

**Mental Health Issue**

## Mental Health Issues

### **Introduction**

A mental health issue considerably impacts the way a person behaves, thinks and communicates with various other people. Numerous mental health issues are either diagnosed in accordance to a standardised criterion or they are left undiagnosed and thus, impact the overall existence of an individual. The various kinds of mental health issues can be panic attacks, anxiety, bipolar disorder, personality disorder, depression, eating disorders, suicidal feelings and attempts, and many more. The paper takes in account the experiences of three different individuals from various walks of life who have shared their struggle with mental health issues they experienced and its impact on them through TED talks.

### **Discussion**

The three individuals belong to different walks of life, each going through their own struggles with mental health issues that they possessed. The three individuals were in a fight with eating disorders, suicidal feelings and attempt and depression. All the three individuals shared their stories on the platform of TED talks and have inspired and motivated several people through sharing what they had fought with and to help those who might be going through similar issues.

The first individual is Sandra Aamodt who speaks about eating disorders and her encounter with dieting and how it work in relation to the brain, chemicals that function inside the brain and affect our various eating habits, she shares her story in TED Global talk in June 2013. Sandra is a neuroscientist and a science writer. She is also a co-author of two famous books with

Sam Wang. Before becoming an author, Sandra was the editor-in-chief of a leading scientific journal Nature Neuroscience. In the beginning of the talk, Sandra shares her story concerned with her obsession with dieting and weight loss at the tender age of thirteen. She states how she was obsessed with losing weight when she did not really need to. She stated how the various chemicals and cells in our brain impact eating habits. Sandra shared that she was inclined towards the proposition that she gained weight and the fact that she could only lose the excess weight through dieting (Aamodt, 2013). However, she states that it was not at all she should have done, as dieting had never helped her lose weight. She further stated that she had made a New Year resolution and decided to eat whatever she wanted to, which eventually resulted in her 10 pounds of weight loss. Sandra said that dieting or giving up eating does not help a person lose weight it instead makes one gain more after a certain period of time and also damages the normal functions of the body. She further related the weight loss obsession to certain chemicals in brain which lead a person to think that they have lost or gained weight and the fact that they need to lose or gain weight every other time. Sandra explains in the video how she started to eat mindfully and maintained her weight along the way.

The other story is about JD Schramm, who shared his suicide attempt experience in a Ted Active talk in March 2011. He shares how everything in his life was quite perfect and yet he was going through a certain feeling of missing something in life that led him towards an extremely traumatic suicidal attempt. He states that he had everything one could wish for a swirl of depression directed him towards a suicidal attempt. He shares that he suffered with serious injuries and extreme mental trauma after surviving his suicide attempt. After discovering that life and people are not as hopeless as he had thought he returned back to his normal life and aimed to help people experiencing the feelings he once experienced. He urged on the need for resources

to be provided to people who are in state of despair and require the help of those around them who could help them come out of the hopeless situations and conditions in life (Schramm, 2011). He states that the society needs to be more receptive towards those who fail at suicidal attempts and instead of rejecting them; it must bring them back towards life and prove that hope still exists.

The third individual is Andrew Solomon, who is a well-known multidisciplinary genius, who earned various international honours for his services in the field of writing, journalism, history and psychology. He delivered a powerful talk on the platform of TED talks, on the issue of depression and how he had fought with it throughout his life. He started off by sharing his childhood experiences as a homosexual child who was not accepted by the society in which he lived. He shares his experience of being abandoned by his classmates and teachers which turned his high school years into a nightmare. However, he states how his mother helped him throughout and the fact that he started to experience life from a positive perspective and fight the demons of depression with his humanly abilities. His mother's death was also one of the reasons he experienced depression. He shares that vitality was something that took him out of depression. He shared that certain medication and talk therapies helped him fight depression (Solomon, 2014).

## Conclusion

Mental health issues are curable and preventable, if only the society becomes receptive of the issues of those who are suffering with certain mental issues and disorders. People who suffer from mental disorder require the support of their loved ones and relevant help of experts and professionals in field of mental health and psychology. A society must never give up on such

people and instead help them fight the demons inside their minds and lead them towards the positive arenas of life.

## References

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