would already be learning a new language at school, but if you are learning a new language to deal with mental health since it lets you focus on this one thing, but do not pressure yourself to be learning too much in a day. You should only do as much as you desire to. While learning a new skill, do not be too hard on yourself, just decide how much you want to learn, and do not flood your mind with new knowledge which can also be hard to keep up with.

The last way I find helps with dealing with mental health is by baking or cooking. Baking is a fun thing to do in your free time, while many people do not have the patience to do this activity, I think it is a way to build up patience and have fun at the same time. Some would find this activity boring, but it is worth a try. Depending on your amount of patience, if you are quite patient you should try.

In conclusion, there are many ways to deal with mental health such as the ones mentioned, content creation on social media, learning a new language or skill and baking. However these three techniques are ways that work for me, but it may not work for everyone so you should find the techniques that work for you.