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**Dr. P Gopinathan**  
Assistant Professor, Department  
of Sports Psychology and  
Sociology, Tamil Nadu physical  
Education and Sports  
University, Chennai, Tamil  
Nadu, India

## Impact of life style on mental health

**Dr. P Gopinathan**

### Abstract

Mental Health is largely depends upon the lifestyle of the individual. Body is the temple of God, which we have to treat as the divine one. If we fail to treat it properly, it will be a big impact on our health status in particularly mental health. The planned and systematic way of life brings healthy body as well as health minds. Both are essential for the wellbeing. A healthy lifestyle can be beneficial for one's mental health. Mental health includes our emotional, psychological and social well-being. Identifying healthy lifestyle choices promote psychological well-being and reduce mental problems, which are useful to prevent mental disorders. The quality lifestyle includes eating healthily, exercising regularly, getting enough sleep and avoiding smoking, harmful levels of alcohol and other drugs can help you keep your mental health on track, manage symptoms of depression and anxiety, and improve your overall wellbeing. Improper lifestyle brings poor physical health, which can lead to an increased risk of developing mental health problems. It can be concluded that the lifestyle is the determining factor for the mental health.

**Keywords:** Mental, health individual, psychological and social

### Introduction

“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.” – William Londen

The way we live in the society is a lifestyle. We are living in different environment and culture and it makes our lifestyle. The quality lifestyle includes eating healthily, exercising regularly, getting enough sleep and avoiding smoking, harmful levels of alcohol and other drugs can help you keep your mental health on track, manage symptoms of depression and anxiety, and improve your overall wellbeing. Well planned and systematic way of life style provides all the needs of the individual to have a healthy life. Keep in mind the mantras of eat right, get enough rest and pursue your hobby and some sport, which will pay back you in your life by way of health and wellness. The mental health of the individual largely depends upon the lifestyle.

According to the World Health Organization (WHO), mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. This definition, while representing a substantial progress with respect to moving away from the conceptualization of mental health as a state of absence of mental illness, raises several concerns and lends itself to potential misunderstandings when it identifies positive feelings and positive functioning as key factors for mental health.

Lifestyle is a way of life established by a society, culture, group or individual in which one opt or choose personally to have an all-round personality. This includes patterns of behavior, interaction, consumption, work, activity and interests that describe how a person spends their time. Healthy life style habits are too cultivated in the young mind to have sound mental health. Every day is an experience. The up and down; and success and failure are to taken into consideration for the next activity. All of our activities are highly related to the Mental Health of the individual. Mental health played a leading role in the development of the peoples.

A healthy or unhealthy lifestyle will most likely be transmitted across generations. For instance, high income parents are more likely to eat organic food, have time to exercise, and provide the best living condition to their children. On the other hand, low income parents are more likely to participate in unhealthy activities such as smoking to help them release poverty-

### Correspondence

**Dr. P Gopinathan**  
Assistant Professor, Department  
of Sports Psychology and  
Sociology, Tamil Nadu physical  
Education and Sports  
University, Chennai, Tamil  
Nadu, India

related stress and depression. Parents are the first teacher for every child. Everything that parents do will be very likely transferred to their children through the learning process.

A healthy lifestyle can be beneficial for one's mental health. Thus, identifying healthy lifestyle choices that promote psychological well-being and reduce mental problems is useful to prevent mental disorders. The longitudinal studies were conducted in these area and that predicted the values of a broad range of lifestyle choices for positive mental health (PMH) and mental health problems (MHP).

"Take care of your body. It's the only place you have to live."  
– Jim Rohn. It is the responsibility of every individual to take care of the body in a healthier way to have a disease free life with better mental health status.

### **Essential lifestyle habits**

The lifestyle of individual is to be followed by many habits including eating healthy food, exercising regularly, getting enough sleep and avoiding harmful levels of dank food, alcohol and other drugs can help you keep your mental health on track, manage symptoms of depression and anxiety, and improve your overall wellbeing. Poor physical health can lead to an increased risk of developing mental health problems. Similarly, poor mental health can negatively impact on physical health, leading to an increased risk of some conditions.

### **Healthy eating and mental health**

Food is fuel, and the kinds of foods and drinks you consume determine the types of nutrients in your system and impact how well your mind and body are able to function. There is now considerable evidence of the importance of nutrition for mental health, and an extensive review of over 160 studies suggests that dietary factors are so important that the mental health of nations may be linked to them (Go´mez-Pinilla, 2008) [2]. A recent study found that a Mediterranean-style diet (a diet high in vegetables, fruits, legumes, nuts, beans, cereals, grains, fish, and unsaturated fats such as olive oil.) supplemented with fish oil led to a reduction in depression among participants, which was sustained six months after the intervention (Parletta, *et al.*, 2017) [3]. Unhealthy diets lead to major health problems like diabetes, heart disease, obesity, and cancer. Because of this, poor diet is the main cause of early death in developed countries. Nearly 20% of all deaths worldwide can be linked to unhealthy eating habits. It is evidence that eating healthy food improves your mood, give you more energy and help you to think more clearly, which ultimately improve the mental health of the individual. Many research studies proved that the unhealthy eating affect not just physical health, but also mental health and well-being.

### **Physical health and mental health relation**

Lifestyle factors can be potent in determining both physical and mental health. Keeping the physical health in a right track always influence the mental health. Similarly, poor mental health can negatively impact on physical health, leading to an increased risk of some conditions. Overall an extra effort for mental and physical health can increase your life expectancy, benefit your physical appearance and keep you happy for years and years to come. Youthfulness isn't always shown from your appearance, "a young soul is a happy soul!"

### **Life style and disease**

Present day is a day of technology. Due to technological

advancement the culture is completely changed. Due to less physical activity and life style mortality and morbidity-such as cardiovascular disorders, obesity, diabetes, and cancer are part of human life. Differences in just four lifestyle factors of smoking, physical activity, alcohol intake, and diet are exert a major impact on mortality, and "even small differences in lifestyle can make a major difference in health status" (Khaw, *et al.*, 2008) [1].

### **Exercise and Mental Health**

Regular exercise is good for the healthy body and it is one of the effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference and it is necessary for all the age group of peoples. It is a powerful tool to feel better and also healthy body.

Exercise provides many benefits include improvement of physical health and the physique, trim your waistline, improve your sex life, and even add years of life. People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. It is also powerful medicine for many common mental health issues and challenges.

Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication. Exercise is a powerful depression fighter for several reasons. Most importantly, it promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. Finally, exercise can also serve as a distraction, allowing you to find some quiet time to break out of the cycle of negative thoughts that feed depression.

Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins. Exercising regularly is one of the easiest and most effective ways to reduce the symptoms of ADHD and improve concentration, motivation, memory, and mood. Exercise also provides many other mental and emotional benefits of Sharper memory and thinking, helps prevent age-related decline, higher self-esteem and better sleep. Regular activity is an investment in your mind, body, and soul. Various lifestyle choices are known promoters of physical health, including engaging in sports or moderate to rigorous physical activity (Fogelholm, 2010) [5]

### **Sleeping and Mental Health**

Sleep and mental health are closely connected. Sleep deprivation affects your psychological state and mental health. The people who have mental health problems are more likely to have insomnia or other sleep disorders. Sleep problems increases the risk of developing mental illnesses and thereby mental health issues. Sleep problems are particularly common in patients with anxiety, depression, bipolar disorder, and attention deficit hyperactivity disorder (ADHD). Committing ourselves to good sleep hygiene creates a better mental health. Sleep is essential to the maintenance of mental

health. Sleep helps to regulate mood and process emotional information and experiences into memory. Insufficient sleep is associated with increased emotional reactivity and emotional disturbance (Michael Breus).

### **Smoking and Drugs relation to Mental Health**

Smoking and mental illness commonly occur together and clinicians accept it. This contributed to disparities in tobacco use and tobacco-related morbidity and mortality among people with mental illness. The mechanisms underlying the relationship between mental health conditions and smoking are complex, and vary between disorders (Minichino, *et al.*, 2013). Mental illness is common among people who struggle with substance abuse and addiction

Research suggests that adolescents who use drugs are more vulnerable to developing an addiction or mental health disorder. Smoking and substance abuse always related to mental health and it affects the normal life of the individual.

### **Conclusion**

Mental health is influenced by a complex mix of factors and all the factors are more related to our lifestyle. Peoples following good lifestyle habits always experience a good mental health all the time. Just as physical fitness helps our bodies to stay strong, mental fitness helps us to achieve and sustain a state of good mental health. Healthy life styles have a positive impact on mental health and overall well-being of the individual.

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