



## The Role of Social Mentality and Health in Sustainable Cities

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### DESCRIPTION

The Coronavirus Illness 2019 (COVID-19) has already had an impact on mental health around the world and a number of impacts such as anxiety, depression and post-traumatic symptoms are likely to continue. This has the potential to halt progress towards the United Nations Sustainable Development Goal (SDG) 3 of ensuring healthy lives and well-being for everyone. However individual sustainable mental health can produce a healthy social mentality and the public's attitude towards COVID-19 represents a nation's culture, quality and competitiveness in which a healthy social mentality is favorable to dealing with current and post-COVID-19 conditions. Harmonious societies are possible and maintained by a positive social mentality. Furthermore one of the most significant goals on the global policy agenda is sustainability. The city is one of the primary drivers of sustainable development to which the notion of the so-called sustainable city. A sustainable city is one in which social, economic and material development achievements can be sustained and the social index is one of the key indicators in sustainable city development. As can be seen, a sustainable society is a crucial aspect of attaining a sustainable city, whereas a sustainable society is one that ensures the health and vitality of human existence as well as the culture and natural capital for present and future generations.

In the process of evaluating sustainability a sustainable society is described as one in which individuals can develop themselves in a healthy way and in which people's health (physical, mental,

and emotional) is not harmed by structural impediments. Individual well-being is thus the bedrock of strong and sustainable societies. To achieve global sustainable development, a fair and balanced social environment is required and scientific breakthroughs in all sectors are also required to create sustainable societies. COVID-19 has altered the world but it also provides an opportunity to construct better and more sustainable societies and cities. Social mentality is the social state of mind in the entire society or in social groupings at a certain point in time as well as the total feelings, social emotional tone, social consensus and social ideals in the entire society. From the standpoint of philosophy and the relationship between social form and social psychology, social mind has been characterised in three ways. The creation mechanism of social mind is exceedingly complex as one of the most broad and complex social psychology phenomena. It performs a comparative statistics analysis on data collected over a number of years in order to cultivate a healthy social mentality indicating that people's cultural behaviours may reflect the development of a social cultural mentality. Furthermore in light of the present COVID-19 situation is still a long way to go in cultivating a constructive and healthy social mentality. Enhancing cultural power and strengthening cultural construction is an effective strategy for cultivating a positive and healthy social mentality. Under the supervision of sophisticated culture the public will be able to correctly perceive the difficulties and issues in China's economic and social growth inspiring the spirit of innovative and tenacious battle and cultivating a healthy social attitude.

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