

- Mental health**Healthy Mind, Healthy Body**

The Economic Times · 23 Apr 2021 · 12

Mental health promotes physical health. The reverse is also true. The mind and the body are two mutually connected entities. However, the mind's influence on the body is deeper than that of the body on the mind. Mental health is connected with the feeling of equality. Without this feeling the mind cannot be healthy. The principle of equality is also the principle of mental health.

One principle of mental health is: Know thyself. One who does not know his own strength and weakness cannot be mentally healthy. We do not know our strength because we are weak and we feel a sense of being wretched. We become excited when somebody misbehaves with us because we do not know our weakness. In such cases we overlook ourselves and try to find fault with others.

Another principle of mental health is the willingness to admit one's responsibility for whatever has been done. We are not prepared to visualise the consequences of our actions and that is why our mind has no peace. It is unhealthy to avoid responsibility for our actions. It can lead to mental illness. One needs courage to admit his faults. A weak mind does not have this courage.

One should take responsibility for the good as well as bad consequences of one's actions. It is the weak who find fault with others. They want to save their own skin. We generally like to be praised for our good actions but are not prepared to be blamed for the bad consequences of our actions.