



Psychological health and its main criteria

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Annotation: Thoughts on psychological health and its basic criteria have seen on emotional views, the concept of scientific health, emotional, stable, and unstable enable.

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Mental health is an internal situation that the soul did not suffer open, cheerful, and joyful, did not suffer from the world for people and the world. It's a good mood, cheerfulness and energy, interest in life and internal "good" feeling. A person who is mentally healthy is an adequate, positive and kindness. He lives in a high emotional tone, he loves the rational level of life tension, for which the world of life) is beautiful and beloved. Mental health is not a happiness, but its indispensable condition. Sense of short happiness can also be on the background of mental illnesses, longevity can only be for a spiritual healthy person. It should be taken into account that mental health is enough for many people and the experience of happiness for them is nothing more, but nothing else. For example, he wants to eat a meat, and the cakes for him are delicious, but overflow. The opposite of mental health is unstable, low or directly bad moods, the convenience of falling into negativity and difficulty from negativity. Durables, fears, irritation properties, fatigue, cannot cope with life stress. The World Health Organization describes human health as a state of prosperity, which will achieve its own potential, cope with daily life, to successfully study and contribute to society. Thus, mental health means more than the lack of mental or neurological diseases. This is the basis of an important



and integral part of human health, welfare and effective activities. Mental health depends on many protection and danger factors. Psychological well-being can be maintained and strengthened. It is important to enhance the positive effects of the affected factors so that they superior to the negative effects of cases that increase vulnerability. Good mental health is a source worthy of constant attention and support. This is an unchanging part of the general well-being of man, and helps him to adapt, to understand, interpret, and change if necessary. Everyone can help improve mental health. The ability to understand good relationships, healthy lifestyles, and self-awareness with loved ones, friends, and learning colleagues, the ability to understand self-awareness - any person focus on these important factors that protect mental well-being should give. If there are primary mental health problems, it is important to reconsider your lifestyle, and if possible, it is important to secure it. You can find useful advice and websites on self-assistance. Mental health can be seen through the physical well-being lens. Everyone knows what health is. Many people make sure that prosperity is primarily the absence of disease. This idea is only partially true. After all, health alone also means not only such diseases, but also to changing environmental conditions, different levels of physical activity. This concept has nothing complicated. But when it comes to psychological health, there may be difficulties associated with definition. Ancient Greek philosopher platon already includes health proportion, such as beauty and requires "consent." As the platen points out, true health is expressed in the correct ratio between mental and physicality. Often a person can identify his emotional state with physical condition: "I don't feel good - I quarreled with my brother," "I have a spiritual injury after this incident." The words of the song are known: "John hurt, but the heart cries." So we can conclude the following conclusion: psychological, mental and emotional health mean the same thing.

According to the scientific definition, psychological prosperity is a situation where a person is fully realizing his creative potential, to cope with everyday stress and work effectively. At the same time, it should be noted that such a situation cannot always be terminated or psychologically. It always contains a subjective assessment of social norms for the regulation of spiritual life. We have seen what psychological health is. However, it is not enough to know the definition of the term. In practice, it is also helpful to have information on what this situation is up to. There are many factors of human psychological well-being.



They are conditionally divided into two categories: these are environmental factors and subjective properties. For example, the first concept for children means the situation in the family and the kindergarten. Subjective factors say a person's personal characteristics formed in the process of interaction with the world. Some scholars have divided the factors of emotional well-being into the following categories:

- Genetics.
- Social.
- Economic.
- Internal (emotional).

Traditionally, psychologists are called psychological or mental health - two aspects of themselves - are called emotional and intellectual. The features of intellectual aspects are manifested in the gathering of memory, thinking, focus. For example, psychologically fully and healthy children are transition to visual and technical thinking. This allows you to master three types of activities: playful, constructive and inventor. The manifestation of this aspect is inextricably linked with the development of the speech. As for the emotional fit, it is inextricably linked with the nature of the child in connection with the world. For example, in school, for example, the child is emotionally very very related to his mother, with the nature of relations with it leaves a direct trail of its emotional health. During adolescence, this way will depend on its compliance features in a group of peers. When adults, relations with their spouse, children and friends will be very important. As for the psychological health of children, it is determined by the quality of relations that almost fully develops between the environment and adult environment. Everything that happened in the life of a pre-school child will continue to influence the state of his psychic at the beginning of school life. Because of the balance between a person and environmental environment, the adaptation of the child to society is the main criterion of psychology here. Scientists highlight several levels of emotional well-being:



- Creative. The child is easily adapted to any environment. He has resources to overcome difficult situations and is full of activity.
- Flexible. In general, the baby is well adapted to society, but sometimes there are certain moments of misleading.
- Assimilative-accompaniment. The children are unable to establish a harmonious relationship with the world or their behavior depends on the external factors.

Vital Psychological Prosperity means a responsible attitude to the human biological needs, the needs of their body. Such a person also strives not only to watch physical health, but also to muscles and crusts formed as a result of mental stress. Social levels of emotional well-being is determined by a person's voluntary incoming relationship. The most important thing for him is a relationship that is determined by law, morality, morality. A spiritually safe man can set himself goals, and gaining it is also useful for himself and around him. The environmental level health means that the person can move to a person in a deep inner region, trusting his own experience. This level of health is the idea of an ideal aspiration of the ideal, the meaning of life. We should also pay special attention to the relationship between psychological and physical health. From ancient times, people have tried to unite the idea of the spirit and the harmony of the body to be the basis for happy human life. It is known that healthy mind is in a healthy body. However, many doctrines say good physical health is not yet a consistency indicator. Thus, the state of both the body and the Spirit requires always attract attention and work on it. Many doctors are prone to this idea. It is believed that about 80% of all physical diseases begin with psychological diotromy. And Indian and Chinese philosophies, the foundation of a healthy body emphasizes that only mental health, the balance of spirit. It is known that strong psychology can significantly affect the state of the entire organism. The spiritual durability of the patient, positive self-hypnosis, will often become one of the most important supports in the fight against disease. On the other hand, man can cause psychological harm to his health. This happens if negative thoughts, blame, worry, fear, aggression. Such conditions lead to disparities in many bodies and systems - primarily nervous, hormonal, circulatory systems and immunity systems. And so stress is always affected by a person's physical condition. It can be said that despite the plenty of stress



everywhere, this physical health is a luxury that has no price. V. I. Garbuzov Groups characteristic features that summarize the information of various studies in their work and predict psychosomatic diseases. According to the researcher, the disease can threaten the following category of people:

- Very persistent and active, constantly tend to assume a lot of responsibility.
- Long and hard work with a sense of high duty.
- A very conscientious, sensitive to other people's grades.
- Tend to pay attention to negative experiences continuously.
- Manage himself and controls his feelings to suppress his fullness.
- Do not know how to adapt to variable living conditions.
- Weak, worried people who have a very hard relationship to someone's aggression.
- Inability to express their feelings and experiences.

It is impossible for a person who is mental and psychologically absolutely loneliness, completely abandoning, to look after the world. After all, no matter what happens in life, the main factor is still going to human incidents, considering things. The most horrible situation is not disappointed for him to find anything good for himself at least a good thing for himself and does not despair and are not permissible to despair. It helps him maintain mental and mental health. Parents must also pay great attention to the ability of adults in the upbringing. After all, parents only teach the child in difficult life situations, to increase the spirituality, and increase the spirituality and growth of psychological resources resources maybe. Finally, we can remind the famous Armenian proverb: "Laughter is the health of the Spirit." It is useful to laugh and smile as often as possible to save emotional health - then all the diseases are expelled. A psychologically healthy person can be easily identified in connection with the approaches of the outside - not both positive and most pleasant. Such a person is open to the world, he knows how to protect himself from the blows of life, he was armed with all the knowledge and skills necessary to protect



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himself from problems. If someone is trying to move away from contact with people, you can think about corruption of psychological health here, where you think it is lonely and unnecessary. Unfortunately, many people face difficulties in themselves and address specialists for help. This behavior can be compared to not wanting to go to the dentist: the journey is always left until the tooth hurts start. At the same time, psychologists advise to ask for help in the following cases: if there is fear in life. They can be both small and global - in both cases you need to pay attention to them. Fear of this height, speaking in front of a large audience can be afraid of the darkness, and others. There are problems in the relationship. This is one of the most difficult aspects of human availability, and the problems in this area can disrupt the state of any person's psychological health. Problems in this case, the riots in the house, financial losses, close ones, can be the departure, man-made disasters. In such situations, a person alone is difficult to overcome the problems. The best way to maintain psychological health is to contact a specialist. Like physical health, human emotional health can strengthen emotional health. In this case, it allows you to learn from being more active and energetic, free from passivity and indifference and to move from weakness. One of the most important conditions of psychological health is a positive emotional situation. Recently, more and more doctors admit that negative experiences can have a serious impact on mental and physical health status. Scientists say that people who suffer from extreme anxieties, aggression or doubt are much higher than to obtain any disease (e.g. asthma, cardiovascular disease, headaches). At the same time, positive experiences affect the person completely opposed to human experiments. Scientists learned a group of 122 people who had been in heart attack. Their optimism and pessimism level were evaluated. Eighty years later, 25 full of 25 full pesimists died, and only 6 of the funniest participants of the experiment were died.

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