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Men's Mental and Emotional Health

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Men's Mental and Emotional Health

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Abstract

When it comes to talking about emotional health, struggles with depression and anxiety, men tend to hide their emotions from other men and rarely speak about their struggles. Due to societal pressure on how men should behave and negative views on men who cry, most men are reluctant to discuss their feelings. Many times, men who feel physically and emotionally tired or at their emotional breaking point are told to “man up” or “suck it up”. It’s time for society to recognize that men have emotions and should be encouraged to express their feelings like women are often allowed.



Conclusion & Discussion

The mental and emotional health of men is a topic which needs more widespread awareness. As a society, we need to encourage men to speak up and talk about their feelings. Not only must society encourage men to express their feelings and to support other men, but it is also vital to normalize crying and freely expressing emotions.

Not only should society encourage men to express their emotions freely, but other men must also begin to support one another. Men must encourage each other and normalize freely expressing how they feel. All men should be open and willing to tell each other “If you need to let it out, remember I’ll be here if you need to cry, cry that’s what I’m here for too”.

Key Points

- Depression, anxiety, and emotional distress affects people of all ages.
- Mental health issues are considered medical illnesses due to the impact they can have on your physical and emotional health.
- Expressing emotions shows we are human and helps relieve stress.

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