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"Bob dydd, ar ôl deffro, rwy'n diolch mai Cymro ydw"

Meddwl.org: Beth yw iechyd meddwl? / What is mental health?

Wedi'i gyhoeddi ar 15/07/2018 — Yn Erthyglau/Ffurfiol

Erbyn heddiw, clywn yn aml am iechyd meddwl a salwch meddwl. Ond beth ydyn ni'n ei olygu wrth sôn am iechyd meddwl a lles emosiynol? Dyma erthygl o meddwl.org sydd yn esbonio mwy:

The days, we often hear about mental health and mental illness. But what do we mean when talking about mental health and emotional wellbeing? Here is an article from meddwl.org that explains more:

Erbyn heddiw, clywn yn aml am iechyd meddwl a salwch meddwl. Ond beth ydyn ni'n ei olygu wrth sôn am iechyd meddwl a lles emosiynol?	These days, we often hear about mental health and mental illness. But what do we mean when talking about mental health and emotional wellbeing?
Yn aml, ceir lot o ddryswch o amgylch y term iechyd meddwl; bydd sawl un yn meddwl yn syth am broblemau iechyd meddwl neu salwch meddwl- ond rhan yn unig yw'r rhain…	There is often a lot of confusion around the term mental health; many will be thinking of mental health or mental illness problems immediately- but these are only a part..
Mae gan bawb 'iechyd meddwl'; mae gan bob un ohonom gorff ac ymennydd, ac felly mae gennym i gyd iechyd corfforol ac iechyd meddwl.	Everyone has 'mental health'; we all have a body and a brain, and so we all have physical health and mental health.
Gallwn feddwl am iechyd meddwl yn nhermau:	We can think of mental health in terms of:

• Y ffordd a deimlwn am ein hunain a'r pobl o'n cwmpas • Ein gallu i wneud a chadw ffrindiau a pherthnasau • Ein gallu i ddysgu gan eraill • Ein gallu i ddatblygu'n seicolegol ac yn emosiynol.	• The way we feel about ourselves and the people around us • Our ability to make and keep friends and relatives • Our ability to learn from others • Our ability to develop psychologically and emotionally.
Mae'n rywbeth sy'n newid ar adegau gwahanol o'n bywydau a bydd rhai pobl yn meddwl amdano fel 'iechyd emosiynol' neu 'lles', ond yr un peth ydyn nhw'n y bôn. Gall effeithio ar y ffordd fydden ni'n meddwl, yn teimlo ac yn ymddwyn a dylanwadu ar y ffordd fydden ni'n delio â straen, yn uniaethu ag eraill ac yn gwneud penderfyniadau.	It's something that changes at different times of our lives and some people will think of it as 'emotional health' or 'wellbeing', but they're basically the same. It can affect the way we think, feel and behave and influence the way we deal with stress, identify with others and make decisions.
Mae bod yn feddyliol iach hefyd yn ymwneud â'r cryfder i oresgyn yr anawsterau a'r heriau a fydd yn ein wynebu ni i gyd ar adegau'n ystod ein bywydau- i fod â hyder ac hunanbarch ac i allu credu'n ein hunain.	Being mentally healthy is also about the strength to overcome the difficulties and challenges that will face us all at times during our lives- to have confidence and self-esteem and to be able to believe in ourselves.
Beth allwch chi wneud i edrych ar ôl eich iechyd meddwl? Wedi dweud bod gennym oll iechyd meddwl, mae hefyd yn hynod bwysig deall pan y gallech fod angen rhywfath o gymorth neu gefnogaeth â'r ffordd ydych chi'n teimlo- neu i wybod pan y byddech efallai'n profi problem fwy difrifol.	**What can you do to look after your mental health?** Having said that we have all mental health, it is also extremely important to understand when you might need some help or support with the way you feel- or to know when you might experience a more serious problem.
Enghreifftiau o iechyd meddwl positif yw emosiynau fel cyffro ac hapusrwydd, ond mae hefyd yn eithaf arferol i deimlo'n boenus, yn bryderus neu'n ddigalon (enghreifftiau o iechyd meddwl negyddol) pan nad yw pethau'n mynd fel yr oeddech wedi'i obeithio – gall bawb wynebu pwysau'n eu bywydau ar adegau penodol. Mae'n bwysig cydnabod bod ein teimladau'n newid ar wahanol adegau a'i fod yn rywbeth rydyn ni gyd yn ei brofi a'i rannu, er y gall fod yn brofiad ansefydlog iawn pan mae'n digwydd.	Examples of positive mental health are emotions such as excitement and happiness, but it is also quite normal to feel painful, worried or depressed (examples of negative mental health) when things do not go as you were hoping - everyone can face pressure in their lives at certain times. It is important to recognise that our feelings change at different times and that it is something we all experience and share it, although it can be a very unstable experience when it happens.
Fodd bynnag, os yw rhywun yn profi poenau, pryderon a theimladau anodd sy'n amharu ar eu bywydau bob dydd a bod y teimladau hyn yn dod yn rai parhaus, sy'n parhau am rhai wythnosau neu fwy, mae'n bosibl y gallent fod yn byw â salwch neu anhwylder iechyd meddwl a'u bod angen cyngor a chymorth.	However, if someone is experiencing difficult pains, concerns and feelings that disrupt their daily lives and that these feelings become persistent, which last for a few weeks or more, then they may be able be living with mental health illness or disorder and need advice and support.
Mae'r math yma o brofiadau hefyd yn naturiol ac mae'r rhan fwyaf o bobl yn gallu gwella neu ymdopi gyda chymorth briodol. Ceir nifer o wahanol fathau o salwch meddwl a bydd rhai yn fwy cyfarwydd i'r boblogaeth yn gyffredinol nag eraill, megis gorbryder, iselder ac anhwylderau bwyta. Achosir salwch meddwl gan ystod o wahanol ffactorau; does neb ar fai mwy na phan ddaliwn ni frech yr ieir!	This type of experience is also natural and most people can improve or cope with appropriate support. There are many different types of mental illness and some will be more familiar to the general population than others, such as anxiety, depression and eating disorders. Mental illness is caused by a range of different factors; no-one is at fault more than when we catch chicken pox!
Gall fod yn anodd iawn meddwl eich bod chi, aelod o'ch teulu neu ffrind yn profi problemau iechyd meddwl, ond mae'n hynod bwysig i geisio peidio â'i gadw i chi'ch hun; bydd rhannu yn helpu. Deallwn y gall y syniad o drafod eich iechyd meddwl eich dychryn, ond mae'n rhan naturiol ohonom a bydd siarad ag eraill yn aml yn gwneud i ni sylwi nad yw'n profiadau ni'n anarferol ac nad ydym ar ein pen ein hunain.	It can be very difficult to think that you, a member of your family or friend experience mental health problems, but it's really important to try not to keep it to yourself; sharing will help. We understand that the idea of discussing your mental health can scare you, but it is a natural part of us and talking to others often makes us realise that our experiences are not unusual and that we are not alone.
Sut ga i wybod mwy? Porwch'r wefan meddwl.org am ragor o wybodaeth ar iechyd meddwl a'i effaith ar fywydau, gwahanol gyflyrau a phrofiadau unigolion eraill.	**How can I know more?** Browse the meddwl.org website for more information on mental health and its impact on the lives, different conditions and experiences of other individuals.
Gallwch hefyd gysylltu gyda Mind er mwyn cael gafael ar daflenni gwybodaeth drwy ymweld â'u gwefan. Ni ellir gwarantu bod yr holl daflenni hyn ar gael yn Gymraeg.	You can also contact Mind in order to access information leaflets by visiting their website. It can not be guaranteed that all these leaflets are available in Welsh.

post@meddwl.org ~ Facebook ~ Twitter ~ Instagram

Manon Elin ~ Hedd Gwynfor ~ Sophie Ann

meddwl.org

meddyliau ar iechyd meddwl

Mae’r erthygl hon yn cynnwys testun o’r dudalen Beth yw iechyd meddwl? ar wefan meddwl.org, sef gwefan at y diben o ddarparu gwybodaeth a chefnogaeth am iechyd meddwl yn y Gymraeg. Mae gan y dudalen penodol hwnnw drwydded agored CC BY-SA 4.0; gweler testun y drwydded am delerau ail-ddefnyddio’r gwaith.

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