

Rotary Essay: Therapy, Mental Health, and the Four Way Test

It is difficult to make sense out of life when our everyday difficulties become too much to bear. Often we deal with too much and we do not even realize it. Negative emotions that come from stress, anger, or frustration affect our life one way or another. We develop habits and coping mechanisms which ultimately determine how we interact with one another. When life is hard to bear, it should not be hard to assume that we might seek the counsel of a professional. But most of us do not. According to the Mental Association on Mental Illness, 43.3% of U.S. adults with mental illness, such as depression, received treatment in 2018. This means that well over 56% of adults do not receive treatment.

Those who seek a productive environment, ethical business, and the promotion of goodwill should consider cognitive therapy as a priority practice. By seeking therapy, an individual is healing themselves of a serious mental illness. It is the most ethical thing to do, as not only do you benefit yourself, you help your community by becoming a better individual. To prove this, the act of using therapy can be tested with the Rotary Four Way Test: Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendships? And will it be beneficial to all concerned?

Is it the truth? The essence of truth that comes with using therapy lies in finding the right ways to handle mental health issues. Applying this question to self-care demonstrates when anger, frustration that comes from work and study tends to drastically cloud judgement. I knew a

High school Student who believed herself to be unlikeable because she struggled everyday with loneliness. started dropping because of the depression she felt. After talking to a therapist, she discovered that the stress and anxiety of schoolwork had caused her to become reclusive. It was a revelation for her. She had a false perception of reality that was cleared up by therapy. Negative emotions distort our judgement in our everyday lives. With the help of a professional we can shed our perception into something closer to truth.

Is therapy fair to all concerned? All who are concerned are at large the people encompassing the community of the individual going to therapy. When someone is struggling with mental health, it can be stigmatizing to tell them to seek therapy; but encouraging therapy in the workplace is most beneficial practice for productivity. There is only so much an individual can do to help someone who is depressed or who is dealing with stress and anxiety. A therapist's opinion is the one that should be sought; the fairest option when dealing with mental health is to find aid in someone who is trained in dealing with it. Schools are starting to focus more on mental health awareness. Salesian College Preparatory, a High School in Richmond, recently started a mental wellness center. This center will allow students to leave the classroom and enjoy time off doing tranquilizing activities. Salesian encourages mental stability because it promotes an environment of family and comfort. The students become better learners and develop a way to find catharsis from the stress of school. Through providing the option to seek counsel, we develop a fair environment for everyone.

Will therapy build goodwill and better friendships? Depression causes people to isolate themselves. According to the American Psychological Association,

“Loneliness levels have reached an all-time high, with nearly half of 20,000 U.S. adults reporting they sometimes or always feel alone. Forty percent of survey participants also reported they sometimes or always feel that their relationships are not meaningful and that they feel isolated.”

Through solving the issue of depression, therapy is the most clear way to build goodwill and better friendships.

Will therapy be beneficial to all concerned? People cope with life in ways that affect the people around them. The relationship between all parties involved in the use of therapy proves to be beneficial for everyone. For example, avoiding abusive relationships by helping people cope with stress in healthy manners rather than take them out on others.

Being a better and happier person as a result of therapy makes people more willing to help others:

“Rates of volunteerism have decreased, according to research by the University of Maryland’s Do Good Institute, and an increasing percentage of Americans report no religious affiliation—suggesting declines in the kinds of religious and other institutional connections that can provide community” (APA).

This study correlates such decrease in volunteerism with an increase in loneliness throughout the United States, a main source of mental illness .

Telling someone they should go to therapy can be awkward and stigmatizing. However, for the benefit of increasing goodwill and establishing a more ethical and productive environment, It is best to find a way to encourage people to use therapy as a means to cope the stress and anxiety caused by everyday life.

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Work Cited

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