



Emili's Blog:

How to keep our mental wellbeing: The connection between mind, emotions and health and how this impacts us.

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Porter's Five Forces- using these forces helping for analysing the market environment. Applying these marketing frames we can find out the weaknesses and strengths of an organisation. The 5 components are: **Analysing the competition in the industry; Potential of new entrance into the industry; Power of suppliers; Power of customers; Threats of substitute product.** (Investopedia staff,2020)

Porters Five Forces in a non-profitable organisation:

When there is non-profitable or governmental organisation, Porter's Five Forces can be used in a public sector to understand the environment of relative or similar organisations. This kind of organisation usually have considerable role and impact on the global political environment. In fact, WHO can implement different standards for public and work health across the globe. This makes the entrance for new competitors limited, because of the position which the organisation already set up. (Khurram, Hassan, Khurram, 2020)

Emili's Blog. How to keep our mental wellbeing: The connection between mind, emotions and health and how this impacts us.

This Blog is dedicated to the importance of mental health and the power of positive thinking. With the information here I will try to create awareness of how our thoughts affects our life and decisions. The audience which I will want to reach is mainly young, which are more likely to be insecure and susceptible to bad thoughts, and middle-aged people.

I will speak on behalf of World Health Organization (WHO).

World Health Organizations is a special agency, responsible for international public health. The main office of the organization is in Geneva, Switzerland. WHO is established on 7th of April 1948. (World Health Organization – Wikipedia).

And what is the best way for promoting our mission, for creating awareness about the condition of people's mental health and why it is important.

As a non-profitable organisation our mission is to make the public health available for everyone, everywhere. To educate people and children, why they must look after their mental and physical wellbeing.

In 2019 WHO launched " [WHO Special Initiative for Mental Health](#)", with duration until 2023. This program provides affordable mental health care in 12 countries for more than 100 million people. Over the years WHO has helped in more than 110 countries, with specialised assistance in areas such as the fight with HIV, gender-based violence, suicide prevention, workforce development for mental health and many more.

More information about the different programs you can find at: [Mental health \(who.int\)](#).

For any further information of feedbacks, please contact us via email: erecruit@who.int or through our social media accounts.

The motto of the organization is "Better health for everyone, everywhere." (WHO)

1.What is mental health?

Mental health is all about people's mindset. How they think, feel, behave. The mental well-being can affect our daily life, routine, relationship. To achieve a good mental health, we should create symbiosis between all activities, responsibilities and emotion baggage that we have.

Emotions and conditions like stress, depression and anxiety can all affect our mindset. Due to the hurry and busy life that we live now and also the current pandemic of COVID-19, the mental problems are unimaginable increasing.

Why the well-being of the mental health is important?

Our mental state it is important because encompasses the overall wellbeing of people. Many young people are suffering of different mental illnesses. This can have impact on their education, relationship with parents and friends. In fact, the suicides are with highly number every year.

And overall, we can say that the mental health affects the physical, emotional and daily life. That is why is important to look after it.

Different research during the years have proven the power of thoughts. And how they can affect our health and lifestyle. The positive thoughts can have positive affect on our mind, body and even appearance. But there is also the other side of the power- dark thoughts. Which unfortunately, is much easier to keep in our mind. (Medical News Today,2020)

2.Psychology of positive thinking.

There is whole psychology dedicated to positive thinking, therefore this psychology should be important. This is relatively new idea of how we can control our thoughts in a way which is in our favour. More and more people are looking at their "thoughts" as a tool for solving emotional and physical problems.

Abraham Lincoln says about the happiness " Most folks are about as happy as they make up their mind to be", and we do not want to argue with the ex-president.

There are many reasons for us to be not always with positive attitude, and we cannot be, if we are always "okay" this means that something really is not okay with us. As a human being we must experience the whole palette of feelings and emotions, in order to be able to recognise which thought are beneficial for us and which are not. Once when we accept that all feelings are good for our mental health, we become a mature person, who can deal with all the stress and problems. (Cherry, 2019)

The health of our body also depends on the health of our mind. The body respond to the way you think, act and feel. A lot of stress, "dark" thoughts and bad feelings can cause high blood pressure, which is one of the main problems causing different hearth disease.

3.The power of our mind.

How many times you have heard about "PLACEBO"? What "placebo is and how it is work?

The idea that your brain can persuade your body, using fake treatments method is also known as placebo effect.

Placebo effect is kind of positive thinking. Your mind strongly believes that the medicine (often they are made from sugar and nothing else), can significantly improve the health of their body.

Many resources and experiments conducted over the years, have proven this placebo effect as effective medical method for treatment for different problems.

According to the published material on Harvard Health Published (05.2017), this method is characterized with this that to the patients with different serious or not so serious medical problems was given a new pill for a while. And for many of the patient's improvement in the condition was observed.

This is indisputable proof of the power of the mind and thoughts.

4.How traveling can improve our life and mental health.

Many research reports for many positivity's which traveling can bring into our life. It is good for our physical wellbeing. Visiting and exploring new places, cultures, food and people, can significantly improve us mentally, emotional and health condition.

Patrick Rothfuss said " A long stretch of road can teach you more about yourself than a hundred years of quiet."

Traveling can inspire, change perspective's and heals. In case of depression many psychologist advices their patients to take a break from the daily life and demands and visiting foreign countries.

Holidays in a mountain can calm you. The fresh air there can clean the lungs improve sleeping and reduce stress. (Forbes, 2018)

5.How reading can improve our life and mental health.

Reading is not just a meter of pleasure, there are much more benefits beyond just enjoyment. Reading brings psychical and mental benefits for our body and brain.

Let us start from there that reading raise the ability of empathize and easily recognise other people feelings and emotions.

Reading can have significant role in prevention for disease like Alzheimer and Dementia.

Reduce stress. According to much research only 30 minutes of reading can low blood pressure and heart rate.

Also reading mitigation depression symptoms. United Kingdom National Health Service has begun program called "Reading Well". Program where experts prescribe books specified for different medical conditions.

6.How different physical activities can improve our life and mental health.

Different physical activities can improve our mental health, increase self-confidence, prevent from different disease like Diabetes, Hyperlipemia, and Cardiovascular.

Intensive activities such as jogging, swimming, dancing etc. reduce anxiety and depression. Group activities improve social interaction abilities.

Sport is very important for patients with Schizophrenia. People suffering from this who are exercised sport for a while, was observed improvement in weight control, reduce blood pressure and high precibal energy level.

High activities help for better sleep, better endurance, stress relief, improvement in mood, increased energy and stamina, reduce tiredness, weight reduction and control, reduced cholesterol and improved cardiovascular fitness. (Sharma, Madaan, Petty 2006)

7. Tips for good mental and physical wellbeing:

-  Take time every day for your family. Spending time together with family on a long holiday, family walking or just dinner, can significantly rise the dopamine level in your body. As we know this is the hormone responsible for happiness. More happiness better mental health.

- 📅 Arrange day for yourself, to do things that makes you happy and positive or day with good friends.
- 📅 More time for games with your children. More conversations with family and friends instead watching TV shows or movies. Time for reading books and sport or other useful activities.
- 📅 Volunteer activities are also very good idea for keeping your mind busy with something beneficial for other people, friend, neighbour or even entire community.
- 📅 Travel. Meet new people, places and cultures.
- 📅 Find your hobby. And be the best in it. (NHS,2020)

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