What Is Mental Health & How Do I Know If Mine Is Declining?

It's not just in your head — it's in your whole being

Mental health is the way your mind, emotions, and body work together to help you think, feel, and cope with life.

Just like physical health, it changes — it has good days, heavy days, and times when it needs care.

Good mental health doesn't mean constant happiness — it means having the tools, support, and self-awareness to manage difficult emotions and bounce back from stress.

When mental health starts to decline, you might not notice it at first. It often shows up as subtle changes — in energy, mood, focus, or the way you see yourself.

Early Signs Your Mental Health May Be Declining

- Feeling persistently sad, empty, or numb.
- Losing interest in things you once enjoyed.
- Withdrawing from friends or isolating yourself.
- Feeling tired even after rest.
- Trouble sleeping, eating, or focusing.
- Increased irritability, anxiety, or restlessness.
- Feeling overwhelmed, hopeless, or detached.
- Physical symptoms with no clear cause — headaches, stomach pain, tension.
- Thinking you have to "hold it all together" on your own.

Emotional Changes to Notice

- You cry easily or can't cry at all.
- You overthink or replay conversations constantly.

- You feel worthless, guilty, or like a burden.
- You snap at people for small things.
- You pretend to be fine while silently struggling.

These are signals from your mind and body that something inside needs attention — not judgment.

Common Causes of Declining Mental Health

- Unprocessed trauma or grief.
- Prolonged stress or burnout.
- Hormonal changes or health issues.
- Social isolation or loneliness.
- Lack of rest, structure, or emotional support.
- Pressure to perform, achieve, or please others.
- Unresolved conflict or toxic environments.

Your brain can't heal in chaos — it needs calm, connection, and compassion.

How to Take Care of Your Mental Health

- Talk about it: Speak to someone you trust — a friend, therapist, or support service.
- Write or express: Journaling, music, or art help you release emotions safely.
- Rest: Your worth isn't measured by productivity.
- Breathe & ground: Deep breathing or mindful pauses calm your nervous system.
- Set gentle routines: Small daily habits like hydration, movement, and fresh air matter.
- Seek help early: Don't wait for crisis — support works best when sought early.

When to Seek Professional Help

Reach out for help if:

- You feel hopeless most days.
- You've had thoughts of self-harm or suicide.
- Your emotions feel uncontrollable or you no longer feel safe alone.
- Daily functioning — work, school, hygiene — feels impossible.

Support is a strength. There is always someone ready to listen.

Remember
Mental health is not about being perfect — it's about being aware.
Asking for help doesn't mean you're weak; it means you've chosen to heal.

If you need support:
Akima Charity: 0208 079 2198
contact@akimacharity.org
💛 **Trauma-informed mental health support, mentoring, and expressive therapy.**

Samaritans: 116 123 (24/7, free, confidential)

Mind: 0300 123 3393