



Mind- DisOrder To Order

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With definitions and labels, the entire world is lost and perplexed; graphs and tables only serve to further the complexity.

Although psychotherapy is a general term, treating mind related issues are easier when consulted with a psychiatrist, psychologist, or other mental health solution providers. Let's simply understand that it is no big deal as every human mind on this earth tends to be disturbed, disoriented, sometime or the other with ups and downs of life, so yes, of course, we all need natural mind medicine. We all have heard about the benefits of meditation, but have actually never sat down to endeavour towards this beautiful art of living.

We gain more knowledge about our conditions, moods, feelings, ideas, and behaviours during therapies. What makes us tick? What makes us react and respond? And what propels us to reach new heights or descend to new lows?

Natural Mind medicine helps to regulate our behavioural patterns, take leadership of our lives, and understand to respond and act responsibly towards challenging situations with the skills and creative practical approach of coping with anomalies of life.

Problems are everywhere but the solutions are right under our nose.

Numerous therapeutic modalities exist, each with a unique methodology. The type of therapy that's right for you depends on individual comfort zone leveling upto, or gradually overcoming mental blocks and behaviour resistance in a rehabilitative pattern. Therapies are also known as venting -counselling, psycho-socio therapy, or simply-colors-dance-draw-sand-walk-breath-sing-

paint-pray-meditate therapy and so on and on.

Natural mind medicine removes or alters uncomfortable sensations or ideas that might lead to non-existent problems, resistance, or perseverance.

A person who can truly take responsibility will heal by himself, with nature and by other sensory stimulations.

For the majority of mental health imbalances, natural mind medicine can be beneficial in treating: anxiety disorders include panic disorder, phobias, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD).

Addictions include alcoholism, drug addiction, or compulsive gambling; Mood disorders like depression or bipolar illness; eating disorders like anorexia or bulimia.

Psychotic illnesses, which include schizophrenia and other disorders that lead to a separation from reality, are examples of personality disorders. These include dependent and borderline personality disorders.

Therapies- are not always diagnosed resulting in mental illness. Regular therapies can reduce innumerable mental issues and conflicts happening in and around us.

Breath work in rhythm and in flow done many times a day in full awareness for extended periods can help you relive

- Anxiety
- Cope with disruption.
- Increase abilities to manage unhealthy reaction.
- Come to terms with all challenges.
- And help you recover from mental physical emotion abuses.

The therapies that work the most are dance-sing-workout-sleep.

Then awaken with answers, determination, self-assurance, self-worth, and self-beliefs. Natural mind medicine often assists in the process of weaning off psychiatric medications.

But it needs to be carried out under the guidance of therapists and with the support of a psychiatrist. Every psychotherapist and psychiatrist is your well-wisher and would want you to be free of medicines as per your increasing capabilities of Being Independent-Being In Charge-Being Stable And Completely Able.

Both sides of your brain work together when you use natural mind medicine, firing neurons at their best and creating the greatest number of synaptic connections.

Everyone is in a chase, running constantly pulling and pushing life, where one's schedules are going haywire, demands are much more than one can deliver, and each day we are trying to juggle as well as balance life which results in stress.

The whole idea is to slow down, stop, pause, and reorient! Take life from DIS-ORDER TO ORDER, DIS-EASE TO EASE, and DIS-COMFORT TO COMFORT.

When all this pulling, pushing, chasing, living in a circle takes place, the whole idea is to move from the circle to the centre (your inner being). In the centre is pause, reset, reorient, reorganize and re orchestrate.

One doesn't need anything, just start with shutting your eyes. This saves energy immediately, as 70-80% of physical energy expenditure happens when your eyes are open.

There's a sharp shift in consciousness when you preserve energy, and your breathing becomes rhythmic. It transitions from scattered to regulated and finally into a flow. Once your rhythm flow is developed, your mind becomes composed and collected.

Stress is released when the brain's processes start to synchronise, and the mind stops rushing. Complexities give way to clarity. Confusions give way to vision. Anxieties give way for confidence.

These are some effortless and quick ways to relax

- Wet your face with running water for a few minutes until it cools down and your eyes become calm. Pat dry and inhale.
- Just sit quietly, sip on warm water/herbal tea. Herbal teas may work to lift your mood and fight the physical symptoms of depression and help to relieve stress.
- Alternatively, do nothing, close your eyes, sit, and observe your breath as it comes in and goes out.

It automatically puts your thoughts into the present moment when you are conscious of each breath as it enters and exits.

When the mind enters the present moment, it possesses stability and the capacity to operate harmoniously. Stress and strain give way to harmony; the broken parts of the mind come together to become one, the mind enters a condition of oneness, and wellbeing and tranquilly follow.

- Take a nice stroll outside the four walls and ascend and descend the stairs.

You can get great mental health benefits by taking a stroll. It reduces tension, anxiety, and weariness while enhancing mood, self-perception, self-esteem, and quality of sleep.

- Go to the closest tree; suck in oxygen from it, touch it/hug it.

They assist in lessening the physiological impacts that stress has on the body.

They aid in lessening the physiological impacts that stress has on the body. Blood pressure and the stress hormones cortisol and adrenaline are both lowered just by merely sitting and gazing at trees.

- Go somewhere out in the sun and be in the light, sit or stand and feel the wind that is touching you (wind bath), be aware!
- A person can naturally heal their mind, body, and soul with aromatherapy. Inhaling fragrances can stimulate the sense of

smell, which can have a variety of psychophysiological impacts on people. It enhances general mental well-being and reduces stress.

- Pick up the phone and speak with your friends, family, and loved ones. Laugh it out. Catharsis, or a sense of relief, is brought on by talking. Higher amounts of dopamine, oxytocin, endorphins, and other feel-good biochemicals are released during feel-good interactions.
- If you are at home and stressed out, simply sit down under the shower, shut your eyes, allow your breath to settle down, get regularized or grab a bucket with warm water, put some sea salt which will erase all the physical exertion, sweating it out after a hot water bath releases toxins.
- Having a hot bath can be an amazing way to take care of yourself. Your body's parasympathetic nervous system, which oversees relaxation, can be stimulated with a bath.

A warm bath helps strengthen and adjust the circadian rhythms, which affect every organ, including the brain.

Even when biological toxins are released, stress is released. Even when muscle tension is released, stress is released making you feel better.

- Invest in this bank of wellness and well-being, and you can keep growing healthy dividends all your life.
- We must begin with the desire to shape up, to heal oneself, to become whole again, complete again, lively in energy, radiant in personality, and corrected in character. So, certainly, exercise becomes a terrific path ahead, as does conscious breathing.
- Adopting a healthier lifestyle of working out. It can be simple twisting, forward- backward and sideward bending or walking, swimming, cycling, stretching and optimal movement therapy, which is more of yoga.
- Optimal movement therapy promotes physiological, emotional, and psychological growth. It slows down the ageing process, cures ailments, promotes cellular regeneration, and keeps us stress free.
- Lie down in Shavasana (corpse pose) also known as the posture of relief, for dissolving into gravity, start inhaling and exhaling thereafter, start from your toes all the way up, and

imagine breathing out tensions, in 5-7 mins you will feel light like a feather. The breath slows as more physical tension and psychological stress are released. It helps to cool the mind and alleviate conflict, which may help with headaches, fatigue, and anxiety.

- Chanting modifies voice and breath; it can reduce imbalances and depressed symptoms while also increasing mood, relaxation, and focus and attention.
- Humming is one of the most simple and profound sounds we can make for ourselves, and it has a physical effect on us, reducing stress, inducing calmness, and improving sleep, as well as lowering heart rate and blood pressure and producing powerful neurochemicals like oxytocin and endorphins.

Lastly, go and seek the company of good people or get away from everybody, be alone and quiet, get your peace and solace.

Nutrition

What we eat affects how we feel. Many factors can influence mood, including stress, the environment, inadequate sleep, genetics, mood swings and dietary deficiencies.

A nutritious and healthy diet promotes a healthy gut, which communicates with the brain through what is known as the gut-brain axis and produces neurotransmitters like serotonin and dopamine, norepinephrine, and gamma aminobutyric acid, all of which are important to regulate our mood and emotions. Certain foods have an impact on brain health, since several studies have shown that a poor diet is a major contributor to the epidemic of mental diseases such as depression and anxiety. Include foods that are rich in vitamins, fibres, microminerals like nuts and seeds, bananas, dark- chocolate, berries etc.

Do you think problems get solved with this? Certainly not, but the propensity to see the problem in a different light, different perspective, and the potential to deal and cope with them increases, which results in self-confidence, self-conviction, self-reliance and a positive approach to life and skills.

Stress is a destructive use of imagination... productivity is a creative use of imagination.

With natural mind medicine, stress gets neutralized, creativity gets optimized and life gets Mickeymized!!!