

World Mental Health Day 2025

Juliana García Castro, MD

Caring for the mind is caring for life

Every October 10th, the world comes together to remember that mental health is an essential part of health. It is not only about preventing or treating illness — it is about **cultivating physical, emotional, and social well-being** throughout life.

Caring for mental health means caring for everyday life: it's about sleeping well, moving, breathing, connecting with others, enjoying one's work, and feeling part of something larger. It's about **walking, laughing, creating, resting, and sharing**. It's also about living in environments that foster **supportive relationships, respect, inclusion, and participation**.

Scientific evidence and human experience agree:

- Exercise and physical activity improve mood and build self-esteem.
- Healthy relationships protect against loneliness and isolation. - Dignified, meaningful work provides purpose and stability.
- Contact with nature restores balance and reminds us we belong to a greater whole.
- Community participation strengthens networks of support and belonging.

At the **Observatory of Positive Mental Health**, we promote a broad understanding of mental health as an **experience of balance, meaning, and connection**—one that grows every day in the spaces where we live, learn, work, and share.

Today, we celebrate mental health as a collective creation: because caring for it is an act of love, awareness, and social justice.

#WorldMentalHealthDay #PositiveMentalHealth #BelovedLife

Referencias / References

1. World Health Organization (2022). *World Mental Health Report: Transforming Mental Health for All*. Geneva: WHO.
2. Waldinger, R. J., & Schulz, M. S. (2023). *The Good Life: Lessons from the World's Longest Scientific Study of Happiness*. Harvard University Press.
3. Seligman, M. E. P. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*. Free Press.