**Arsal Ahmed 6 P**

Mental Health Should be a Global Priority

World mental health is very important. It affects your mood. Mental health affects your knowledge and productivity. It affects your self-esteem. These points will be explained further below.

Mental health affects your mood. Poorly managed emotions are not good for your health. Negative attitudes and feeling of helplessness and hopelessness can create chronic stress. Understanding your moods helps you manage them and feel better faster. When we are mentally happy, we enjoy our life and environment, and the people in it.

Mental health affects your knowledge and productivity. Mental health problems can affect a student’s energy level, concentration, dependability, mental ability, optimism, and hindering performance. Children with mental health problems are at higher risk for school problems. According to data supplied by the American Psychiatric Association, employees with mental health problems have a 35% reduction of productivity. Mental health is very important for your knowledge and productivity.

Mental health affects your self-esteem. According to American Psychological Association, having good mental health means high self-esteem. People with bad mental health have low self-esteem. If you have mental health problems, it will be harder for you to cope with low self- esteem. Your mental health is one of the biggest factors of affecting your self-esteem.

World mental health is very important it should 100% be a global priority. It affects your mood. Mental health is responsible for your knowledge. With mental health problem you will have a low self-esteem. Everyone should help making world mental health a global priority.