

The Gateway to a Healthy Mind

MENTAL + HEALTH

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MENTAL HEALTH

EDITOR'S NOTE

Dear Readers

Welcome to my magazine of Mental Health. I have a great collection of stories and articles ready for you in this magazine

Mental Health is one of the most overlooked topic despite it having significant impact on individuals and societies as a whole. Mental Health problems like anxiety and depression are common and can have serious consequences if ignored.

It is important to address these issues and spread awareness on consequences and general treatments for Mental Health problems. This magazine has been made as a guide for preventing Mental Issues and spreading awareness for this cause

As always, I am looking forward for your feedback and comments. You can get in touch with me at sayeedfarhan19@gmail.com

Thank you for reading!

Best regards,



MESSAGE FROM FARHAN SAYEED
THE EDITOR

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STRESS MANAGEMENT

HOW TO MANAGE STRESS
WITHOUT STARTING
ON MEDICATIONS

Modern day challenges puts a lot of strain on individuals. The importance of stress management cannot be overstressed if not handled properly, stresses can very adversely affect one's health and mental agility. It can lead to physical and emotional health problems, decreased productivity, and decreased quality of life. As such, one must find ways to relieve this stress through taking time out for activities which provide relaxation and reduce stress. These may include periodic vacationing, exercises, listening to music or whatever which makes one feel more relaxed. Such relaxation can result in reduced tensions and anxiety, increased peace of mind, greater happiness, a more contented family life apart from a better overall performance and output at work.

Can You Change • Your Mind?

How long can it take to change your mind?

A RESEARCH BY REHAN SAYEED FROM IMPERIAL UNIVERSITY

The mind is like a CPU for the human being. It is the control center without which we cannot function, in the same way that a computer cannot function without a power source.

Just like the human body needs to be checked up and medically treated from time to time, in the same way the human mind may need intervention by a specialist, such as a psychologist or a psychiatrist to keep it in tip top condition. Just like

computer viruses, the mind can also get clustered with garbage which can give rise to unwanted intrusions and anxiety which one can do without. Alternatively, we could have an overloaded situation which could result in overstressed conditions and if left untreated, can lead to a total nervous breakdown. Special therapies, such as counseling and medications are available to sooth down the nerves and make one feel less anxious and more relaxed. Also, exercises such as Yoga and

listening to music etc are also known to be very effective in treating the mind and even changing one's mindset.

Just like not all fingers are alike, in the same way no two minds think alike. The way we think is very subjective. For instance some people are optimistic about the way they perceive things while there are others who have a pessimistic mindset. A classic example here is that of a glass with half water. Some may perceive it to be half full (optimistic) whereas others may consider it to be half empty.

However, with special counseling and participation in motivational symposiums and seminars, it is possible to change an individual's mindset from being negative and pessimistic to one full of hope and optimism.

Environmental Affects: The most Famous of all, Albert Einstein is hugely regarded as possessing a very intelligent mind. His theories on relativity are a testament to his incredible power of the mind.

However, it's argued that it was the environment which gave him the opportunity to excel as a physicist. On the other hand if he had grown up in the wild west for instance, he would still have excelled but not as a physicist but rather as a famous gang leader.

There are however certain disorders of the mind which might be inherited by birth in certain individuals and which may seriously hamper their ability to lead a normal life. Such disorders may include Anxiety Disorder, Depressive Disorder (both Clinical & Non-Clinical) OCDs and many others. Such conditions are usually not self treatable and may require special intervention by trained

Disorders of the Mind

Whereas it may be easier for individuals to change their negative perceptions and attitudes, it's a different story when it comes to Disorders of the mind mostly inherited during childhood. Most common disorders include conditions such as: Bipolar and related disorders involving extreme emotional states (such as episodes of extreme energy and excitement followed by periods of extreme depression, Schizophrenia & other psychotic disorders detaching one from reality and giving way to delusions and hallucinations, depressive and anxiety related disorders, Obsessive-compulsive disorders (OCD) giving rise to unusual or odd or repetitive behavior etc. All of these conditions usually require treatment such as psychotherapy, counseling and medication. In many cases it results in sufficient improvements in the thinking process and consequently in the quality of life.

specialists such as psychologists, psychiatrists, psychotherapists etc along with medications where necessary.

Conclusion: The human mind is complex in nature, with each individual having his own way of thinking and mindset. However, modern research shows that with the right kind of approach and treatment, this pattern of thinking, perception and outlook to life can be changed in individuals to improve one's quality of life and make individuals contribute more positively to the society they live in



by Dr. Rehan Sayeed, Researcher

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**Take care of your
Mental Health, It's the only
place you have to
live in**

Millions of people around the world suffer from some kind of mental illness or disorder at some stage of their lives. These numbers are increasing all the time in correlation with the increase in modern day struggles, stresses, and challenges. The onslaught of the Covid Pandemic has increased these stresses. In many cases, people with mental health disorders know very well that all is not well in their thinking process. However, there is a universal stigma attached to the subject related to one's mental health. People in general with mental disorders are too ashamed to discuss their mental health related issues, fearing that the community they live in may label them as mad or mental. Such people are also afraid to disclose their mental illnesses at their work place level as such revelations may result in them losing their jobs and also ending up losing their livelihood. So what can society do to help these people out? The

THE NEED FOR MENTAL HEALTH AWARENESS PROGRAMS

first line of care in such cases are the families and friends. They need to be sensitive towards the needs of the patient. They must increase their awareness about the particular disorder or illness

the patient has and start a conversation about the specific mental health issues they might be suffering from.

Once the patient overcomes the initial stigma, they can be encouraged to participate in support groups facing similar health

challenges. Talking about it openly is the first step towards accepting the prevailing condition and helping oneself on the road to treatment and recovery. It is the collective responsibility of the family, the support groups, the psychologists, psychiatrists, psychotherapists and the community as a whole to recognize and accept the mental health patients and to support them accordingly. With the right approach, we can help such individuals for their speedy recovery .

QUOTES OF THE MONTH

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**Mental Health
does not
define who you
are. You walk
in the rain and
feel the rain but
you are not
the rain**

A QUOTE BY OMER GILANI



*“Humans have a wide
range of emotions
and it’s ok to
have ups and downs”*

A QUOTE BY DANNY JOHNS

**“Everyone we have
known has known
defeat, known suffering
known loss, known
struggle, and they
are the ones who have
found their ways
through it”**

A QUOTE BY BOBBY RANCHERS



*“Do not let
your thoughts
control you”*

A QUOTE BY ASJID HUSSAIN

**“THE FEEL IS REAL BUT
THE DANGER IS NOT.
THERE IS ALWAYS HOPE
EVEN IF YOUR
BRAIN TELLS
YOU THERE ISNT”**

A QUOTE BY DR. FARHAN SAYEED