

# Healthy Self Esteem and Mental Health

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## Abstract

The seconds, the minutes, the hours, the days, the weeks, the months, the years, the lustrum, and the decades, are ways of measuring and specifying the location in time of man's events. Its use allows one to situate oneself at any moment in life, and for the same reason, they serve as references to remember events. Memories are ways of reliving the past, and these memories generate sensations that give rise to emotions, some very pleasant and others unpleasant. This ability that humans have to remember past events is challenging to control since, to a large extent, evocations are the product of present stimuli that are similar to past experiences. We are so used to this pattern of action that we have learned to live without questioning whether those past practices can mark our present. It is even possible to maintain that regardless of how positive or negative the experience may have been, all occasions, in one way or another, have left legacies or riches that translate into learning, which gradually build us for better or worse.

On various occasions, these legacies, the product of what we have learned, are reflected in our spirit to face daily demands. Many experiences can work as spurs that stimulate the habitual walk, but the opposite sometimes happens. The experiences resemble large concrete slabs that limit and hinder the daily pilgrimage. The weight of these tiles is not due to their mass or volume; this burden is manifested in the subject's morale, which can be observed in the human being by how he faces daily chores; that is, in attitudes of pessimism or positivism towards life. This emotional response can equally limit or boost motivation for the way of life that is led.

The issues dealt with here have an intimate relationship with the dynamics. And even better, this reading is accompanied by practical suggestions, which are easy to apply immediately. After this possible use, resources or skills are obtained that facilitate and allow oneself to develop first as a person, and after this, you can enjoy what you do. An attempt is made to provide personal coping tools so that the reader can control all those actions inherent to his performance. That is, to access and benefit the impulse of the power and essence of whoever reads this, and based on this impulse, increase self-knowledge and self-respect to promote self-care, and thus gradually achieve that they assimilate the concept "adaptation" so that it transcends as the constant to be preserved, to adapt to one's existence systematically.

**Keywords:** Self Esteem, Mental Health, Health Determinants, Awarnees, Belong

## 1. Proposal for Obtaining Healthy Self-esteem and Mental Health

A concept that I have liked personally and has been a constant in my life is related to the word excursion, which is usually associated with trips or recreational outings, which is accurate to a certain extent, despite what is correct. Of this significance, I prefer to connect it to going off course; this means that to go on an excursion, you must go off the ordinary course you take.

This writing intends to invite people to get out of the course of life they lead and to look inside themselves, in that intimate space where it has rarely been explored, perhaps out of fear, caution, or for what reason. He hadn't questioned it.

Healthy self-esteem and mental health explicitly propose two excursions that require a lot of courage and motivation. The concept of value even includes two premises, the first is manifested because oneself already has an implicit value by the mere fact of existing, and the second because great courage is required to dare to go against what others or even oneself, It has been established as a categorical imperative and that for various reasons we have moved away over time, wrongly assuming that it will not be possible to resume the course because what is already known is conceived as absolute truth.

Therefore, great courage is required to retake control of one's existence. And every time it has been determined to retake this control, a motive or a reason is needed for the action of that drive; hence the motivation will be necessary to carry out this excursion reflected in two antagonistic directions.

The search towards healthy Self-Esteem is an invitation to the interior of yourself, so that on this journey, you are able to find your own essence, the one that identifies, individualizes and empowers you, so that from this inner space you are able to grow in the cognitive, affective and spiritual dimensions, so that you build a kind of platform that is solid and flexible enough to allow you to push yourself towards the development of your areas of human growth, and be able to move through each and every one with enough poise and confidence to unleash your full performance potential.

For this, you will first force yourself to reconsider your lifestyle, and with this in hand, you will be able to determine what you leave aside and what you incorporate into your life to continue on this excursion. Remember that the best way to enjoy the trip is when you walk lightly, so you must dare to leave what is helpful to you on this journey and abandon what, by its sheer weight, can tire you.

Remember that every excursion is equal to an adventure. Therefore you cannot know what will happen. However, since you already know yourself enough, you will learn how to resume your life's course.

So, all that remains for me is to thank you for reading it, and I hope you enjoy the adventure that represents developing the human being you carry inside to consolidate your best version of yourself.

## **2. Health Determinants and Conditions**

Allow yourself to infer that, in some way, you have decided to try to become a better version of yourself both physically and mentally. Still, in equal measure, you want to continue enjoying the pleasures of life, which include a wide variety of options. Within this incredible diversity, it is conceived that there is pleasure in tasting a delicious meal.

This polarized feeling (Wishing for a piece of cake but not wanting to get fat instead) can drive a kind of antagonistic motivation. An incitement can coexist based on the delights of the flavor provided by a piece of cake, but on the other hand, in equal measure, favor a desire for deprivation by swallowing the slice of cake. This somewhat uncomfortable feeling, called in the fields of psychology "dichotomy," causes a conflict in the subject. The subject, faced with the need to choose, faces a problematic situation that requires a solution since a mental activation occurs since two action tendencies (eat or avoid eating) co-occur, and then this dichotomy causes mental tension. This is reflected in the subject's emotional state since there is a direct relationship between incitement and avoidance, and the closer this relationship is, the stronger the conflict.

Lewin (1938) postulated this conflict theory where he considered three fundamental conflicts, and later Miller (1944) added another:

The first, which is one that we are interested in considering in this section, I call; Approximation - Approximation: this type of conflict manifests itself because there is a competition between two possible responses (eat or avoid eating), and in these, obtaining one response (eat) inevitably implies the loss of the other (avoid eating), This feeling of wanting to do something to enjoy but equally to take care of yourself, promotes an increase in the level of body energy (drive), which is reflected in an increase in emotional response, that is, in a dynamic oscillation (joy, surprise, sadness, fear, aversion, anger) this obviously, depending on the temperament and personality of the subject experiencing this conflict.

And then these emotions can lead to an alteration in the cognitive response. Straightforwardly, the subject experiences uncertainty regarding his decision-making capacity and therefore experiences cognitive dissonance (Festinger, 1958). In concrete terms, the subject experiences a disagreement, inconsistency, contradiction, inconsistency, discrepancy, or conflict, with the situation of eating or avoiding eating.

This situation, in a very ordinary way, is usually solved with a simple "well, after all, it's just a small slice" or "I stop eating dinner" or "tomorrow I feel like exercising more" that is, in an otherwise habitual way The solution that is usually given to this type of conflict is to eat and promise yourself that in the future, some compensatory activity will be avoided or carried out, or something like that, as a kind of punishment.

And the reality is that one ends up not doing or avoiding it, which leads to an uncomfortable feeling of uselessness in oneself, a feeling that sooner than later causes self-devaluation, consequently, a loss of confidence in oneself.

## **3. In the Construction of Healthy Self-esteem**

Once we have reviewed how complex it is to be healthy and enjoy, it is convenient to establish an action that

allows us to balance needs and desires. Hence, the former favor physical and psychological well-being, and the latter enslaves the volition mind. Therefore, the Healthy Self-Esteem Scale will be the best way to access this long-awaited homeostatic balance.

In her book "The Secrets of Self-Esteem" (2003), Patricia Cleghorn presents a series of very effective techniques whose objective is precise to contribute significantly to developing skills that promote healthy self-esteem. These techniques gradually allow Go to be self-observing in equal measure and provide resources to achieve this goal.

Without further ado, Patricia Cleghorn specifies five concepts that involve the conception of the self; that is, the five arguments refer to a different aspect, but all affect the "Self."

The promotion and development must be staggered, constant, consistent, harmonious, and oriented. That is, incorporate a mandate; that is, the person must; know, want, and be able to carry out actions on oneself to build a growth platform for oneself, with solid structures that allow them to make a sensitive and dependable personality at the same time, with the ability to know oneself, accept oneself, respect oneself, love oneself, but above all, capable of believing in himself and trusting in his potential.

#### **4. Self-knowledge**

To know comes from the lat. I will know what it means; Find out by the exercise of the intellectual faculties the nature, qualities, and relationships of things. Therefore, self-knowledge implies the academic faculty of recognizing one's attributes and, in equal measure the limitations that one has, analogous to this extent, contains the relationship with oneself and with one's nature, therefore, one's genetics and, from there to one's own—connection with others and with things.

We can see, then, that self-knowledge involves knowing and recognizing one's abilities that can develop from genetic inheritance, but that are not discovered due to various circumstances. And then self-knowledge consists in learning more about yourself since only if you know yourself in depth will you be able to be aware of the actual needs to be satisfied and that, to the extent of this satisfaction, you can provide proper relief to yourself; this encouragement will manifest itself psychically through a sensation of inner harmony, which in turn will foster a mental state of openness and psychological availability, valuable enough to discover one's potential for fulfillment.

#### **5. Self-concept**

The concept comes from lat. *Conceptus* is related to the idea that conceives or forms the understanding. This leads to a thought expressed in words and empowers the person who creates it to have an opinion or judgment about something or someone, giving them credit or recognition. Thus, we have that the self-concept has an intimate relationship with self-knowledge since if one knows oneself, it is possible to grant credit or recognition from the experience of self-exploration and understanding.

That is, to understand oneself. Since, in turn, understanding propitiates one to embrace, gird, and surround something. And that something is neither more nor less than oneself. So then, the self-concept involves knowledge and understanding towards oneself, for the same reason it entails the pride of being and existing and, in turn, causes not to be so severe or so pusillanimous with oneself.

#### **6. Self-acceptance**

We can see that acceptance comes from lat in the attempt to continue with the same dynamic of conceptualizing based on semantics. *acceptatio*, *-ōnis*, which is the action and effect of accepting, approving, and applauding. Consequently, self-acceptance is accepting what one is. Oneself is responsible for self-approval, and why not! It is desired and considered relevant; even one can applaud it. That's how simple it is to foster self-acceptance. In other words, it is a concrete action that involves the conviction of receiving and accepting what one is unconditional.

It is me and no one else, that is, it is me and my circumstances, but to decide this requires having some convictions about what things are around you, and only then, in short, can you live (Ortega y Gasset 1914).

#### **7. Self-respect**

Respect comes from the lat. *respectus* refers to the attention, consideration, reverence, and care made to someone: review, thinking, and deference. Talking about reverence for oneself may likely seem somewhat egotistical to a certain extent. Still, if we look again at the semantic conception that the act of reverence entails, which involves respecting someone for their dignity or great virtues, then we can see that veneration towards oneself is not exactly egomania; now, let us remember that the same word bears, the regard and consideration, thus at the time, self-respect is nothing other than the acceptance of one's virtues and based on this be considerate of oneself.

Then the way to venerate oneself is manifested by caring for oneself and respecting oneself. The best way to attend to this is through self-knowledge and acceptance, since every time the self-discovery tasks have been carried out, now with this rediscovery is possible self-regard and self-respect.

### **8. Self-esteem**

We then come to the last rung of this pyramid. And now, we know that esteem involves considering and appreciating, and something can only be considered when it is known that it exists; for the same reason, now on this step and every time the different measures have been climbed one by one, it can be crystallized that considering is to take into account, that is, to recognize that one exists.

Now all that remains is to appreciate the work in which one has become, given that this great work called "Yourself" has gone through a series of filters called experiences, which at the same time, regardless of the nuance of the experience, they involve quality, therefore, today it only remains to care for and respect what you have become, and respect the circumstances of the process at all times.

The primary revelation at the top of the scale is that life, like the human body, presents a constant, and this is;

"The existence of being will always be dynamic and evolutionary, so it is necessary to learn to live with ups and downs, honey and ice, moments to evoke and to forget."

However, what cannot be dynamic is an appreciation for oneself because it is this appreciation that will allow us to weigh, to a great extent, the burdens and flavors of intense experiences. To the extent that the relevance possesses an appreciation for oneself, in that same disposition, one's circumstances will be accepted; it does not matter if they are not entirely pleasant.

The remarkable thing about adequate self-esteem is knowing and recognizing that you are always in a constant process and will never become a finished product.

### **9. Awareness of Being Versus the Search to Belong**

"The attribute refers to every one of the qualities or properties of the being; it can be said that the attribute is the soul or essence of every human being. We feel our body and not any other; from there, we conclude that the soul is united to the body since this union is the cause of said sensation" [Corres A. P. (The memory of Oblivion, 2000)]

The attribute is what the intellect perceives of a substance as constituting its essence; the details are infinite, indivisible, extensive, potential, and perfectible substances.

The infinite of this substance is thought; the indivisible refers to the human being rejecting dualism. You can only be yourself since the meaning is indivisible, about the extensive; the reference of this is the thought, and this is not the only expression of the substance but also extends to the corporeal—Spinoza [idem.] (1663) "maintains that each thing has a reason why it exists and why it does not exist. We are part of nature, and everything that exists in nature is cause and action; he also adds that the more we know about nature, the closer we are to divinity. Therefore, it is not necessary to understand what is strange and foreign to nature since this nature is our bond with God" further on, he adds, "The right of nature extends as far as its Power reaches, and the Power of nature is that of God. The Power of nature to exist and to act is greater than thinking. Within each thing, in nature, there is a germ of Power and capacity to improve it, hence why nature is perfect since it lives and does not exist with greater imperfection than not existing" thus perfection finally begins by existing, that is, attending to one's nature, that is, oneself.

This meditation on the link between nature and being, carried out by Spinoza (1663), allows us to reflect on Power and Potentiality. Being part of nature, we exist and act according to the needs of our heart, that is, our body. To the extent that the needs of our own body are attended to, in this same way, we will exist, and to live consists of listening to one's own needs since one has the Power to do or not do according to one's nature. And on the other hand, Power refers to the capacity that one possesses to achieve perfection, which is obtained by attending to one's heart with which Power is exercised.

This is, therefore, easy to conclude power and potentiality are the same as caring, protecting, caressing, and preserving nature, and man, being nature, exists and acts. Therefore he takes care of, protects, strokes, and keeps himself, considering his needs. And let's see then that perfection exists in oneself, which becomes a reality to the extent that one learns to care for and protect oneself based on one's own nature, that is, one's individuality.

Existing involves individuality, which is the tendency to live in being, and being is individual; therefore, it exists in the world and is ethical. And then the Power of a man is; being and taking care of oneself; this consequently implies developing one's qualities. This deep reflection of man, carried out at the time by the Dutch philosopher

Benedictus Spinoza (1632-1677), dramatically reinforces what was previously expressed on the scale of healthy self-esteem, the importance of self-discovery of their potentialities. To the extent of the development of these, one will be guiding oneself towards improving the individual and the natural and identically to strengthen one's self-realization.

Maintaining this orientation will encourage respectful and balanced behavior toward nature and the acceptance of the properties of one's human nature. Consequently, this will be reflected in a better perception of reality and, therefore, of consciousness.

Since this awareness has already been exacerbated, it makes practical sense because it states "the awareness of Being versus the search to belong."

Let's see then what it means to be in search of belonging; this tendency can be observed when you are lost in the things of others; that is, you exist in a state of confluence, which means living where the paths converge. What roads? Well, the passages and transits of others! Oneself observes and attributes powers that do not belong to it and therefore learns to live afflicted! since in others there are virtues that one does not have, and this affliction is reflected in envy, Same that is irrational since it is better to attend to one's virtues that, after all, are the ones that one possesses and are ultimately the only ones that can be promoted. Given this, the envy of others is an actual waste of time and energy, which limits one's existence, since the only thing that can be done is to contemplate. In this process, a large amount of energy is used, which On the contrary, it can be used to enhance one's capacities.

However, to a large extent, one learns to move through life, observing oneself based on the deficiencies, that is, desiring what others are or possess, which is very similar to enslaving oneself to one's existence.

Living like this is confluence, which entails paying a high price, which consists of denying or despising one's power. This is the confluence, it opposes the essence, and then there is an obstruction to the attributes of the presence. That is to say, of existence. This obstruction of details. It manifests itself in a denial of oneself which is reflected in self-punishment. How? He punishes himself since he lives through life, Denying himself; that is, he lives and travels through the world lost among the things of others.

### 10. Conviction and Character

In the section on the Healthy Self-Esteem scale, it was mentioned that to achieve total self-acceptance, it was necessary to involve the conviction of receiving and accepting unconditionally what one is, that is, a great conviction of one's circumstance is required and of what things are around him and only thus, in short, will he be able to live (Ortega y Gasset 1914) but what is conviction and what does it consist of?

The conviction comes from the Latin *convictio*, *-ōnis* that involves trust, which in turn consists of the action and effect of convincing through religious, ethical, or political ideas, basically a person who has confidence is said to be firmly attached to their beliefs, be they religious, political or moral. So a person with conviction shows himself to others with certainty and confidence in what one truly is. That is to say, in total self-acceptance of the circumstance itself.

Hence, to try to get closer to oneself based on one's circumstances, it became necessary to have climbed the scale of healthy self-esteem since this ascending transit in search of oneself allows one to consolidate the conviction and adherence to what one is What better reward can be obtained than to be convinced of one's existence.

However, being convinced of the existence oneself is not enough to exercise power. It is necessary to consider character to complement and solidify the mental structure that will allow in the future to think and act according to what is fair for oneself; this notion of conviction and character vindicates the original conception that one has about oneself. And going through life with this conviction and character can ultimately favor emotional and behavioral self-control. This will be crystallized in developing qualities that are difficult to distinguish with the naked eye; however, these conditions will be reflected in specific attitudes of serenity, patience, and wisdom.

In short, with attitudes of absolute conviction that the right thing is being done. With this attitude, the results will arrive sooner rather than later since I know the same patient will strengthen their character. At the end of time, as a product of continuous effort, the necessary wisdom will accumulate to determine what to do in the face of the daily demands that involve life itself. With this attitude, you can even fall into mistakes or doubts and feel an inevitable disappointment if you fail. Still, the feeling of condemnation towards yourself will be worse if you do not even try to do something when you know you have the resources to cope with any obstacles.

Dan Millman [Millman D. (Living on purpose 2000)] argues that we can only control efforts, not results. Therefore, conviction and character will help to focus on the effort that must be made to obtain results. Later he adds that the first result is clarified in attitudes of serenity, patience, and wisdom; these actions become evident

when knowing that one cannot directly take responsibility for people, events, or results. The only thing one can take responsibility for is one's own effort to face any obstacle that limits our desire. Here, then, conviction and character constitute a solid foundation to build a sufficiently broad and stable platform so that the being, based on this great platform, dares to grow and multiply its attributes based on its capabilities, convinced that he can, if he decides so, he can develop his potential.

### **11. Advertising – Consumption – Search – Health**

Advertising and health, or rather it may be that the right thing to do is; divorce this link and call it advertising against health; let's see this; Most likely, you belong to people who start their activity around five or six in the morning, for the example, the time does not matter much, most likely, the first impulse you experience; Every time you have woken up, it is related to the urge to specify the time to organize the daily routine, for this the alarm clock will be used. The television will be turned on mechanically to be aware of the recent events.

Gradually and at the same time that personal grooming is carried out, the news is observed out of the corner of the eye, which is sometimes not very pleasant since it shows the drama and barbarism that human beings can reach. In one way or another, the news arrives, and some can even lead to a change in mood due to the importance of its content, especially if it is related to the activity itself. Later, at the end of a news block, it can be observed constantly. One by one, they present advertising messages that offer the same: to lose weight, increase longevity, increase vitality, reduce cholesterol, remove wrinkles, recover sexual life, stop hair loss, eliminate wrinkles, change hair color, etc. In a word, all the advertising messages that we observe will imply a double order. And this will be that we must, at all costs, avoid being ourselves; that is, the valid message is that everything that one truly is must be changed. If your body is overweight, you should buy every one of the magical and speedy solutions television commercials propose. Since marketing specialists know that human beings in general constantly present needs, be they emotional, affective, economic, relational, and above all aesthetic, hence knowing that these needs exist, they promote through their products the satisfaction to them. Which encourages bare subsistence needs to become enslaving desires. It is fascinating to observe that while studying psychology and marketing careers, a good amount of study time is dedicated to keeping the different theories of personality whose main argument is knowing, from different theoretical perspectives, human behavior. The reasons and motives that lead man to be and act as he does, and likewise, try to describe which aspects of existence have marked current behavior and which in some way try to remedy or solve now in the present wandering.

I consider that this study is beneficial since, in this way, it will be possible to understand many human behaviors more formally, the case is this; Psychologists study the theories of personality to understand, comprehend, and, above all, become sensitive to this behavior and thus better conceive of man. On the other hand, marketing students learn personality theories to know and equally recognize the needs of men. Based on this knowledge, offer products that magically solve these needs through consuming products that contribute to only meeting the requirements. This is why: It is essential since the growth platform has been scaled, that now with this perspective of oneself, it is possible to wander through the world of consumption without this journey becoming enslaved by the needs of others, but instead, now only their own needs are attended to, taking into account their activity and corporeality. Thus, to this extent, you will genuinely care for your health.

Therefore, if we resort to the definition of health where it is established that health includes the absence of disease and also considers the maximum well-being achieved in three dimensions of man, these dimensions are Physical, Social, and Psychological. This implies that you are healthy if you do not have any disease and if you can socialize. Most importantly, if you learn to live accepting that you give attributes to things, you color your life yourself, which is also called a healthy psychological disposition.

Let us see then that the primary resources to transit through life healthily are already possessed, and it is not necessary to make any purchase; to be healthy, it is only required to consolidate an unconditional acceptance of oneself, and with this, one can prevent and vaccinate against pernicious publicity that the only thing it seeks is for people to buy even despite sublimely insulting its future buyer.

### **12. Behavioral Patterns That Strengthen the Concept of Mental Health**

To present these behavioral patterns, I would like to relate anecdotally the exact way I found this vision of mental health. I was invited to talk on International Women's Day a few years ago. The person who asked me for this talk was my co-worker and somehow knew my way of thinking and knew about my professional interests; On one occasion, she accompanied me as an assistant in a professional activity related to women, and she told me that she was carrying out a program that was intended to highlight the presence and social importance of women. I asked her to guide me and suggest something that might be of interest to them, knowing that there is a

lot of information in the media about it; she told me that I talk about women's mental health, and I thought it was an excellent decision, and I dedicated myself to looking for information. I found much of this in the books I had used during my process at the university; many of the topics were aimed at highlighting the importance and benefits of physical activity and also highlighted that this activity had a decisive influence on mental health. However, it did not make it clear what mental health consisted of. I kept looking and found more definitions, but they did not entirely convince me, so I continued to search for information.

I suddenly remembered that in my first years of university study, I used to be overwhelmed with the constant formal reading that I had to review, for this when I felt fed up with so much bibliographical pragmatism. As an escape, I liked to read novels or books on personal growth. And it was then that I managed to remember that I had previously read something about the concept of mental health.

The distance between the original reading of that book and the moment in which I was, was around thirty years, which allows explaining, in part, my lack of precision in what I had memories of the book.

The book where these indicators were referred to lacked bibliographic citations that gave certainty of these indicators. This fact invites me to go further, which is how I recognized mental health indicators according to the "Menninger Foundation." I began to rummage through the foundation's website and found a lot of information, by way, very valuable. But there is nothing about the indicators; in fact, the information I found is so interesting that I decided to spend more time searching; in the end, I do not specify much about it, and I decided to keep the indicators that I already knew previously, and that seemed to me very appropriate but lacking a scientific foundation, made me doubt their real contribution, I was about to discard them when the rush of the presentation time made me crisis, and given the lack of reliable indicators I decided to consider them, and that is how I present them on the scheduled date.

Make the slides and make the presentation, a total of about twenty women attended, at first the audience was somewhat disappointing, but at the end of it, some women who attended came up and kindly commented that they had liked the way it was so easy and logical to achieve mental health, and above all to know how it is that they can realize that they are on the way to their strengthening.

The women's comment allows me to reconsider my opinion about the material I use. I realize that sometimes I have discarded many exciting materials due to their scientific poverty. Still, they can have a lot of wealth in terms of examples and proposals of life best refers. I realize I should not divorce any bid regardless of its aspect since something interesting can always appear. Before rejecting it due to an apparent lack of integrity, it is better to analyze the possible contribution it will give. With the confidence of presenting a proposal that provided benefits, I gave myself the task of explaining it again, but now in a more closed environment. I offer it now in a class session, and the students show great interest and ask me for the slides, they I ask about their interest, and they agree with the first comments regarding how easy and logical it is to be mentally healthy. This fact reinforces my perspective of usefulness about them, and from this moment, I establish them in my arsenal of therapeutic and didactic proposals.

### **13. Five Indicators of Mental Health**

#### *13.1 The Interest Was Shown in Life*

How do you know that you have an interest in life? People who show interest in life are people who walk down the street enjoying the urban panorama; if they run into someone they know, they greet, talk, and enjoy their presence; they are people who accept the unforeseen as part of life when the Things get out of control, they don't respond by sulking, or blaming others for mistakes. These people decide to smile rather than suffer, and if, for some reason, the latter happens to them, they accept suffering as part of growth and not as a divine punishment. A person with these characteristics recognizes the importance of knowing how to laugh, even if it is about oneself. They use this resource because they know that laughter makes the internal with the external more flexible. Does not smile is someone rigid with themselves; they are individuals who do not allow mistakes, and for the same reason they do not support it in others, they assume that seriousness will make them more formal and even intelligent; the reality is that these people harden their vision of the world so much that they do not realize that such seriousness sets their hearts and they avoid contact with the world. Smiling favors one's relationship with others and is reflected in greater openness and acceptance of one's imperfection and allows one to understand that of others. Another characteristic of these people is that they know how to use their free time; they use these moments to read, talk, and go to the movies, parties, concerts, exhibitions, sporting events, etc. This interest means that the person does not spend time in front of the television, hoping to be entertained, nor does he make friends on social networks; on the contrary, he takes responsibility for his fun and consists of being in contact with others.

### *13.2 The Ability to See Not Only the Obstacle But Also the Solution*

This optimism and flexibility that is obtained from the interest shown in life allow the person not to hesitate to face any obstacle because he knows that if he is wrong, life itself will give him another opportunity; he learns to be mentally willing and does not doubt. By trying again as many times as necessary, he avoids regretting and feeling sorry for himself. If presented with a problem, he focuses on only two issues: the problem itself and possible solutions. He knows how to recognize that a problem allows him to use his intelligence and creativity, so situations will enable him to grow and realize who he is and, in turn, recognize his potential.

### *13.3 It Knows How to Recognize Qualities and Limitations Based on One's Potential*

Once the person realizes the potential they have, knows what they are capable of, and still recognizes their limitations, this is reflected in the fact that their self-concept is strengthened, thus avoiding being so critical and severe, which allows you to be indulgent with yourself, which favors you to appreciate and respect yourself for what you are, instead of despising yourself for what you assume you want to be but will never really be. When the person knows who he is and recognizes his own and that of others, this process leads him to perceive himself as secure in the circumstances, which increases his self-confidence, which leads him to trust that he has the necessary tools to face the demands of life and that you can effectively control the situations that come your way. He learns to work on his performance potential, and lets go of his deficiency.

### *13.4 Discover the Ability to Make Friends and Develop Social Skills*

Although we arrive in the world alone and, in the end, we leave alone, however, in the process of living life, we do it together; living together or being close to someone becomes a constant in life; living together and being with others is almost inevitable over time. This leads to trying as much as possible to treat people in a friendly way since, like oneself, they are beings with qualities and limitations, and if they focus on the qualities of the people with whom they live, they will learn. To recognize individuality, there is a lot of diversity within it, so it will not be necessary to become executioners or victims. They use the desire for domination to dominate obstacles and adversities and never to dominate their peers. They see their neighbor with pleasure and do not feel those gratuitous antipathies. Be careful if we often don't like people, as this is a severe symptom of mental imbalance.

### *13.5 And Finally, Point Out the Importance of Being Active People*

People with adequate mental health know how to be active and productive. They like their work, enjoy what they do, and always look for new things or improve what they do. When they produce or do something, they do not intend to demonstrate their capacity; on the contrary, they strive to do something and not to show something.

## **14. How Mental Health Is Genuinely Synthesized**

People who specify mental health learn that the definition of the word progress consists in establishing a sum of attributes and personal qualities and not so much in increasing material goods. So then, if adequate mental health is obtained, progress is made, and this improvement is genuinely observed in the following:

A healthy Self-Esteem increases personal attributes and the ability to face daily demands.

## **15. Epilogue**

A concept that I have liked a lot and that has been a constant in my life is related to the word excursion, which is usually associated with trips or recreational outings, which is accurate to a certain extent, despite what is correct. Of this significance, I prefer to connect it to going off course; this means that to go on an excursion, you must go off the regular path you take.

This text intends to invite people to get out of the course of life they lead and to look outside or in the surroundings where it has not been explored, perhaps out of fear, precaution, or why not he had questioned it.

Healthy self-esteem and mental health specifically propose two excursions that require a lot of courage and motivation. The concept of value even includes two premises; the first is manifested because one already has an implicit value by the mere fact of existing, and the second because great courage is required to dare to go against what others, or even oneself, have established how destiny and that for various reasons we have moved away over time, wrongly assuming that it will not be possible to resume the course. After all, what is already known is conceived as absolute truth.

Therefore, great courage is required to retake control of one's existence. And every time it has been determined to retake this control, a motive or a reason is needed to drive action; hence, the motivation will be necessary to carry out this excursion reflected in two antagonistic directions.

The text that you have just read has been inviting you to excursions into yourself so that on this journey, you can find your essence, the one that identifies, individualizes, and empowers you so that from this spacious interior, you are capable of growing in the cognitive, affective and spiritual dimensions so that you build a kind of platform that is solid and flexible enough to allow you to push yourself towards the development of your areas of human growth, and be able to wander around each and everyone with enough poise and confidence to unfold your full potential for execution.

For this, you will first force yourself to reevaluate your lifestyle, and with this in hand, you will be able to determine what you leave aside and what you incorporate into your life to continue on this excursion. Remember that walking with light luggage is the best way to enjoy the trip. Hence it would help if you dared to keep what is helpful to you on this journey and abandon what, by its sheer weight, can tire you.

Remember that every excursion is equal to an adventure. Therefore you cannot know what will happen; however, since you already have enough knowledge of yourself, you will learn how to resume your life's course.

For that, you now have the signs that will help you not to get lost along the way, which you can observe at all times, through your state of mind and mental health.

So, all I have to do is thank you for reading it, and I hope you enjoy the adventure that represents developing the human being that you carry inside to the fullest extent.

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