

14th World Congress on
PSYCHIATRIC & MENTAL HEALTH NURSING
&
5th World Congress on
MENTAL HEALTH AND WELLBEING
July 25-26, 2018 | Vancouver, Canada

Mental health as a choice

Tatjana Bucaj

Wirral University Teaching Hospital, United Kingdom

Mental health can be understood as a condition in which an individual exercises his/her abilities, how to deal with the stress of everyday life, to be productive and contribute to the community. The aim of this is to awaken the individual's awareness of the need for personal engagement in the protection and improvement of their mental health. There are some options to work on self-building but ultimately everything is a matter of personal choice. International Labor Organization (ILO) 2016.g. has published a report on trends in workplace illness and activities aimed at improving the health of workers through improved working conditions including various educational programs. Following the report's instructions, the Ministry of Health of Croatia and the Croatian Institute of Public Health in 2017 launch a project called "Company Friend of Health" with the aim of preserving and promoting health at work. The project covers various areas of activity: nutrition, promotion of physical activity, protection of health professionals at the workplace, smoking ban, ban on alcohol consumption, environmental protection, consumer and customer health protection. Therefore, education modules are being organized to raise awareness of the risk behavior that causes the deterioration of the quality of health as a whole. Health professionals have acquired knowledge about these areas during the course of training and applied the same in their workplaces. However, if you look at health as an individual's condition, the question is how much an individual contributes to the preservation of one's own health.

Conclusion & Significance: It is necessary to evaluate the personal involvement in preventing the onset of the disease and preserving the existing condition. There is a need for self-criticism in uncovering unhealthy behavior that is damaging the quality of life. There is a choice. The first step is always the hardest i.e. to get out of the comfort zone and actively participate in creating better living both in the workplace and beyond. It takes the will, the knowledge, the energy to achieve the desired goal. As far as it is not possible to reach the goal by yourself, do not hesitate to look for help.

Biography

Tatjana Bucaj has, after 25 years of work at the psychiatric department, passion for improving the health and wellbeing. She considers the preservation of mental health essential to the preservation of health in general and she focuses her activities on the prevention of disease and the preservation of existing health. She is being trained as a wellness manager and a life coach because education is very important for personal development and better work with clients. After 33 years of work as a nurse in Croatia, she goes to the UK where she continues her nursing practice and further professional development.

tatjana.bucaj@gmail.com

Notes: