

Mental Health

Mental Illness has affected the thoughts and actions of many teens and young adults. Mental health is a condition in a human being that completely regards their psychological and emotional beings. The topic and issue of mental illness comes across many questions by people that seem to be misunderstood most of the time. Negative Stereotypes and attitudes surround mental illness, which concludes the discrimination and the isolation of people. This really is not a disability people are born with, for example like bipolar mood disorder that might run between family genes and heredity. Though, one may develop mental illness by stress, types of breakdowns, such as mentally or relationship wise, physical or sexual abuse, and social isolations. Some mental illnesses may be more prone to either certain genders, age and the most greatly and powerful thing we are and have created which is society, not meaning it can not happen to anyone whenever. Out of all the negative things that can cause mental illness and reflect as mental illness, just like everything else, it has its pros and cons. Meaning mental illness has a positive side to it too. Being emotionally healthy gives you a clearer and better view of the positive characteristics rather than searching for negatives. Having this state of mind will allow you to have control of your emotions and behavior better, as well as handling challenges stronger, and build strong relationships. Improving health care is rather rewarding and gives you the chance and opportunity to enjoy life more in a joyful manner.

The environment has a huge affect with the mental health of any individual. As the topic is pointed and focused more about young adults and teens, the communities and surroundings matter even more because they are new to the world and captivate everything they learn during this period of time. We always tend to blame society for being a horrible group in life that is so

judgmental and stuck up and it is true society is cruel but people should stop blamin gothers and being hypocrites. Why, well as a matter of fact society is all humne people, and we are the people that have created this horrible so called society that has ruined so many peoples lives and their mental health. Society is an organization filled with people from a community, us, who have taken over mst of America and, we, who think we have the power to be able to isolate and goup people to whatever category that we desire and assume others fit in. For one this is cruel because we as people shouldn't judge every other individual because for one everyone is different and will never be the perfect person you wish exsissted. Every person has their flaws and mistakes as well as pure and special personalities. In this community we live, we are hypocrites. Telling an inividual to have no fear of who they are and be themselves. but in the other hand, you still have a way to act before you decide to act like yourself. For example, if you live in a higher class community, you have to act sophisticated around your neighborhod and people around You can not be acting foolish to the point where people call you stupid. If you live in a lower class neighborhood with bad people and influences, you have to act that way or you are singled out from everyone and you will never "fit in" or be "cool".

School is one of the biggest environment there is that causes mental illnes in a child, starting even from preeschool. School is the biggest lesson in life in which you start when you are about 3-5 years old. In school, you grow up with people who are the same age as you for who knows how long, sometimes until you graduate highschool. You are surrounded by students who are also growing up and learning those lessons in life in which they dont know of. Many people fall through countless mistakes in order to learn what right and wrong. Though, the interfeience of society, is society already has a label put on you on how you are supposed to act to either, have

friends, or find love, or just simply to fit in others definition rather than your own. Kids are growing up, and as they grow they are in the states of learning their own emotions. School is the worst place you can be when you are in that process. Let's just say if you weren't in the greatest mood for whatever reason, being around people all day while they tell you what to do or judge you or insult you, you grow anger inside. This is when students begin to bully one another in order to free those useless emotions they have. Bullying is an act in order to free emotions in a cruel manner and physical or verbal act to force someone to do what they want. Now in movies you always notice that in the community the bullies are bigger than the victim. In reality that isn't the case, a bully is not about the size it is the power that you give the bully when you do not do anything for yourself to stop it. Bullying in school is one huge topic in America that causes mental illness because the fact that a student is surrounded and growing up. This leads to depression and other illnesses and maybe some disorders. Statistics state that ADHD is apparent in 3-5% of children in preschool, which is approximately 2 million people in the United States. Conduct disorder are chronic behaviors, fighting, stealing, and even bullying which is more common in 1-4% of 9-17 year olds, more common in boys. Depression is the feeling of being down and sad which causes school failure, alcohol, drugs, and suicide in 1 in 10 children. The negativity cause in ones mind causing them to have bad mental health has said that it causes more than 19.9 million Americans in America to be users of drugs.

As well as mental health is a negative thing to inherit and adding it to your life, mental health is a good thing to be concerned about. Why does mental health define who we are? Why is it so important to us that we allow it to define us in our past mistakes or accomplishments? Why do we let our mental health label our personality and who we are? The environment and the

community that one lives in depends and reflects entirely on their mental health. How does our home, the neighborhood we live in, the type of school we go to and the type of environment and cultures we have in America have so much power to affect our mental health in the long run? Whether it be a good or bad type of health, how has the power grown and how can we prevent negative mental health in the future and give positive concept to those people, The aspects on mental health in todays changed the society and the menatl health negatively giving more people a downside and possibly a hard life due to the surroundings of the environment.

Reflection:

My lense was environmental, and finding information wasn't as difficult as it seemed. I found enough credible information in my research that helped me explain why mental health was happening negatively towards teenagers. The process of this research and project was easier to put together than past experiences of research projects. I was able to find information about a teen and their surroundings that I easily related to. The way our group came together about this topic was the fact that we were still teens and that we had all been through something similar to it. We came together about the topic of how teenagers now a days have a negative mind set towards their lives and especially about themselves. We wanted to research in depth of why this was the case towards teenagers and how there could be ways that we could find a solution to this problem. We found out that teenagers are so new to this world and haven't lived up to being wise about the world we live in. The same way babies learn how to walk or talk is the fact that they see it every day and influence skills that they are taught through the process of their lives. So as teenagers are in the process of becoming adults they are going through a big change and from that change they begin to learn more things about themselves and everything around them.

During this time kids are learning about their character, they show off aggression to get what they want or to get rid of their feelings because everything has to go that way. So then, I believe that is one of the reason teens are becoming more sad and depressed which also leads to suicide because of how they are being treated. Looking for some of the causes that affected the mental health of teens wasn't so difficult. The challenging part for me was the part when we had to connect each of the lense with one another. The process that lead up to connecting was hard

because we all had to read each others essays and understand the situation of their lense. We had to build out a map that contained each of our topics. The connections we had to make either related with matching up the same information or how it lead up to their lense. For example my environmental lense connected with social and scientific lense. It connected with the social lense because of the society as a whole and how people and other technologies were the discoveries of the way teens were taught which then turned out to be the causes or the negativity in the mental health of them. The environment and social both ended up with illnesses and even the cause of suicide. I also connected with scientific because of the technology involved and how the teenage minds worked. When that connecte to it, futuristi was also involved of how we could change the ways of society or the technology and how we use it to improve the health of a teen and make it more positive.

Citation

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