How Mental Illness Is Connected With The Process Of Aging

People all over the world, have suffered from mental health problems as they age and there is no cure for this illness. Mental illness has various symptoms that are somehow found on people as they age or grow older. Aging is the length of time that a person has lived or a thing has existed. And as a person get old, they most experience or suffer from a variety of illnesses including mental illness. Furthermore, this research paper may explain some of the relationships between mental illness and aging including treatment.

Relationship between mental illness and aging

Mental illness and aging are two different characters that may impact old people, but somehow they relate to each other. People that are having mental illness often express sad feelings worry stress and lack of thinking skills. Similar to, people change characteristics as they grow old such as the way they think, how they feel, and their personality. Ho» ever, there is a relationship between mental illness and aging among the quality life of elderly individuals: think, feeling sad or blue for a few days, and acting silly sometimes.

What is mental illness?

According to Carla Mooney, a mental illness researcher. “People with mental illness most of the time suffer or blue for a few days or acting silly.” This kind of illness can cause a person to feel in-coherent, incomplete, or not remembering things. It can affect a person’s ability to do usual activities in everyday life, such as how they feel, think, and behave. Like various diseases, mental illness can be mild or severe. Some people with mental illness may not look outwardly ill. Others show the expression of confusion, agitate, or withdrawal. However, mental illness is more than just feeling sad or blue for a few days, or acting silly in front of friends.

Effect how people think

As people get old they may experience cognitive disorders. According to Richard P. Halgin “cognitive functions include thought, the capacity of memory, and the ability to be attentive.” When people experience cognitive disorder they are unable to recall previously learned information or to register new memories. It also affects a person from learning new information, ability to communicate, judgment, and motor coordination. In addition, people with cognitive disorders undergo changes in their personality and emotional state. As for mental

illness, people with mental illness sometimes blue or forget things. Mental illness may show a

lack of attention in a person, or cause a to stare for a while, or be in a state of daydreaming.

Effect peoples feelings

Another thing mental illness and aging are related to each other is how they make people feel. According to research, people with mental illness often feel sad or depressed, ‹ick and their ability to concentrate reduce. Mental illness is more than just feeling sad. For example, sadness is an emotion and depression is a disease or a symptom of mental illness that can last a lifetime. It can be caused by a lot of work to deal with or having too many things to think of in which built pressure in the brain. Equivalence with aging, people have pretty much the same feeling as to how people with mental illness feel. Interviewing ten old people (50-60) in my hometown about what are some of the reasons why they feel sad. Most of them replied, some of the reason is being lonely and not being able to do some of the activities they used to do, such as walking normally. Moreover, mental illness and aging have affected the feelings of the elderly individual.

Acting silly

Perhaps even worse than feeling sad or blue, People with mental illness sometimes act silly in front of friends. Mental illness can cause a person to lack processing information, have poor common sense, and be weak-minded. These symptoms might need treatment as soon as possible.

Sadly if it is untreated, it can be very dangerous and harmful for those that experience and witnessing mental illness. As we age, the older we grow the slower our common sense gets. After interviewing 10 elders 51-56, most of them replied, that it is true and it possibly can. To illustrate, they tend to forget things easily, events that happen in the past, anger issues, and insomnia.

Should We Treat Mental Illness?

Although mental illness has no cure, yet it can be treated. People with mental illness must seek help immediately because it can be very harmful to them. Why should we treat mental illness? Untreated mental illness can lead to a serious problem, which can be dangerous for both the victim and the people who are witnesses. How should we treat mental illness? According to research, psychotherapy is the therapeutic treatment for mental illness provided by trained professionals. For psychotherapy, the most effective way to promote recovery is paired with medication. As for my personal experience, mental illness can be treated with meditation in which help a person to recover from school stress. It helps relieves the pain and get a person to an altered state of consciousness or relaxation. Another way to treat mental illness is to play a sport you like or do activities that catch your interest. This helps kill the pain and relax your brain from all the pain, but it doesn’t cure mental illness. However, studies show that mental illness

can be treated but there is no cure for it.

How to prevent the fear of aging

According to Scilla Elworthy’s public speaking at TEDx talks, “What you do now affect the person you become tomorrow.” For example, if you are a heavy smoker during adolescence, chances are you’re more likely to have lung cancer in the future. To prevent health problems later in life we must take care of what we do, eat, drink, or consume. Eating healthy food such as veggies, fruit, and drinking water may help with a healthy lifestyle later in life. Another thing is exercise, a study shows that if you’re watching TV and doing nothing for 11 hours or more every day you are more likely to die in the next 4 years. Moreover, fear of having health problems later in life can be prevented.

Conclusion

In conclusion, mental illness and aging are related to one another in several ways: affect how people think, feeling sad or blue for a few days, and acting silly sometimes. Mental illness and aging both affect how people think. In some ways, it causes a person to reduce their ability to store newly learned memory or retrieve learned information, lack of imagination, and the ability to be attentive. Also, feeling sad or blue for a few days is caused by both mental illness and aging. Aging feeling sad is an emotion and mental illness encoded it to depression in which the emotion is in a form of the disease that can last a lifetime. Finally, both can cause a person to act silly sometimes in front of friends and family. They sometimes cat strangely or stupid.

Therefore, mental illness and aging have several things in common.