

Research Paper

From Awareness to Action: Exploring Mental Well-being and Its Role in Healthy Daily Living

Papiya Dutta (Ray) ^{1*}

ABSTRACT

Mental well-being has emerged as a critical determinant of healthy daily living in the context of increasing psychological, social, and lifestyle-related challenges. Moving beyond the traditional view of mental health as merely the absence of illness, this study conceptualizes mental well-being as a positive, dynamic process that links awareness with purposeful action in everyday life. Adopting a qualitative, review-based content analysis approach, the study synthesizes theoretical perspectives, empirical research, and policy documents to examine how awareness of mental well-being translates into practical daily behaviours. The analysis focuses on four key dimensions: levels of mental well-being awareness, its influence on lifestyle practices such as stress management, routines, and social interactions, the psychological and environmental factors shaping awareness–action translation, and the contribution of mental well-being to resilience, self-regulation, and overall quality of life. Findings indicate that while conceptual awareness of mental well-being is generally moderate and increasing, it often lacks practical depth, limiting its impact on daily living. Psychological factors such as self-regulation, self-efficacy, and intrinsic motivation, along with supportive social and institutional environments, play a decisive role in enabling action. The study concludes that sustainable healthy living requires integrated, action-oriented approaches that embed mental well-being practices into everyday routines, educational settings, workplaces, and community life.

Keywords: *Mental Well-being; Healthy Daily Living; Awareness to Action; Resilience; Self-Regulation; Quality of Life*

Mental well-being has emerged as a central determinant of healthy daily living in an increasingly complex and demanding world. Beyond the absence of mental illness, mental well-being encompasses a positive state in which individuals realize their abilities, manage everyday stresses, work productively, and contribute meaningfully to their communities (World Health Organization [WHO], 2018). This holistic understanding underscores the transition from mere awareness of mental health to deliberate actions that promote psychological balance, resilience, and overall quality of life. Awareness of mental well-being plays a foundational role in shaping attitudes, beliefs, and behaviours related to health. When individuals recognize the importance of emotional regulation, self-awareness, and coping strategies, they are better equipped to make informed choices in their daily

¹ Assistant Professor, Department of Education, Dhola Mahavidyalaya, West Bengal, India

Email Id: papiya.ray@hotmail.com

*Corresponding Author

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routines (Ryff & Singer, 2008). Such awareness fosters proactive engagement in health-promoting behaviours, including mindfulness practices, physical activity, healthy social relationships, and balanced work–life patterns. In this sense, mental well-being acts as a catalyst that links internal psychological processes with external lifestyle behaviours.

Research suggests that mental well-being is closely associated with physical health outcomes, academic and occupational performance, and social functioning (Keyes, 2002). Individuals with higher levels of well-being tend to exhibit greater motivation, adaptability, and problem-solving skills, which are essential for navigating daily challenges. Conversely, neglect of mental well-being can lead to chronic stress, reduced productivity, and unhealthy lifestyle patterns, highlighting the need for intentional action-oriented approaches. From an applied perspective, moving from awareness to action involves integrating mental well-being practices into everyday life and institutional frameworks such as education, workplaces, and community settings. This shift aligns with contemporary public health approaches that emphasize prevention, empowerment, and sustainable healthy living (WHO, 2018). Exploring mental well-being through this lens not only deepens conceptual understanding but also emphasizes its practical role in cultivating healthier individuals and societies.

BACKGROUND OF THE STUDY:

In recent years, mental well-being has gained significant recognition as a vital component of overall health and sustainable living. Rapid social change, technological advancement, academic and occupational pressures, and shifting family structures have intensified daily stressors, making mental well-being an essential concern across age groups and social contexts. Traditionally, health discourse emphasized physical fitness and the treatment of illness; however, contemporary perspectives increasingly acknowledge that mental well-being plays a foundational role in shaping healthy behaviours, life satisfaction, and productive functioning (World Health Organization [WHO], 2018). This paradigm shift necessitates a deeper exploration of how mental well-being influences everyday living beyond clinical settings.

Mental well-being is understood as a multidimensional construct involving emotional balance, psychological functioning, and social connectedness. It influences how individuals think, feel, and act in daily situations, including decision-making, interpersonal relationships, and coping with challenges (Ryff & Singer, 2008). Individuals with positive mental well-being are more likely to engage in health-promoting behaviours such as regular physical activity, mindful eating, effective stress management, and constructive social interactions. Conversely, poor mental well-being is often associated with maladaptive habits, including sedentary lifestyles, disrupted sleep patterns, and emotional dysregulation, which can adversely affect both mental and physical health. Despite growing awareness, a critical gap remains between understanding mental well-being and translating this awareness into consistent daily practices. Awareness alone does not automatically lead to behavioural change; rather, it must be supported by skills, motivation, and supportive environments (Keyes, 2002). Many individuals possess basic knowledge about stress management or emotional health but struggle to apply this knowledge amid real-life pressures. This disconnect highlights the importance of examining mental well-being from an action-oriented perspective, focusing on how awareness can be transformed into meaningful lifestyle choices.

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From an educational and public health standpoint, integrating mental well-being into daily living aligns with preventive and promotive health approaches. Schools, workplaces, and communities are increasingly viewed as critical spaces for fostering mental well-being through structured programs, supportive policies, and inclusive social climates. Such integration not only enhances individual resilience but also contributes to collective well-being, social harmony, and long-term productivity (WHO, 2018). In the context of higher education and professional life, mental well-being has been linked to improved academic performance, work engagement, and adaptive coping, reinforcing its relevance in everyday functioning. Given these considerations, the present study situates mental well-being as a dynamic process that bridges awareness and action in healthy daily living. By exploring this relationship, the study seeks to contribute to a deeper understanding of how mental well-being can be intentionally cultivated and sustained through everyday practices. This background establishes the rationale for examining mental well-being not merely as an abstract concept, but as an actionable pathway toward healthier individuals and communities.

RATIONALE OF THE STUDY:

Mental well-being has emerged as a foundational component of holistic health, extending beyond the mere absence of mental illness to encompass emotional balance, psychological resilience, social functioning, and a sense of purpose in daily life. In contemporary societies marked by rapid technological change, academic and occupational pressures, social fragmentation, and post-pandemic uncertainties, individuals increasingly experience stress, anxiety, burnout, and lifestyle-related health problems. These challenges underscore the urgent need to move *from awareness to action*—that is, from understanding mental well-being as a concept to actively integrating it into healthy daily living practices (World Health Organization [WHO], 2022).

While awareness about mental health has significantly increased through education, media, and policy initiatives, a critical gap remains between knowledge and practice. Many individuals recognize the importance of mental well-being yet struggle to translate this awareness into consistent daily behaviours such as stress management, emotional regulation, healthy routines, physical activity, mindful technology use, and supportive social interactions. Research suggests that without actionable frameworks, awareness alone has limited impact on long-term well-being and lifestyle change (Keyes, 2007; Ryff & Singer, 2008). This study is therefore justified in examining how mental well-being can function as an enabling force for healthier daily living rather than remaining an abstract ideal.

From a public health perspective, mental well-being is closely linked to physical health outcomes, productivity, academic engagement, and quality of life. Positive mental well-being has been associated with healthier lifestyle choices, improved sleep patterns, better coping strategies, and reduced risk of non-communicable diseases (Prince et al., 2007; Huppert, 2009). Conversely, poor mental well-being often manifests in maladaptive daily habits such as sedentary behaviour, substance use, irregular routines, and social withdrawal. Understanding this bidirectional relationship strengthens the rationale for studying mental well-being not in isolation but as an active determinant of everyday health practices.

In educational and psychosocial contexts, particularly relevant to students, educators, and working adults, mental well-being plays a crucial role in decision-making, self-regulation, interpersonal relationships, and resilience. Theoretical models such as the biopsychosocial framework and positive psychology emphasize that sustainable well-being arises from the interaction of cognitive awareness, emotional competence, and behavioural action (Seligman,

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2011). However, empirical studies focusing on how awareness translates into daily action—especially within diverse socio-cultural contexts—remain limited. This gap justifies the present study's focus on exploring mental well-being as a dynamic process embedded in daily living. In the Indian and global context, lifestyle-related stress, academic pressure, and work-life imbalance have intensified mental health concerns, calling for context-sensitive approaches that integrate well-being into routine life rather than episodic interventions. By examining mental well-being through the lens of daily habits and practical actions, this study aligns with global agendas such as the WHO's Mental Health Action Plan and the Sustainable Development Goals, particularly Goal 3: Good Health and Well-being (WHO, 2022). The rationale of this study lies in its potential to bridge the gap between awareness and action, offering insights into how mental well-being can be consciously cultivated and operationalized in everyday life. Such understanding is essential for informing educational programs, health promotion strategies, and policy initiatives aimed at fostering sustainable, healthy, and meaningful living.

RESEARCH OBJECTIVES OF THE STUDY:

Understanding mental well-being as an active and dynamic process is essential for promoting healthy daily living. Moving beyond conceptual awareness, this study seeks to examine how mental well-being influences everyday behaviours, lifestyle choices, and coping mechanisms. By focusing on the transition from awareness to action, the research aims to generate practical insights that can inform educational, psychosocial, and health-promotion interventions designed to foster sustainable well-being in daily life.

- To examine the level of mental well-being awareness among individuals in relation to healthy daily living.
- To analyze the relationship between mental well-being and everyday lifestyle practices such as stress management, routines, and social interactions.
- To identify key psychological and environmental factors that facilitate or hinder the translation of mental well-being awareness into daily action.
- To explore the role of mental well-being in promoting resilience, self-regulation, and overall quality of life.

Research Questions of the Study:

To systematically examine the role of mental well-being in healthy daily living, it is essential to frame clear and focused research questions aligned with the study's objectives. These questions guide the inquiry by exploring levels of awareness, behavioural applications, and influencing factors, while also highlighting the contribution of mental well-being to resilience and quality of life. Accordingly, the study is guided by the following research questions –

- What is the level of awareness of mental well-being among individuals in relation to healthy daily living?
- How does mental well-being influence everyday lifestyle practices such as stress management, daily routines, and social interactions?
- What psychological and environmental factors facilitate or hinder the translation of mental well-being awareness into practical daily actions?

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- How does mental well-being contribute to resilience, self-regulation, and overall quality of life in daily living?

METHODOLOGY OF THE STUDY:

The present research is qualitative in nature and adopts a review-based content analysis approach to explore the transition from mental well-being awareness to actionable practices in healthy daily living. This methodological framework is appropriate for synthesizing existing theoretical perspectives, empirical findings, and policy-oriented literature that collectively illuminate the multifaceted role of mental well-being in everyday life. Rather than generating primary data, the study focuses on systematically interpreting and integrating secondary sources to develop a comprehensive conceptual understanding of the subject. Data for the study were drawn from a wide range of scholarly sources, including peer-reviewed journal articles, edited volumes, authoritative reports of international organizations, and relevant policy documents related to mental health, well-being, lifestyle practices, and health promotion. Databases such as Google Scholar, Scopus, Web of Science, and ERIC were consulted to ensure the inclusion of credible and diverse academic literature. Inclusion criteria emphasized relevance to mental well-being, daily living practices, and awareness-to-action frameworks, while outdated or non-scholarly sources were excluded to maintain academic rigor. The content analysis followed a thematic procedure. Selected texts were carefully read, coded, and categorized to identify recurring concepts, patterns, and relationships related to awareness, behavioural translation, and well-being outcomes. Key themes such as self-regulation, stress management, resilience, lifestyle choices, and socio-contextual influences were extracted and analyzed. This interpretive process enabled the integration of insights across disciplines including psychology, education, public health, and sociology. By employing a qualitative review-based content analysis, the study offers an in-depth and holistic perspective on mental well-being as a dynamic process embedded in daily life. The methodology supports the development of informed conclusions and practical implications for educators, policymakers, and health practitioners seeking to promote sustainable mental well-being through everyday actions.

ANALYSIS & INTERPRETATION:

The research questions, developed in close alignment with the stated research objectives, were systematically examined and analyzed in a structured and coherent manner as outlined below –

A. What is the level of awareness of mental well-being among individuals in relation to healthy daily living?

Awareness of mental well-being has gained considerable prominence in recent decades, as individuals and societies increasingly recognize mental health as integral to overall health and quality of life. Mental well-being is no longer viewed merely as the absence of mental illness but as a positive state involving emotional balance, psychological resilience, social connectedness, and effective functioning in daily life (World Health Organization [WHO], 2022). This broadened understanding has contributed to a growing awareness of how mental well-being influences healthy daily living.

At a general level, awareness of mental well-being among individuals has improved due to increased public discourse, educational initiatives, digital media campaigns, and institutional interventions. Schools, universities, workplaces, and healthcare systems now frequently emphasize stress management, emotional health, mindfulness, and work–life balance. Studies

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indicate that many individuals can identify common indicators of good mental well-being—such as positive mood, effective coping, and healthy relationships—and acknowledge their importance for maintaining productive and meaningful daily routines (Keyes, 2007; Huppert, 2009). This suggests a moderate to high level of conceptual awareness in contemporary populations.

However, awareness often remains uneven and superficial, particularly when examined in relation to daily living practices. While individuals may recognize that mental well-being is important, they may not fully understand how it is shaped by everyday behaviours such as sleep patterns, physical activity, nutrition, time management, social interaction, and digital engagement. Research shows that people frequently separate mental health awareness from lifestyle choices, treating well-being as a reactive concern addressed only during periods of distress rather than a proactive, daily practice (Ryff & Singer, 2008). This gap highlights a limitation in functional awareness—that is, knowing *about* mental well-being without knowing *how* to sustain it through daily action. Socio-cultural and educational factors significantly influence levels of awareness. Individuals with greater access to education and health information tend to demonstrate higher awareness of the link between mental well-being and healthy living, including the role of self-regulation, emotional intelligence, and resilience (Seligman, 2011). Conversely, stigma, cultural misconceptions, and lack of structured mental health education can restrict awareness, leading to neglect of mental well-being in everyday decision-making. In many contexts, mental well-being is still viewed as secondary to physical health, resulting in limited attention to emotional and psychological self-care in daily routines (Prince et al., 2007).

Awareness varies across age groups and social roles. Students and working adults often recognize stress, anxiety, and burnout as threats to well-being but may normalize these experiences as unavoidable aspects of academic or professional life. This normalization can reduce motivation to adopt healthier daily practices, despite awareness of their potential benefits. Research suggests that awareness without supportive environments and skills-based guidance rarely translates into sustained behaviour change (WHO, 2022).

Importantly, emerging frameworks from positive psychology and public mental health emphasize that awareness of mental well-being must include an understanding of agency and action. Awareness becomes meaningful only when individuals recognize their capacity to influence well-being through daily choices, habits, and relationships (Keyes, 2007). Current evidence suggests that while awareness levels are improving globally, there remains a critical need to deepen this awareness by linking mental well-being explicitly to everyday living practices. The level of awareness of mental well-being among individuals is generally moderate and increasing, particularly at the conceptual level. However, awareness often lacks depth and practical orientation, limiting its impact on healthy daily living. Strengthening awareness through education, experiential learning, and context-sensitive interventions is essential to bridge the gap between knowing and doing, thereby enabling individuals to integrate mental well-being into their everyday lives.

B. How does mental well-being influence everyday lifestyle practices such as stress management, daily routines, and social interactions?

Mental well-being plays a crucial role in shaping everyday lifestyle practices, influencing how individuals manage stress, organize daily routines, and engage in social interactions. Rather than being limited to emotional states, mental well-being affects cognitive functioning, behavioural choices, and interpersonal dynamics that collectively determine the

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quality of daily living. A growing body of research highlights that individuals with positive mental well-being are more likely to adopt adaptive coping strategies, maintain structured routines, and foster healthy social relationships (World Health Organization [WHO], 2018).

In the context of stress management, mental well-being significantly determines how individuals perceive and respond to daily challenges. People with higher levels of well-being tend to appraise stressors as manageable and temporary, using problem-focused and emotion-regulation strategies such as mindfulness, relaxation techniques, and cognitive reframing (Lazarus & Folkman, 1984). These strategies reduce the physiological and psychological impact of stress, thereby preventing chronic strain. In contrast, compromised mental well-being is often associated with maladaptive coping mechanisms, including avoidance, emotional suppression, or substance use, which can exacerbate stress and negatively affect health (Keyes, 2002). Thus, mental well-being functions as a psychological buffer that enhances resilience and adaptive stress responses. Mental well-being also strongly influences the organization and consistency of daily routines. Individuals with positive psychological functioning demonstrate greater self-regulation, motivation, and goal clarity, enabling them to maintain balanced schedules involving work, rest, physical activity, and self-care (Ryff & Singer, 2008). Stable daily routines contribute to a sense of control and predictability, which supports emotional stability. Conversely, low mental well-being can disrupt routines through fatigue, procrastination, or lack of motivation, leading to irregular sleep patterns, poor time management, and unhealthy lifestyle choices. Such disruptions often create a negative cycle, where disorganised routines undermine mental well-being.

Social interactions represent another critical domain influenced by mental well-being. Emotional awareness and psychological balance enhance empathy, communication skills, and social competence, allowing individuals to build and sustain meaningful relationships (Diener & Seligman, 2002). Positive mental well-being fosters trust, cooperation, and social support, which are essential for emotional security and collective well-being. Social connectedness, in turn, reinforces mental well-being by providing emotional validation and practical support during stressful situations. On the other hand, diminished mental well-being may lead to social withdrawal, irritability, or conflict, reducing opportunities for positive interaction and increasing feelings of isolation.

Mental well-being operates as an integrative force that shapes everyday lifestyle practices. It influences how stress is managed, how routines are structured, and how social relationships are experienced and maintained. Recognizing this interconnectedness underscores the importance of promoting mental well-being not only through awareness but also through practical, daily actions. By fostering positive mental well-being, individuals can cultivate healthier lifestyles that support resilience, productivity, and meaningful social engagement, contributing to long-term personal and societal health.

C. What psychological and environmental factors facilitate or hinder the translation of mental well-being awareness into practical daily actions?

Although awareness of mental well-being has increased globally, translating this awareness into consistent daily action remains a significant challenge. Research indicates that this transition is shaped by an interplay of psychological and environmental factors that can either facilitate or hinder the adoption of well-being-oriented behaviours in everyday life. Understanding these factors is essential for designing effective interventions that move individuals from knowledge to practice.

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Psychological factors play a central role in enabling or constraining action. One of the most critical facilitators is self-regulation, which includes goal-setting, emotional control, and the ability to sustain healthy habits over time. Individuals with higher self-regulatory capacities are more likely to engage in behaviours such as stress management, regular routines, and balanced lifestyles, even under pressure (Baumeister & Vohs, 2007). Similarly, self-efficacy—the belief in one’s ability to influence personal well-being—strongly predicts whether individuals act upon their mental health awareness (Bandura, 1997). When individuals perceive well-being practices as achievable, they are more inclined to integrate them into daily life.

Another facilitating psychological factor is intrinsic motivation. Awareness coupled with personal values and meaning enhances commitment to well-being-related actions, such as mindfulness, physical activity, and social engagement (Ryan & Deci, 2000). Conversely, maladaptive cognitions, including fatalistic beliefs, normalization of stress, and stigma around mental health, hinder action by discouraging proactive care. Emotional barriers such as fear of judgment, low motivation, and learned helplessness limit the translation of awareness into practice (Keyes, 2007).

Environmental factors are equally influential. Supportive social environments—characterized by positive relationships, open communication, and emotional support—facilitate well-being-oriented behaviours by reinforcing healthy norms and reducing isolation (Huppert, 2009). Educational and workplace settings that prioritize mental well-being through flexible schedules, wellness programs, and psychological safety provide structural opportunities for individuals to act on their awareness. Access to resources such as counselling services, green spaces, and community programs also enhances the likelihood of sustained action (World Health Organization [WHO], 2022).

In contrast, environmental constraints often undermine action. High academic or occupational demands, time scarcity, economic stress, and unsupportive organizational cultures can prevent individuals from prioritizing mental well-being in daily routines. Digital overload and constant connectivity erode boundaries between work and personal life, intensifying stress and limiting reflective practices (Prince et al., 2007). Additionally, socio-cultural norms that emphasize productivity over well-being may discourage self-care behaviours, even among those who are aware of their importance.

Importantly, psychological and environmental factors interact dynamically. For example, strong self-efficacy may be insufficient in unsupportive environments, while enabling environments may fail to promote action in the absence of motivation and skills. This interaction highlights the need for integrated approaches that address both internal capacities and external conditions.

The translation of mental well-being awareness into practical daily actions is facilitated by psychological factors such as self-regulation, self-efficacy, and intrinsic motivation, as well as environmental supports including social relationships, institutional policies, and access to resources. Conversely, cognitive barriers, stigma, stress, and unsupportive environments hinder this process. Addressing these factors holistically is essential for transforming awareness into sustained well-being practices.

D. How does mental well-being contribute to resilience, self-regulation, and overall quality of life in daily living?

Mental well-being is a foundational element in daily living, significantly contributing to resilience, self-regulation, and overall quality of life. It shapes how individuals perceive themselves and their environments, respond to challenges, and sustain meaningful engagement with life. Contemporary psychological research emphasizes that mental well-being is not merely the absence of distress but a positive state that enables adaptive functioning and personal growth (World Health Organization [WHO], 2018).

a) Mental Well-being and Resilience:

Resilience refers to the capacity to adapt positively in the face of stress, adversity, or change. Mental well-being strengthens resilience by fostering positive emotions, cognitive flexibility, and a sense of purpose, all of which buffer the impact of life stressors (Keyes, 2002). Individuals with higher mental well-being are more likely to view difficulties as manageable and temporary, enabling constructive problem-solving rather than helplessness. Positive emotional states associated with well-being broaden thought–action repertoires, helping individuals build enduring psychological resources such as optimism and coping skills (Fredrickson, 2001). As a result, mentally well individuals recover more quickly from setbacks and maintain stability in daily functioning.

b) Mental Well-being and Self-Regulation:

Self-regulation involves the ability to monitor and control one’s emotions, thoughts, and behaviours in alignment with personal goals and social expectations. Mental well-being enhances self-regulation by promoting emotional awareness, impulse control, and reflective decision-making (Baumeister & Vohs, 2007). Individuals with strong psychological well-being demonstrate greater consistency in daily routines, including time management, healthy habits, and goal-directed behaviour. In contrast, diminished mental well-being can impair self-regulatory capacity, leading to emotional reactivity, procrastination, and difficulty maintaining balanced lifestyles. Thus, mental well-being provides the internal stability necessary for sustaining adaptive self-regulation in everyday life.

c) Mental Well-being and Quality of Life:

Quality of life is a multidimensional construct encompassing physical health, emotional satisfaction, social relationships, and a sense of meaning. Mental well-being directly influences these domains by shaping how individuals experience and evaluate their lives (Diener et al., 1999). People with positive mental well-being tend to report higher life satisfaction, stronger social bonds, and greater engagement in meaningful activities. Mental well-being supports healthy behaviours and effective stress management, which enhance physical health and overall life quality. This reciprocal relationship highlights mental well-being as both a contributor to and an outcome of a fulfilling daily life.

Mental well-being acts as an integrative force that nurtures resilience, strengthens self-regulation, and enhances overall quality of life. By enabling individuals to adapt to challenges, manage their emotions and behaviours, and derive meaning from everyday experiences, mental well-being plays a central role in promoting healthy and sustainable daily living.

DISCUSSION OF THE STUDY:

The present study underscores the critical role of mental well-being as a dynamic link between awareness and action in healthy daily living. While awareness of mental health concepts is widely acknowledged, the findings highlight that meaningful lifestyle change occurs only when this awareness is translated into intentional daily practices. Mental well-being emerges not merely as an abstract psychological state, but as an active process that shapes how individuals manage stress, regulate emotions, and engage with their social and physical environments.

The discussion reveals that individuals with higher levels of mental well-being demonstrate greater resilience and adaptability in responding to everyday challenges. Awareness of emotional states and stressors enables more effective coping strategies, such as problem-focused coping, mindfulness, and constructive reframing. These strategies support healthier daily routines, including balanced work–life schedules, consistent self-care practices, and improved time management. In contrast, limited mental well-being often restricts the application of coping knowledge, reinforcing maladaptive habits and emotional dysregulation. A key insight of the study is the central role of self-regulation in bridging awareness and action. Mental well-being enhances self-monitoring, impulse control, and goal-directed behaviour, allowing individuals to align their daily choices with long-term health goals. This finding aligns with positive psychology perspectives, which emphasize that psychological well-being strengthens personal agency and intrinsic motivation. As a result, individuals are better positioned to sustain healthy behaviours rather than adopting them temporarily.

The study also highlights the reciprocal relationship between mental well-being and social interactions. Positive mental well-being fosters empathy, effective communication, and social connectedness, which in turn provide emotional support and reinforce healthy lifestyle choices. Social environments that promote openness and support facilitate the translation of mental health awareness into daily action. Overall, the discussion emphasizes that promoting mental well-being requires an integrated approach that moves beyond awareness-building to skill development and supportive contexts. Educational institutions, workplaces, and community settings play a pivotal role in embedding mental well-being practices into everyday life. By focusing on action-oriented strategies, the study contributes to a deeper understanding of how mental well-being can be sustainably cultivated, ultimately enhancing individual resilience, social harmony, and quality of life.

CONCLUSION:

The present study highlights that mental well-being is a fundamental determinant of healthy daily living and must be understood as an active, ongoing process rather than a passive state of awareness. While contemporary individuals demonstrate a growing conceptual understanding of mental well-being, the findings underscore a persistent gap between knowing its importance and translating that knowledge into consistent daily practices. This awareness–action gap remains a critical challenge in promoting sustainable health and quality of life. The study reveals that mental well-being significantly influences everyday behaviours such as stress management, emotional regulation, routine formation, social interaction, and decision-making. Individuals with higher levels of psychological resources—such as self-regulation, self-efficacy, and intrinsic motivation—are more likely to integrate well-being-oriented actions into their daily lives. Conversely, cognitive barriers, stigma, normalization of stress, and limited coping skills often hinder the practical application of well-being

awareness. These internal factors are shaped by external conditions, including social support, educational and workplace environments, access to resources, and broader socio-cultural norms. Importantly, the study emphasizes that mental well-being cannot be effectively promoted through awareness campaigns alone. Sustainable change requires supportive environments, skill-based education, and policies that enable individuals to practice well-being in real-life contexts. Educational institutions, workplaces, and community systems play a vital role in creating conditions that encourage reflection, balance, and healthy routines. Moving from awareness to action is essential for embedding mental well-being into healthy daily living. By addressing both psychological capacities and environmental structures, stakeholders can foster resilient individuals capable of maintaining well-being through everyday choices. The study contributes to a deeper understanding of mental well-being as a catalyst for holistic health and offers valuable insights for educators, health professionals, and policymakers seeking to promote meaningful and sustainable well-being practices.

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Conflict of Interest

The author(s) declared no conflict of interest.

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