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Mental Health: The Key to the Future

Nowadays many people have mental issues which of course can be solved only by making mental health a global priority. First, everyone should be relieved from stress. Second, we should stop negative pressure. Third, we should encourage people to express their feelings and thoughts. I will discuss these points in the following paragraphs.

First of all, everyone should be relieved from stress. Stress is a major problem nowadays. People are stressed when they over-work and feel tired. Feeling a little stress during a test or on the first day of work is normal, but being stressed during everyday life is very bad. That’s one of the reasons why I want to make mental health a global priority.

Second of all, we should stop negative pressure. Pressure has two forms: positive and negative. Positive pressure is when you make a personal challenge to beat something and try to do your best. Negative pressure is when other people are doing something wrong and you join them because of the thought, “Everyone is doing it.” That thought will lead you to mental problems. If mental health is a global priority, you will know how to deal and face negative pressure.

Finally, we should encourage people to express their feelings and thoughts. Many people have mental problems but don’t know how to explain them. They might even just say,” I’ve got a headache”. If mental health was a global priority, everyone would know about it. Then the people who had mental health issues would express their feelings and talk freely about their problems.

I strongly believe that mental health should become a global priority. If everyone knows about mental health they will be relieved from stress. They would also stop being in pressure and would feel relaxed. Finally, everyone would be encouraged to express their feelings and talk freely. That is why I strongly believe in making mental health a global priority and I know you would too.