

#LETSOPENUP

## Topic:— IMPORTANCE OF MENTAL-HEALTH

It is truly said "Happiness is the highest form of health". If you are happy means you are healthy, and if you are healthy you can achieve everything in your life. There is a inspiring story in my mind which I want to share, because whenever ~~the~~ a person hear a word "health", being a disease free come in his mind. But the real meaning of health is being socially, physically and mentally fit. ~~which~~ So lets open up that story. In my previous school, there was a new admission in my class of a special child. She has problem in walking and talking, because of shaking body parts. She was full of anxiety because she was not a normal and can't do all the things, normally and easily like us. All my classmates were curious to know about her. And she was frustrated with our questions as well. No one was sitting with her because of her awful behaviour. After few months everyone stopped talking as well and that affected her. Because in upcoming exams she scored very less and was swamped with questions by teachers. But when the teacher realized that she is suffering from a serious problem they stopped scolding her, instead of scolding



They were motivated her towards good steps. And after all this she ~~was~~ started recovering from her problem because of regular visit to doctor and yoga. And after final exams she was the one girl in top-three students in our class. She became the topper of mathematics and waskrit language. This story tells us about the importance of health. That girl was able to become successful because of recovery and when teachers started motivated her. Her anxiety became a glad smile on her face. We can say that mental-health, social-health and physical health is equally important. There are 48.8 million adults who are suffering from disease of mental-health. It makes a person weak, lazy, stupid and crazy. The teens and adults are doing suicide because of unbalanced mental health. The diet rison of mental health is visible to unemployed, people without houses, and between few relationships. Hence, mental health is very important, which is being ignored by everyone. But we have to take care of our mental health.