

### Mental Influence

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#### **Mental Influence**

However, doing your own gardening can have the same effects on your mental health. Interacting with nature around puts the mind more in touch with the community, Hall said. Exposure to natural settings helps improve the human perceptions of emotional, psychological, and social benefits. Plants are a symbol of life and can influence those around ...

#### **Gardening can influence and benefit your mental health**

Cultural and religious teachings often influence beliefs about the origins and nature of mental illness, and shape attitudes towards the mentally ill. In addition to influencing whether mentally ill individuals experience social stigma, beliefs about mental illness can affect patients' readiness and willingness to seek and adhere to treatment.

#### **Cultural Perspectives on Mental Health**

Several factors influence access, quality of care, and rates of treatment for mental disorders among ethnic and racial minorities and immigrant groups (Giacco et al., 2014; Schraufnagel et al., 2006). Quality of care is compromised by language barriers and provider misunderstanding of cultural ideas about illness, health, and treatment.

#### **Understanding Stigma of Mental and Substance Use Disorders ...**

Alcohol abuse is a major problem for older Americans and is one of the eight leading causes of death for older persons. Five percent of older men and 1 percent of older women have alcohol abuse and dependency problems, which leads to malnutrition, cirrhosis of the liver, osteomalacia and a decline in cognitive

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functioning. 1 It is estimated that 17 percent of older adults misuse and abuse ...

### **Growing Mental and Behavioral Health Concerns Facing Older ...**

Mental health and work: Impact, issues and good practices v. Preface All of us have the right to decent and productive work in conditions of freedom, equity, security and human dignity. For persons with mental health problems, achieving this right is particularly challenging. The importance of work in enhanc-

### **NATIONS FOR HEALTH Mental health and work**

A healthy diet can benefit your physical, mental and social well-being in powerful ways. While the specifics vary, such a diet tends to emphasize nutritious whole foods, such as fruits, vegetables, whole grains, nuts and fish. It also provides sufficient amounts of calories, without going overboard, and ideally brings you enjoyment as well.

### **How Does Eating Healthy Affect Your Physical, Mental ...**

9 May 2016. Twin Design / Shutterstock.com. In this blog, Brayan Herrera, a year 12 student who has been on placement with Mental Health Foundations Policy and Research team from Haggerston School, East London, as part of the Inspire Initiative, discusses the positive and negative impacts of social media on young peoples mental health.

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