

NAVIGATING THE MIND: UNDERSTANDING MENTAL HEALTH

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Abstract: *Mental health is an essential aspect of our well-being, often influencing our thoughts, emotions, and behaviors. Understanding mental health is crucial as it affects how we cope with stress, relate to others, and make choices. In this article, we explore the importance of mental health, common mental health issues, and strategies for promoting mental wellness.*

Key words: *Mental health, scientific research, medical terms, OCD, psychiatric diseases, feelings.*

AQLNI BOSHQARISH: RUHIY SALOMATLIKNI TUSHUNISH

Annotatsiya: *Ruhiy salomatlik bizning farovonligimizning muhim jihatidir, ko'pincha fikrlarimiz his-tuyg'ularimiz va xatti-harakatlarimizga ta'sir qiladi. Ruhiy salomatlikni tushunish juda muhim, chunki bu bizning stressga qanday munosabatda bo'lishimizda, boshqalar bilan qanday munosabatda bo'lishimizda va tanlovlarimizni qanday amalga oshirishimizga ta'sir qiladi. Ushbu maqolada biz ruhiy salomatlikning ahamiyatini, keng tarqalgan ruhiy salomatlik muammolarini va ruhiy farovonlikni oshirish strategiyalarni o'rganamiz.*

Kalit so'zlar: *Ruhiy salomatlik, ilmiy tadqiqot, maxsus tibbiyotga oid terminlar, OCD, ruhiy kasalliklar, hissiyotlar.*

НАВИГАЦИЯ ПО РАЗУМУ: ПОНИМАНИЕ ПСИХИЧЕСКОГО ЗДОРОВЬЕ

Аннотация: *Психическое здоровье является важным аспектом нашего благополучия, часто влияя на наши мысли, эмоции и поведение. Понимание психического здоровья имеет решающее значение, поскольку оно влияет на то, как мы справляемся со стрессом, общаемся с другими и принимаем решение. В этой статье мы исследуем важность психического здоровья, распространенные проблемы психического здоровья и стратегии для продвижения психического благополучия.*

Ключевые слова и фразы: *Психическое здоровье, научное исследование психиатрические заболевания, специальные медицинские термины, чувства.*

INTRODUCTION

The importance of mental health: mental health is not merely the absence of mental illness; it encompasses a state of well-being where individuals can realize their potential, cope with the normal stresses of life, work productively, and contribute to their communities. Good mental health enhances our quality of life, allowing us to enjoy relationships, pursue goals, and engage in activities that bring us joy.

METHODS AND ISSUES

Scientific researches: Explain the scientific research that written in the study, such as experiments in the labs or science. Write why this experiment was chosen and how was processing. Data collection: Search curative terms that collected for this study. This might include medical journals, magazines, TED talks, medicinal websites such as WHO, PubMed, Psychology Today.

Data Analysis: Describe the methods used to scan medical terms such as dividing to groups by specialty. Explain net tools for analyzing. Validation: To do argument how reliable and clear of the terms that related to mental and psychology, or acceptance against accepted resources.

Common Mental Health Issue:

1. Anxiety Disorders: Characterized by excessive fear or worry, anxiety disorders can interfere with daily life. Common types include generalized anxiety disorder, panic disorder, and social anxiety disorder.

2. Depression: Depression affects millions of people worldwide and can manifest as persistent sadness, loss of interest in activities, and changes in sleep and appetite.

3. Bipolar Disorder: This condition is marked by extreme mood swings, including emotional highs (mania) and lows (depression).

4. Obsessive-Compulsive Disorder (OCD): OCD involves unwanted and intrusive thoughts (obsessions) that lead to repetitive behaviors (compulsions) in an attempt to alleviate anxiety.

5. Post-Traumatic Stress Disorder (PTSD): PTSD can develop after experiencing or witnessing a traumatic event, leading to flashbacks, nightmares, and severe anxiety.

DISCUSSION AND RESEARCH

The Mind-Brain Connection. The study of OCD is intellectually stimulating. Unlike those who suffer from many other psychiatric diseases, people with OCD can tell you in pretty clear language how they feel and what's bothering them. They can describe in minute detail ominous feelings and intrusive urges and the misery and suffering that these feelings and urges cause. As a result, we have a pretty good idea of what's going on in the mind of a person who has these urges to wash or check or whatever. Since we know a fair amount about what goes on in the brain of a person with OCD, we can gain a better understanding of the relationship between what goes on in the brain and how the person feels inside. Understanding the relationship between what the brain does and a person's internal life is very important, both for medical reasons and because it is such a fascinating subject in its own right. Three factors are at work here: the capacity of people with OCD to tell how they feel inside, the emerging understanding of the underlying brain problems that causes OCD,

and the intriguing fact that among all psychiatric conditions, OCD is one of the few blank pills. Even with schizophrenia and depression, when people are given blank pills, pills that they think may be helping them a fair number of them actually improve in the short term. But with persons with OCD, generally less than 10 percent get better when they are given placebos, so if something active isn't being done to combat their symptoms, nothing really happens or they get worse. Put all these findings together, and you can begin to see why studying OCD can be so revealing about the relationship between the mind and the brain. Both the strong evidence that the brain changes when people with OCD improve (and they tend to improve only with truly effective treatment), and the fact that people with OCD can accurately relate how they think and feel before and after treatment add up to powerful sources of information on the relationship between the brain, behavior, and a person's mental life.

Promoting Mental Well-being:

1. Stay active: Regular physical activity can boost mood and reduce anxiety. Aim for at least 30 minutes of exercise most days.
2. Connect with others: Building strong relationships and social networks can provide support and reduce feelings of isolation.
3. Practice Mindfulness: Mindfulness techniques, such as meditation and deep breathing, can help manage stress and improve emotional regulation.
4. Seek Professional Help: If you are struggling with mental health issues, consider reaching out to a mental health professional for guidance and support.

CONCLUSION

Understanding mental health is an ongoing journey that requires awareness, empathy, and action. By recognizing the importance of mental well-being and addressing common mental health issues, we can create a supportive environment that fosters resilience and growth. Whether through professional help, self-care practices, or community support, navigating the complexities of the mind is a vital step towards living a fulfilling life. Remember, it is okay to seek help, and taking care of your mental health is a sign of strength.

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