

Prioritizing Women's Mental Wellness: Why Regular Check-Ups Are Essential

By Melkisedeck Leon Shine · May 27, 2025

Women's Health and Wellness

Prioritizing Women's Mental Wellness: A Comprehensive Approach to Preventative Healthcare

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This article examines the critical importance of preventative mental healthcare for women. We will define key concepts and explore how established psychological frameworks can be applied to understand and address the unique challenges women face, ultimately promoting holistic well-being. We will define key terms such as stress and coping (Lazarus & Folkman's Transactional Model of Stress and Coping), resilience (Masten's developmental resilience model), and self-efficacy (Bandura's Social Cognitive Theory) to provide a strong theoretical underpinning for our discussion. These models will be used to illustrate how practical strategies can enhance mental wellness.

Conclusions and Recommendations

Reader Pool: What innovative strategies, informed by psychological theory, could

improve access to and effectiveness of preventative mental healthcare for women in diverse communities?

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