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Mental Health: Social Issues and Support Strategies

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CHAPTER 1

Between Strength and Struggle: The Mental Health Journey of Divorced and Separated Women

Henna Panjabi

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Abstract

This study examines the complicated implications of divorce on women's mental health, concentrating on the relationship between psychological well-being and performance at work. This study's justification is the understanding that mental health is a basic human right that is endangered by the severe stressors that come with divorce and separation. Women are far more likely to have sadness, anxiety, PTSD, and chronic pain as a result of these changes, which can set off a complicated series of emotional and functional disruptions. The "double burden" of single parenting, unstable finances, and enduring societal stigma can make this susceptibility worse.

These personal crises frequently show up in the job as diminished concentration, emotional anguish, and exposure to discrimination, which can endanger both career longevity and financial independence. This report synthesises information from throughout the world and finds that those who are economically reliant or recently separated face the greatest dangers. Importantly, the study also identifies resilience mechanisms. It looks at the effectiveness of different coping strategies, from social support systems and spiritual practices to expert interventions including practices based on mindfulness and cognitive-behavioral management of stress. Additionally, the study emphasises how important organisational

support is, promoting flexible work schedules and comprehensive assistance for staff as crucial resources for rehabilitation.

In the end, this study shows that although a woman's emotional well-being is challenged by the divorce process, the treatment gap can be greatly repaired by a mix of economic empowerment and independence, community support by peers and well-wishers, and inclusive setup at workplace conditions. Organisations and society can better assist women in restoring their self-esteem and effectively managing their transition to a secure, productive future by tackling these issues comprehensively.

Keywords: Divorced, Separated

A state of mental well-being that allows people to manage life's stressors, recognise their potential, learn and work effectively, and give back to their community is known as mental health. It is a fundamental human right with both intrinsic and practical worth. Everybody experiences mental health in a different way, and it is a complicated continuum. A wide range of structural, familial, community, and individual elements may come together at any given time to support or compromise mental health. People who are exposed to unfavourable situations are more likely to acquire a mental health disorder, even though the majority of people are robust.

Mental disorders, psychosocial disabilities, and other mental states linked to severe distress, functional impairment, or self-harm risk are all considered mental health issues. Treatment gaps are widespread worldwide and health systems continue to be severely underfunded, despite the fact that many mental health illnesses may be adequately treated at comparatively moderate costs. Emotions, thinking, communication, learning, resilience, hope, and self-esteem all depend on mental health. Relationships, emotional and personal well-being, and giving back to the community or society all depend on mental health. A part of total well-being is

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