

# Declines in Mental Health

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About two months have passed since the new academic year began. Some people may be adapting to the new environment and lifestyle, but others may be having a hard time adjusting. When you find it difficult to adapt to new environments and lifestyles, you are more likely to feel stressed, get tired easily, disrupt your sleep and daily routines, often struggle to carry out your usual daily life, and develop mental health problems.

## Symptoms of declining mental health

Lack of motivation to do anything	Feelings of depression
Feelings of anxiety, without any reason	Difficulty concentrating
Feeling uncomfortable	Easy to anger
Increased headaches and abdominal pain	Palpitations and difficulty breathing
Easily fatigued	Sleep problems
Loss of appetite	etc.

Anyone can experience these symptoms of a mental health decline. Sometimes, these symptoms can be early signs of a mental illness, and mental illnesses can affect anyone. So, if you have a few symptoms from above in mind, you may be suffering from a mental illness.

Early treatment of the symptoms of a mental health decline can prevent the onset of a mental illness and decrease the likelihood of the mental illness becoming more severe or chronic.

If you are suffering from a mental illness, in most cases, you will be able to recover and return to a stable condition by visiting a mental health clinic or hospital and receiving appropriate treatment. If you try to heal on your own, or if you rush and push yourself too hard, you may end up delaying your recovery.

Furthermore, another characteristic of mental illness is that even if you are suffering, it may be difficult for those around you to understand. Sometimes even your parents may not understand the pain you are suffering, may think negatively about your treatment, or may even oppose your treatment. So, it is also very important that everyone has an accurate understanding of mental illness and its treatment.

If the symptoms of your mental health decline continue for an extended period of time (about 2 weeks), if you are having trouble with daily life or university life, or if you are unable to participate in university classes, we recommend you consult a psychologist in a mental health clinic or hospital as soon as possible.

If you have any questions, please consult the Health Care Center, TUFSS.

## References

Mental Health information site. Let's start by understanding mental health [in Japanese]

[https://kokoro.ncnp.go.jp/health\\_understanding.php](https://kokoro.ncnp.go.jp/health_understanding.php)