

A Simple Mental Health Essay Guide: With Essay Example

Mental health is now recognized as an important factor for individual growth as well as the development of a society. It has also been included in the Sustainable Development Goals.

There is an ongoing worldwide effort to increase awareness about mental problems, remove social stigma, and provide mental health facilities. Part of the awareness is its inclusion in our school studies whether informed of interventions or study material.



When asked to write an essay on Mental Health, you shouldn't panic and hire an [essay writer](#) to help you.

Essay Example: Stress and Crisis

Topics and issues related to mental health are plenty and vary with locations. Stress and Crisis are a mental health issue that can be discussed in parallel or in their causes and effects. One can talk about various ways to cope with these conditions and how to deal with them "[write my essay](#)".

Introduction

Hook

A hook will grab the reader's attention to you.

"According to the National Science Foundation, an average person has 12,000 to 60,000 thoughts per day and more than 80 percent of them are negative!"

Background

The introduction of the topic should precede the thesis statement.

"...While our brain does well to ignore most of them, some thoughts produced in response to changes or demands in our daily life linger an "[essay writing service](#)". These thoughts take the form of stressors that induce an emotional as well as physical imbalance called stress. But, when the cause of stress out weights the person's ability to cope with it, the stress transforms into a crisis.

Thesis Statement

It has become important to discuss the relationship between stress and crises, the differences, the different strategies to deal with it, and the role of a stress and crisis counselor.

Body Paragraphs

Topic Sentence 1

It has become important to get to know crisis in the light of ongoing research, its effects on people and how they deal with it.

Topic Sentence 2

While stress may cause irregular behavior patterns "[write my paper](#)", marked emotions, and disconnectedness, a crisis can manifest themselves in extremes.

Topic Sentence 3

The importance of knowing how to deal with people under crisis and stress is important: its identification, way of dealing with it, and going for diagnosis.

Examples and Evidence

- The ability to cope with stress varies from one person to the next, but the immediate cardiovascular response of the heart is always the same: accelerated heartbeat coupled with increased oxygen supply to the brain.
- By informing them about this knowledge we can help them harness this to their benefit, so that when their heart pounds they will feel more alert, and when their heartbeat accelerates they will feel sharper.
- An informed mind would give them the ability to change their physical stress response so that despite the increased heart rate, their blood vessels won't constrict, making them more confident and ready to manage stress.
- In dealing with people in crisis, one expects to see a full range of emotional disturbances. Those who have suicidal tendencies; people with extreme emotions such as uncontrollable rage and panic attacks; those who are distant from reality and hold abnormal beliefs; those who are experiencing traumas and past experiences; and those involved in drug abuse.

Conclusion

The conclusion should summarize the [paper writing service](#) for you. It should go over the topic sentences and the main points in light of the thesis statement. In the end, you can add a final word to the conclusion.

Stress is part of everyday life. Through learning to cope with it and through seeing it in a positive light one can not only get rid of its negative implications but also reduce physiological health risks:

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