

# Fostering psychological well-being: Dimensions, determinants, and interventions

Maki Tominaga\*

Department of Nursing, Setsunan University, Japan

## **ABSTRACT:**

*Trauma and crisis, examining their definitions, types, effects, and coping mechanisms. Trauma refers to the psychological and emotional responses to distressing events, while crisis signifies a disruptive situation that poses an immediate threat. The article categorizes trauma into acute, chronic, and secondary forms, highlighting their diverse impacts on mental, emotional, and physical well-being. It emphasizes the importance of therapeutic interventions, support networks, self-care practices, and education in coping with trauma and crisis. Understanding these concepts fosters resilience and promotes effective responses to adversity in individuals and communities.*

**KEYWORDS:** Psychological well-being, Emotional regulation, Resilience, Mental health interventions

---

**Received:** 01-Nov-2024, Manuscript No. ijemhhr-25-158848;

**Editor assigned:** 02-Nov-2024, Pre QC No. ijemhhr-25-158848 (PQ);

**Reviewed:** 18-Nov-2024, QC No. ijemhhr-25-158848;

**Revised:** 22-Nov-2024, Manuscript No. ijemhhr-25-158848(R);

**Published:** 29-Nov-2024, DOI: 10.4172/1522-4821.1000664

\*Correspondence regarding this article should be directed to:  
maki.tominga@nrs.ac.jp

build meaningful connections, and pursue personal and professional goals. Social support plays a critical role in fostering psychological well-being. Strong relationships with family, friends, and communities provide individuals with a sense of belonging and reduce feelings of isolation (Perrmann-Graham J,2022).

In addition, positive interpersonal interactions encourage the development of empathy, trust, and mutual understanding, all of which contribute to emotional stability. Equally important are societal interventions, such as access to mental health resources, educational programs, and inclusive policies, which create environments where individuals feel valued and supported. These collective efforts help mitigate the stigma surrounding mental health, encouraging people to seek help when needed. Cultivating psychological well-being also involves adopting healthy habits that nurture both mind and body (Poorman PB, 2002). Regular physical activity, a balanced diet, and sufficient sleep are fundamental to maintaining mental resilience. Mindfulness practices, such as meditation and yoga, have been shown to reduce anxiety and enhance emotional regulation. Setting realistic goals, practicing gratitude, and focusing on personal strengths further promote a positive outlook on life. By prioritizing self-care and nurturing a growth mindset, individuals can build the inner resources necessary to navigate life's challenges, fostering long-term mental health and emotional well-being (Reade C,2001).

## CONCLUSION

Psychological well-being is a cornerstone of mental health, with profound implications for individuals and society. By addressing its multidimensional nature and leveraging evidence-based interventions, individuals can achieve greater life satisfaction and resilience. Continued research and collective efforts are crucial to fostering a society that values and prioritizes mental health.

## REFERENCES

- Anjum, G., Aziz, M (2024). Advancing equity in cross-cultural psychology: embracing diverse epistemologies and fostering collaborative practices. *Front Psychol.* 4;15:1368663.
- Harr, N., Eichler, A., Renkl, A (2015). Integrated learning: Ways of fostering the applicability of teachers' pedagogical and psychological knowledge. *Front Psychol.*2;6:738.
- Hidayat, AS., Nastiti, T., Sitalaksmi, S (2024). Connection is a power: exploring the dynamic interaction between social and psychological capital in fostering innovative behavior. *J Manag Dev.* 9;43(5):755-68.
- Johnson, IR., Pietri, ES (2024). Signaling safety and fostering fairness: Exploring the psychological processes underlying (in) congruent cues among Black women. *J Pers Soc Psychol.* 13.
- Kesebir, P., Pyszczynski, T (2011). A moral existential account of the psychological factors fostering intergroup conflict. *Soc Personal Psychol Compass.* 5(11):878-90.
- Myers, JA., Ladner, J., Koger SM (2011). More than a passing grade: Fostering positive psychological outcomes for mainstreamed students with autism. *J Dev Phys Disabil.* 23:515-26.
- Nimmi, PM., Kuriakose, V., Donald, WE. (2021). HERO elements of psychological capital: Fostering career sustainability via resource caravans. *Aust J Dev.* 30(3):199-210.
- Perrmann-Graham, J., Liu, J., Cangioni, C., Spataro, SE (2022). Fostering psychological safety: Using improvisation as a team building tool in management education. *Int Nat J Manag Edu.*1;20(2):100617.
- Poorman, PB (2002). Biography and role playing: Fostering empathy in abnormal psychology. *Psych.* 2;29(1):32-6.
- Reade, C (2001). Antecedents of organizational identification in multinational corporations: Fostering psychological attachment to the local subsidiary and the global organization. *Int Nat J Human Res Manag.* 1;12(8):1269-91.