



NIGERIA DECIDES

Understanding how inequality affects emotional well-being is essential for anyone interested in the well-being of individuals and nations. Inequality in this context is defined as the unfair situation in a society when some people have more opportunities, money, etc. than other people. A greater understanding of inequalities is also crucial to recognizing the limits of what promoting positive mental health can achieve. Positive mental health does confer considerable protection and advantage, but it does so predominantly among those with equal levels of resources.

There are several factors that lead to inequality in a nation which in turn has an effect on the citizen's emotional and mental well-being. These factors may include; poverty, tribalism, illiteracy, absence of adequate healthcare, lack of access to quality mental healthcare, education and geographic location. The government also plays a major part in the rise of inequality amongst its citizens due to lack of provision of basic and social amenities. Inequality also feeds into consumerism as people now use purchases and possessions to give a good impression and create a sense of self-worth. Money becomes

more important as the means through which we communicate our self-worth. Those on higher incomes make the rich seem more important as almost superior beings, while the poor come to be regarded as worthless. This usually has a great effect on mental health because a poor person who feels intimidated by the glamour and affluence of the rich might fall into depression, anxiety or take to crime as a result of feeling oppressed. Also, sadness spreads as inequality undermines our mental and emotional health, relationships, and active community life that is so essential to our well-being.

The corporate world isn't left out either in all this. Inequality has a great effect on employees of corporate organizations as well. Often we find that in our society, some appear more deserving than others. Many workers are often over qualified, yet under paid. Lack of promotions or inadequate welfare packages is rampant. While others are given preferential treatment because of who they know. Employees must be mindful of these inequalities in their organizations so it doesn't affect their mental and emotional well-being.

During this election period, we are often reminded of the inequalities that exist in our nation. Across all levels, let us all have a positive mindset and also come out peacefully to VOTE WISELY, so as to eradicate inequality in our society.



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