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# Discussion on the Importance of Mental Health

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**Abstract:** With the improvement of people's living standards, people's quality of life is increasing year by year, and people's spiritual world problems affect our health. For our physical and mental health, I learn the knowledge of psychological counseling and improve their spiritual world, to lead the people around us to pay attention to our physical and mental health.

**Keywords:** Adult; Child; Spirit; Emotion; Prevention; Society; Health

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## Introduction

According to the statistics of the Center for Disease Control and Prevention of the Ministry of Health of China at the beginning of this year, the proportion of China's population with psychological problems and mental disorders is as high as 7%, with a total of more than 100 million people. According to the latest statistics, in our country, a very famous psychiatrist once had such a question: "Are we dead in the diagnosis of the visitor, or live in the heart of the visitor?"

### 1. Current situation and analysis of our unit

Under normal circumstances, the work of our unit is related to children entering kindergarteners, kindergarten teachers, pregnancy, and premarital examinations. Among the physical examination personnel who come to our center, the performance of children in the physical examination is different, and they are clever and sensible. After the examination, they thank the staff again and again and have good manners. Some are crying and screaming in the blood collection, even beating and scolding. In the pregnancy and marriage examination, the physical examination personnel have the complaining abdominal type, the delicate type, and the reasonable type who can say that they love to laugh, all of which are incisive and vivid. At work, I often ask whether their behavior stems from the influence of their family of origin, from the influence of the environment, or the influence of social culture. When they are born to perceive the world, the sensory information entering the brain is given different specific meanings, and the emotional and behavioral consequences of stimulating events lead to different situations in dealing with things and language communication. Such children will go to extremes when they grow up, and suffer from mental diseases such as depression and irritability, which will affect their families. It will affect the whole society, thinking of here for a long time cannot be calm.

Counseling is about helping us all become whole individuals and inspiring others who are hungry for life to live their whole and kind selves.

First of all, I want to make myself feel self-worth and self-nature and reflect the desire to be loved, accepted, and recognized based on myself, to produce beliefs, opinions, and feelings of subjective reality, and to have more scientific coping styles and behaviors. Break through the self to become the true self, face reality, solve the problem, and laugh at life.

The diagnosis of the client is important and is the basis for solving the problem, but the spiritual world of the client is the key, the spiritual support, is the driving force to complete everything. Psychological counseling is only a tool, more is the real psychological cognition, the diagnosis is more accurate, cannot see the wrong cognition, do not change the wrong cognition, the counselor no matter how hard is zero. The communication of the heart is to give others the courage and life force to meet the challenges of life!

Some time ago, parents took their children to our unit for a physical examination in the kindergarten. The child cried and begged his mother from the hall, "Mom, I don't want to take a physical examination, I want to go home." Mother ferociously stared at the child, Shouting "No physical examination, how to go to kindergarten, my unit is so busy." Casually hit the child, the child rushed all over the ground rolling, mouth not to stop scolding, but also from time to time with the foot to kick her mother. Next to the staff with a different look at their mother and children, I asked them into the physical examination room, the boy still not stop scolding, not kicking the staff. When I saw this, I said to the mother of the child: "The child is still small, there is something to say to the child, reasonable, cannot talk to the child in this way, if you do not change the way, the child's life will be affected." The mother responded: "If I have any problems, if I don't obey, I will hit, and this

child will go to heaven." This mother education children have a problem, should learn how to educate children, first learn their own, find the problem the child is the result of imitation of adults.

According to Jiangxi Morning Post, a 15-year-old high school student in Nanchang City jumped to his death on January 7, and his father was extremely sad after the tragedy. At 8 PM on January 14, after the boy's first seven days of worship, the child's father also chose to jump to end his life. It is understood that the boy's mood before the tragedy was relatively lost, he died before leaving a suicide note that said 'I have brought a lot of laughter to the world, but I cannot bring joy to myself'. After the incident, the boy's family was plunged into grief, especially the boy's father. When I saw such a case, I could not calm down in my heart. For a moment, I could not think about it, and my life left the world like this.

Freud, the founder of psychoanalysis, believed that every mental event is determined by previous events and that nothing happens by chance or chance. Any event indeed has its cause. At that time, after the death of Freud, Anna Freud began the theoretical war with Klein, and the divide began to emerge. Klein expanded the human survival drive on Freud's theory so that the survival drive of sex and aggression added a new member -- relationship. The Klein school of psychoanalysis is also known as the object relation school. At the same time, another quiet pediatrician and psychoanalyst, Winnicott, also founded his own "middle school" and psychoanalysis began a new round of development. The great men of psychoanalysis spent their lives exploring theories of the spiritual world. Today, we can still use the principles of the great men to analyze the present events, with their causes, processes, and results. Correct, positive, and optimistic thinking and cognition will lead to scientific, feasible, and positive behavior.

## **2. Parents' cognition is the key**

2.1 Correct parents' wrong cognition, through strict logical thinking, make parents realize the possibility of adverse consequences of things, make them see the unreality of their thinking, to make a more realistic attribution of mistakes.

2.2 The cognitive process determines the generation of behavior, and the change of behavior can also cause a change in cognition. Wrong cognition leads to maladaptive emotions and behaviors, and it is precisely such wrong emotions and behaviors that are detrimental to physical and mental health.

## **3. Unconditional love, acceptance, and respect are the best ways.**

Facial expressions and body postures convey symbols of emotion. Sometimes nodding, smiling, and representing a person's mood can have a positive impact. People should respect each other, even children should respect each other, be equal to each other, guide correctly, and set a good example, so as not to make children's personalities deviate and go to extremes.

Listening, and listening to each other, is the best respect for each other, into each other's happiness and sorrow, make each other feel understanding, make each other feel companionship.

Empathy in the event of the scene to experience each other's inner world, experience each other's thoughts and emotions.

## **4. How do you cope with bad emotions**

4.1 Be calm and peaceful. The purpose of communication is not to vent anger but to communicate with each other sincerely, so you can't communicate with each other in a state of emotion. Once you find that your anger is rising, you can talk again after the anger is gone. The less angry you are, the more rational the conversation is and the more powerful the words are.

4.2 Do not make subjective assumptions about others, and rush to judge right and wrong. Most of the time, you should patiently listen to the other party's words, and appreciate or approve his informed views and even imaginative nonsense statements; Do not refute his extreme or wrong thoughts on the spot, sometimes he just shows that he has ideas, do not care too much, really want to correct him, but also must be in the other side of the trust to complete the dialogue.

4.3 Face the problem and solve it by yourself. Growth is always your own business. Problems and failures are the perfect opportunities for growth and progress. If you hit a wall, you have to solve the problem by yourself. Silence will only make you stagnant. We have to allow more opportunities to grow!

4.4 Speak and do things well. Neither one side, let others lead by the nose, blindly move to him; Nor can you move or become angry or bravado. We must not only have a minimum of respect for others but also have principles to maintain our dominance. Be able to say "yes" and "no" without any strong emotions.

## **5. The impact of mental illness on the individual and society**

Parents' negative impact on children is great, children with unhealthy factors grow and passed to their children, and so on, such parents, such children on the whole society have a great impact, not to mention the construction of modern power. First of all, the misalignment of their outlook on life, and values, so that they do not have the right life goals. Which leads to their way of doing things off the right track. Over

time, it is easy to cause confusion and cause physical diseases. Secondly, mental illness can cause conflict between husband and wife, the separation of family, and the dispersion of wife. Our nation needs to develop, and our motherland needs to be strong and prosperous, which requires people to be strong in body and healthy in mind. We need to learn some mental health knowledge to purify our minds, change our wrong cognition, and change our unhealthy behavior. Conclusion: To sum up, we should strengthen the health aspects, but also the patient's psychological, as well as physical assistance, strengthen psychological education and physical exercise, to ensure the effective control of disease, and promote physical and mental health. It is necessary to strengthen publicity and physical and mental education for all people. We should nurture and maintain a state of mind that is stable, present, and loving.

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