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THE SIGNIFICANCE OF MENTAL HEALTH PRESERVATION AND PSYCHOLOGICAL SUPPORT

INTRODUCTION. The significance of mental health preservation and psychological support lies in promoting overall well-being and functioning of individuals. Mental health is a fundamental aspect of human health, encompassing emotional, psychological, and social well-being.

There is a strong connection between mental and physical health. Preserving mental health contributes to better physical health outcomes, as psychological well-being influences behaviours, such as exercise, sleep, and nutrition. Mental health preservation contributes to social harmony by fostering positive relationships and communication. Healthy individuals are more likely to engage in constructive interactions, promoting a supportive and cohesive society.

Preserving mental health and providing psychological support are crucial for several reasons. Firstly, good mental health contributes to a higher quality of life. It allows individuals to cope with stress, build positive relationships, work productively, and make meaningful contributions to society.

Secondly, mental health preservation is essential for optimal cognitive function and productivity. Individuals with good mental health are better able to concentrate, solve problems, and perform effectively in various aspects of life, including work and education.

Moreover, psychological support helps individuals develop resilience, enabling them to navigate life's challenges more effectively.

Resilient individuals can adapt to change, and maintain a positive outlook.

MAIN MATERIAL. Mental health is influenced by a complex interplay of biological, psychological, social, and environmental factors. Understanding these factors is crucial for addressing mental health challenges. Among the biological factors one can distinguish genetics and neurochemical imbalances. On the one hand, certain genetic factors may predispose a person to conditions like depression, anxiety, or bipolar disorder. On the other hand, imbalances in neurotransmitters, such as serotonin and dopamine, can affect mood regulation and contribute to mental health issues.

A number of psychological factors, trauma, stress and personality factors namely, has a significant impact on the person's mental health. Past traumatic experiences, such as abuse, neglect, or violence, can have long-lasting effects on mental health. Chronic stress, whether related to work, relationships, or other life events, can contribute to the development of mental health disorders. Certain personality traits, such as perfectionism or a tendency toward negative thinking, may increase the risk of mental health challenges as well.

Family environment, social support, socioeconomic status as well as cultural and social expectations go hand in hand, influencing our mental well-being. Family dynamics, including the quality of relationships and level of support are of great importance in sustaining a balanced psychological state. Lack of a strong social support system increases the feelings of isolation and loneliness, impacting mental well-being. Poverty, unemployment, and financial stressors find their reflection in our thoughts and contribute to mental health challenges, while societal expectations and cultural norms affect an individual's perception of mental health and seeking help.

The imperative for proactive measures in mental health preservation cannot be overstated in today's fast-paced and demanding

world. Just as we prioritize physical health through regular exercise and balanced nutrition, it is crucial to accord the same level of attention and commitment to our mental well-being.

In a society where stressors abound and the pace of life is relentless, waiting until mental health issues manifest is analogous to treating a wound after it has become infected. Proactive measures involve cultivating habits and lifestyles that foster resilience, emotional well-being, and a robust mental state. By adopting these measures, individuals can build a strong foundation that better equips them to navigate the inevitable challenges of life.

One compelling reason for proactive mental health preservation is the preventive aspect. Just as preventive healthcare measures can ward off physical illnesses, pre-emptive mental health strategies can act as a buffer against the development of more serious conditions. Mental health is not merely the absence of illness but the presence of positive attributes such as emotional resilience, self-awareness, and effective coping mechanisms.

Moreover, proactive measures contribute to increased productivity and overall life satisfaction. A mentally healthy individual is better equipped to handle stress, make sound decisions, and maintain meaningful relationships. By investing in mental well-being before issues escalate, individuals not only enhance their personal fulfillment but also contribute positively to their communities and workplaces.

In the pursuit of mental health preservation, mindfulness, meditation, and various self-care practices emerge as powerful tools to foster well-being and resilience. These practices, rooted in ancient traditions and increasingly supported by scientific evidence, offer individuals a proactive and holistic approach to maintaining mental balance in the face of life's challenges. Incorporating proactive mental health measures is an investment in the future.

CONCLUSION.The profound significance of mental health preservation and psychological support is undeniable in the quest for promoting the overall well-being and functioning of individuals. Mental health, being an integral aspect of human health, extends beyond emotional and psychological dimensions to encompass social well-being. The intricate interplay of biological, psychological, social, and environmental factors underscores the complexity of mental health.

Recognizing the connection between mental and physical health is pivotal, as preserving mental health not only contributes to better physical health outcomes but also influences behaviors crucial to overall health, such as exercise, sleep, and nutrition. Moreover, the societal implications of mental health preservation are vast, as healthy individuals contribute to social harmony by engaging in positive relationships and communication, thereby fostering a supportive and cohesive society.

In essence, the need for proactive measures in mental health preservation is a call to action for individuals, communities, and societies. It is a recognition that mental well-being is not a passive state but an active pursuit that requires continuous effort and attention. By embracing proactive strategies, we pave the way for a healthier, more resilient, and flourishing society. Mental health preservation and psychological support are crucial for the individual and societal well-being, influencing various aspects of life from personal relationships to work place productivity and overall societal harmony. Prioritizing mental health is an investment in the holistic health of individuals and communities.

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