

## Style changes in Eman Khaled's interview with Basseer Jeeawody

<https://jmediacorp.com/jmedia-exclusives/dr-basseer-jeeawody-on-maintaining-emotional-well-being-during-covid-19>

**Eman Khalid:** I know you probably get asked this a lot, but what inspired you to form the Emotional Well-Being Institute? Was it your personal experiences or were you inspired by the events happening around you?

**Basseer Jeeawody:** I have had an interest in establishing the Emotional Well-Being Institute for quite a while to address the upheaval in the world. If the emotional well-being of an individual or group or nation is not addressed properly, it can trigger mental illnesses. We have a large number of different types of mental illnesses that are quite rife in our society. One in five people in the world, and more so in some countries, are suffering from mental illnesses, depression, suicidal thoughts, psychological illnesses, neuroses and psychoses and so on.

*Subsequently, use the initials, please see example below:*

**EK:** Emotional health, like physical health, affects all our lives; however, we may talk or think about it differently. Can you share what emotional health and mental health mean to you?

**BJ:** Emotional health can be defined as the well-being of an individual. I do not like the word mental health because the moment you use the term "mental," it's off-putting. You get labeled. Mental means you are mad, that you've got an illness that may not be accepted by society as such.