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Understanding the Mind in Terms of Mental Health

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Understanding the Mind in Terms of Mental Health

Behind the Walls of the Mind

Behind the walls of the mind stands a very complex issue that is in constant study. We have people of all sorts, including mentally ill, so-called normal minds, geniuses and so forth. The mind has been known to play tricks on us, let us down, skip to another level and so forth. It seems with the battle between the brain and self there is never a winning ticket. The truth is the mind holds the key to all areas of your body, but the central nervous system is the channel to the brain. In most instances if the brain is affected is a direct result of the central nervous system and spinal column.

If the spinal column is out of line or injured then it will affect the nervous system, which works its way toward the brain. Once the brain is hit, the troubles begin and often do not quite until someone finds out the source of the problem. There are many people today suffering from head injuries, disorders, cognitive disorders, diseases of the mind, and so on.

The problems increase as the years go by. In my research, studies, case studies, and so forth I found that people that visited Chiropractors were often healthier than those that did not. When a doctor focuses on the spine, which is a direct link to the brain, results often occur. Scientists are often searching for solutions to understand the different mental illnesses, diseases and physical impairments.

They often run in every direction and sometimes the answer is lying in front of them. The problem is everyone has opinions, theories, and guesses and many of them are ignoring the voices that call out with expertise and experience. Recently there were major controversial issues regarding Medicaid and Chiropractor services. For a short time, the Chiropractors were not qualified to take Medicaid Patients, yet many doctors has treated some of the same people and found no answer to fix the many problems.

While most people believe that Chiropractors work only with the physical portion of the body, they fail to see that these experts also work with the minds everyday. Let's examine ADHD/ADD patients. In most instances, a part of the nervous system, spine and brain is the leading cause of the symptoms of this diagnose. Most mental health experts will offer the patients drugs,, which only covers the symptoms and is often causing other problems including, psychosis, and schizophrenia symptoms. The MIND.

Now if these people were treating the mind without drugs, and using natural herbs and spinal practices, what would happen? First, there would be no schizophrenia and psychosis induced patients or at least it would be minimal. Let's look at Bipolar. The patient is often suffering as a direct result of Chemical Imbalances and most mental health experts will place the patient on antidepressants, which leads to strokes, heart problems, early-induced changes of life and so forth.

If a specialist that knows the spine, nervous system and the brain treated the patients, what would happen? I personally know a woman diagnosed with Bipolar and she has sought out Chiropractic support and is doing great overall, with the exception of her bad habits that she has illustrated for more than 20 years. On the other hand, I know another bipolar patient that had no Chiropractic services and she is a woman you want to stay clear of. She called me 18 times per day, threatened to commit suicide, and drove me absolutely nuts.

I am still in recovery. Personally, I went to psychologist, psychiatrists, therapists and doctors complaining of symptoms that they thought were linked to mental illness. After visiting a Chiropractor, the symptoms decreased and I was able to cope. Now, I am not promoting anything here, but to understand the mind you must consider the spine, central nervous system, brain and many other factors before coming to any conclusions.

Some counselors will diagnose you as soon as you walk in the door; this is a bad deal since many often play against a life in order to find an answer. Once the professional sees that there diagnose is off balance, they often move onto another diagnose and unfortunately this goes on and on, and too many times patients suffer at great lengths as a result.

Education and Mental Health

When a person is suffering from mental health issues, then the best source of support and help is found in the educational system. Many people that suffer from mental illness are often in the stone ages and do not realize what is available to them. They were often misinformed while growing up, and since education is always advancing and changing, it is helpful to know what is going on. Of course, if you have a mental illness you will need to see a therapist.

However if you are learning this increases your chances of finding hope and avoid being misinformed by someone that is not qualified, or under qualified. Professionals around the world are constantly searching for answers to the many problems we face today in mental health. The problem is everyone has an answer and most times no one agrees. They may find an answer to the problem, turn around, and slaughter by analyzing the source to death.

Then we have another problem, simply because we have dozens of diagnosis, including schizophrenia, bipolar, depression, trauma, a variety of disorders and so forth. The different diagnoses are diseases of the mind, disorders of the mind, and or chemical and biological interruptions. To get help we must know what we are dealing with, rather than trusting in others to tell us what is wrong.

If we seek out information regarding mental health we might even find an answer to our own problem. We can then inform the professional and assist them with finding a solution to the many problems we face. Mental health is complicated simply because we are dealing with the mind. The mind is tricky and leaves us know room for playing around with illness. Counseling is nothing more than a common sense strategy laced with education.

The professionals are learning constantly new understandings while applying them to the older versions. Somewhere in the middle is an answer and it is often overlooked when a professional

will treat several patients during a week and sometimes try to treat each person the same if they have the same diagnose. This is a problem area since are all different in our way, including people with mental illnesses. For example, a counselor may treat two individuals both with schizophrenia.

The counselor may use the same tactics with both patients and medications for treating the patient. One patient may find results and the other patient may complain that the treatment is not working. Why is this happening? Well, it is obvious that one patient may have a different level of schizophrenia, and a different background. Some medications work well with one patient while it may not work at all or work minimal with other patients.

The solution then is reevaluating the problem and going over the steps taking to treat the patient and modifying them according to the patients needs. It is important to recognize a problem to find a method suitable for treating the problem. It is also important to reconcile with the source within. Meaning if a patient has guilt it is probably because he or she did something that may or may have not been wrong.

For example, if a parent taught the child that visiting their friends is wrong (Schizophrenias will often discourage a child from going to other people's home due to the paranoid) and the patient (behind the parents back) went to visit a friend. The patient obviously needs to recognize that he or she did nothing wrong, rather he or she needs to reconcile with self. In this case, the patient will also need to be re-taught to learn right and wrong. The patient needs to find a resolve. After you have helped the patient overcome this option, it is best to re-teach with material rather than words.

Simply put, if the patient has a varied of resources to choose from he or she has the ability to come to their own understanding of what is right or what is wrong. Education is essential for reproving, reforming and instructing a person to the right course in life. Words are also important, since if you do not understand what is said, it is often because of lack of education.

Entertainment and Mental Health

Ironically, studies have shown that certain types of movies, music and reading materials are linked to mental illnesses. For example, pornographic material has been proven to affect individuals dramatically to the point of murder, rape and other violent crimes. Such materials affect even an individual without mental illnesses simply because someone falls victim to a predator along the path. Violent movies and music has also proven to affect the mind.

More and more children today are violent, and studies have shown that video games, movies and music play a large role in the children's behaviors. Studies has also shown that children are committing murder, rape, taking drugs, alcohol, and interrupting others peoples life as a result from obsessive entertainment behaviors.

Although few argue that this is ludicrous, they have no idea what they are talking about, since the ones arguing are the sources that are producing such interrupting noises. Not so long ago a young man claimed after hearing the song "Kill your Mother" countless of times, the lyrics went

to his head and he acted out accordingly to the song. This is only one account linked to entertainment and mental health. Mental health is nothing to toy with and the rules were laid out from the beginning. Even God acknowledged and made it aware to everyone that such behaviors would cause disaster.

Proven faithful to His words, the word is going mad because of polluted behaviors created by entertainment. Do not get me wrong, not all entertainment is bad. However, the truth is if you are associating with bad, then bad will come to you and everyone around you because of the action. However, if you are associating with good, then rewards are sure to follow. Not everyone with mental illnesses however engage in wrongful behaviors, actions, or self-exposing themselves to entertainment that harms.

At least not directly, but somewhere in their lifetime they were exposed indirectly to this type of behavior. I am promising you that everyone in their lifetime has been exposed to this behavior, everyone with the exceptions of newborns. It is time we look at what goes on around us to improve mental health. We will be pounding our heads against the walls for a lifetime if we do not admit that harmful entertainment is part of the problem.

Children learn what they hear, see, and are taught. Likewise, adults learn what they see, hear and are taught. No one is an exception the rule, and all of us are subjects to influences. Life is too short to be playing around with dangers. Either we are in this together are we are all working toward a disastrous future. Satisfaction guaranteed since it is showing in all areas of life. Take the terrorist attack in New York recently.

What do you think linked this mental ailment to reality? While there are many explanations and reasons, the main reason is the culprits were exposed to violence during their lifetime and this is what they knew according to what they saw, worked. In addition, it did to a degree. Somewhere down the line people were communicating, however very few were listening, otherwise this would not have happen in the first place. Somebody in this picture was complaining and trying to express their emotions and thoughts, yet somebody on the other side was ignoring the cries. What it boils down to is how a person believes.

If a person believes after being taught that violence is the answer to resolve a problem, then violence is what you are going to see and everyone will be affected as a result. You do not play around with faith, either you are in the race to win, or else you are on the road to death. Finally, we can see that entertainment is today more graphic, and depicts inexplicit pictures on nearly every channel, radio station, and so on today.

It seems the morals and values are going down the tube, while the world is going deeper and deeper into chaos and war. No one can fix a problem as quickly as the problem occurred, but somewhere someone has to get started to resolving what has already been done.

III Minds think Alike

Some people believe that mental illnesses are all the same. If you are diagnosed with a mental illness then not to worry because everyone else diagnosed is just like you. This is far removed

from reality and the truth. What is so ironic is the same people that are saying this (is often ill them self) will often say something to the affect when a murder takes place. He is a psychopathic or sociopath.

Yet the neighbor down the road who visits every day has a mental illness and when this person visits, or the therapist is overwrought. You do not have a mental illness you have problems like the rest of us. This is easier to accept than believing that a person has a mental illness. This is nuts, since it is only contributing to the problem. The problem with the world is all the people seeking help are doing their job and the people that are making excuses or in denial of mental health, illness existence is in serious need of help.

For example if Johnny visits a counselor knowing that something is not right, he is asking for help. On the other hand if that person sitting at the table telling the neighbor nothing is wrong, and claims that seeing a counselor is only spending money, then guess who is in real need of help. The person that does not go to a counselor or ask someone in the world for help is the person that mentally ill more so than the common mental ill.

Mental is nothing to play around with, and since we are all different it can be complicated to determine who is ill. I have watched as countless of patients went to mental health experts and watched them continue to suffer although they worked hard with the counselor to find a resolve.

The problem is that mental health experts are more concerned about money than the patients are most time, and believe they know it all and the patient knows nothing most all the time. Many therapists are in this field of expertise and if you did a background check on the professional, you are probably going to see this person is a mental health potential or skip out as well. It does not take a genius to understand mental health, but it takes many idiots to tangle the webs of darkness.

In most instances, mentally ill patients are brilliant individuals that have difficulty managing their lives due to frequent interruptions. Most all the patients that go to mental health experts can talk about their problems freely searching for answers to survive. The problem is (between the lines of communication) lies a fountain of information that can help both the patient and the counselor, but too many times the counselors are entangled in their own webs, they miss out on the benefits of helping another person out.

Personally, I spent 25 years in counselor with no results up until the last three years and then I was working harder than the counselor to resolve my own problems was. She was doing a portion of her job, but my strategies were succeeding hers, and I left her behind. Now, if you see what I am saying then you will know that anyone with a mental illness has more of an answer than over half of the professionals in the world. If you have, experience and they have a piece of paper without experience, who knows more?

I often have more compassion for mentally ill patients, than I have for the so-called normal and professionals of the world. I have watched many suffering after begging practically for help, and very little result came from it all. I watched as many counselors blamed the patient for the failure, but in all truths, they had a responsibility in this as well.

Most counselors are in denial which is a mental health issue, and many people in many professions are in denial, and this my friend, is a major cause for mental health issues around the world. Ill minds think alike because someone is influenced while the other source is influencing.

Mental Health and History

There is not one single moment in our lifetimes that something has not affected our mental health. We all touched by war, hate, prejudice inappropriate materials, actions, influences and so forth. There is not one individual in a world that has not or will not be affected by some act of violence, hate, et cetera. The problem is how we handle it and how much we work to eliminate the behaviors and influences from our lives.

We all have a degree of control. We all can say we do not want this behavior or influence in our lives and work hard to terminate it permanently. If we are drinking or drugging heavily we are affecting our mental health and bodies. If we are obsessively worrying, we are affecting our mental and physical health. We all have bills to pay, most of us have kids to raise, and some of us have additional problems that others just do not have. For example, the common person struggles to pay bills, take care of the family and meet someone else's expectations.

Some of us however must deal with symptoms including, hallucinations, delusions, illusions, violent outbursts, mood swings, panic attacks, and so forth. It was not enough that the world is troublesome that these individuals had to be struck with an unforeseen force that controls their lives every single day, making it even more difficult than the average to survive. We all have to survive distorted information as well as learned behaviors and therefore this too makes it more complicated to deal with an extra problem some of the people in the world deal with.

You would think since these people have a disability and struggle harder than others do, that people would be more sympathizing. Instead, most people shun, poke fun at, mock, and add more problems to the mental ill patient's life than what he or she already has. Therefore, our history is always adding more problems. The more history comes forward or moves backward the more examples, influences and behaviors come in focus.

The cruel, ugly, harsh people in the world, coupled with the harsh ruling of the leaders of the world, and bound by the false teachings around the globe, we are definitely heading for destruction rather than recovery. Mental ill people are special people that were picked out from the rest, since these people have a message to relate to others. Most patients with mental illness are brilliant and can tell you something you did not know if you only let them.

Under the mental problem lies a person suffering because of history, genetics, the legal system, and the social environments. Underneath that devastated mind lies a person ready to tell you what is going on if you would only listen. This person if giving the chance to talk will tell you more about history than any book you will ever read. This person is going to tell you how the influences in his lifetime passed on their beliefs and behaviors to him.

This person is going to tell you that his beliefs were crushed since he or she was forced to conform to other beliefs in society and in the political and legal system. This person is going to lay out a structural foundation that was missed and hit at the same time. Everything a mentally ill person has said, is being noticed somewhere around the world today.

Even a paranoid schizophrenia said something that many people laughed at, mocked, humiliated, and disconnecting him or her from reality. For example, paranoid schizophrenias are notorious for saying "they are out to get me." The fact is if you pay attention, the person is not lying, since we see it in our political world, our legal world, and even in society. Everyday the law is increasing their control over society.

Everyday the political leaders are taking us into a chaotic world, and everyday society is killing, raping, torturing, and the list goes on, yet most people say it cannot happen to me. The fact is, not so long ago terrorists did hit us all. Now do you see where they are coming to get you? They reached all the way over from across seas to try to destroy America.

Now if you think you are better than a person with mental illnesses is, then you better step back and take a closer look and listen to the voices, because these people are you and I. these people are a part of our lives that are relating a message, while calling out for help.

Mental Health and Traits

When people think of mental health, they think of mental disabilities or disorders. However, mental illnesses include traits, disorders, personality, tendencies and so forth. For example, psychopathic patients may have a personality disorder, psychopathic tendencies or traits. The level of disorder differs in the sense traits are less severe than disorder and tendencies. Often people with these types of disabilities have other diagnostic disadvantages beneath the surface.

Let's look at a patient with psychopathic traits. This person is less likely to kill than the person in the next seat with psychopathic tendencies or personality. Although the symptoms are slightly different, neither diagnosed patient with these types of diagnoses should be excused from illustrating violent behaviors.

In fact, not everyone with psychopathic disabilities kill. Therefore, to understand mental health and traits, you must understand the entirety of the diagnoses. Traits are distinguishing qualities of a single diagnose. The traits may include similar symptoms illustrated by a full-blown psychopathic, yet not as severe. For example, psychopathic individuals often enjoy starting fires. A patient with psychopathic traits may not start fires, but wish they had the advantage of doing so.

These types will often think about the consequences ahead of time, while psychopathic patients will not. The downside of psychopathic traits is that if left untreated this person can break off into tendencies and/or personality disorders, which means danger is lurking closer. Psychopathic like everyone else has many sides to their personality, including a bossy side, adventurous side, normal side, eccentric side, and so forth.

Psychopathic patients can play up to a person and that person will see a friendly side that leads him or she to believe the person is a so-called normal. Yet when the person goes home, he or she engages in abnormal behaviors including pornographic materials, obsessive music, and studying the law in an effort to find a loophole to get away with crime. This person might even go home and calculate a strategy to harm the individual that thought he or she was normal.

What we are looking at then is a psychopathic individual with the traits leading to tendencies to kill. We are looking at a personality disorder that is so entangled in a web of illusionary thinking. Psychopathic often believe and think differently from the normal society. Some of their thinking is justifiable however; their behaviors make it difficult for others to listen. We a psychopathic thinks killing will relieve his or her pain and suffering, this is obviously an unjustifiable thought.

However, if a psychopathic believes that the system is a failure, then he or she is on track in their thinking, since history has proved his or her claims. According to statistics, there are three types of personality disorders that have urges to kill or harm other individuals. Scientist claims that 4 percent consist of Antisocial Personality Disorder (APD), 1 percent Psychopathic, and 3 percent Sociopath.

Now the common denominator that the three shares is neither personality type does not have regards for other people's rights, nor do they show remorse when they harm another. All three of these types of personality often walk around with a deranged look on their face, and all three are deadly. The difference then is not all sociopaths kill and often this type of personality has fewer symptoms than a psychopathic personality type.

While the statistics claim there is only 1 percent psychopathic in the world, the statistic are blown off the chart as more of these personality types present them self to society. Many of the psychopathic also have antisocial personality disorders, while antisocial personality patients do not always have psychopathic. However, they may illustrate traits, since like psychopathic, antisocial symptoms include fire starting, bed wetting, harm to animals and people. As you can see understanding traits, personality and tendencies if vital since confusing, one or the other can lead to disaster.

The disadvantage of the three listed diagnoses is there is rarely a solution for ending the ongoing mental illnesses. This means that therapy often does more harm than good, and that most of the patients with these diagnoses are destined to crime. Studies are in constant labor working to find answers, but the more they search it seems with these diagnoses that the further that head backwards.

Mental Health Issues

For year's professionals, researchers, philosophers and many others have examined mental health searching for answers of existing disabilities. First, there are many types of mental illnesses. The types include adjustment disorders, bipolar, sexual disorders, dementia and delirium, as well as many other disorders that affect people every day.

Looking at adjustment disorders, which is a common diagnosis where the person has difficulties adapting to stress. Bipolar is a very common disorder, and often I believed the diagnosis was misconstrued. Bipolar or manic-depression affects people by bringing forth symptoms such as, hyperactivity, excessive worrying, and mood swings and so on. After dealing with an individual for more than a year with Bipolar, I can tell you upfront that the individuals can drive you crazy if a solution for treatment is not ministered to immediately.

The persons often suffer suicidal tendencies, which I have witnessed first hand that in most cases the patient is seeking attention. Few actually threaten suicide and actually carry it out. Most people believe that Bipolar is a mental illness, however the truth is Bipolar is directly linked to Chemical Imbalances, which means it is more neurological than psychological. In other words, the brain has chemicals that were not nourished. Therefore, when the nervous system is affected so is the mind and this is why it is labeled under mental health.

The fact is recent studies has directly linked Bipolar to ancestry or genetics. Studies have shown that most patients diagnosed with Bipolar often have a family history of mood swings in the family. The problem then is treating the diagnosis affectively without over medicating or putting the patient on medications that influence psychotic breaks.

I found that the root of the chemical disorders that promote mood swings is often linked to childhood development and trauma that was never dealt with. If the mind has trauma in the back and it is not brought to the front for learning, accepting, and handling, then the bipolar symptoms will often increase as a result. Yet, bipolar is not the only mental health issue we are facing today. Sexual disorders are another type of disorder that separates itself entirely from bipolar, adjustment disorders, and other types of diagnosis.

Sexual deviation is more often than not linked to pornography, abuse, (not always), and other types of negative behaviors. However, recent studies have proven that Serial Killers or else psychopath or sociopath behaviors are hereditary.

Some studies have attempted to prove that the symptoms are a direct link to child abuse; however, I stand to correct them. This may be true in some cases, but not all cases. I won't go directly into this subject, since I will be writing a book specifically discussing serial killers later, however I wanted to point this issue out since sexual disorders are in fact psychological.

There has been evidence that link impairments in the brain that are causing the interruptions. The mind is a tricky thing, and until humankind is able to understand the mind completely and start accepting some realities, we are going to continue dealing with mental health and mental illnesses with little results. Again, I will be addressing these issues in later copies, but for now, we need a briefing to see where mental health is heading.

Dementia and delirium are mind disorders in the sense the disability causes memory loss, confusion, and is very common in the older generation of people. The diagnosis can confuse professionals if the patient is younger, since other diagnosis has similar disadvantages. Diagnosis such as alcoholism and drug disorders often causes mental blackouts, as well as other symptoms.

Although this is listed under mental health, I stand to correct them when they call the impairment a disorder. Alcoholism and drugs is often linked to hereditary and is considered a disease. Alcohol and drugs automatically affect the mind to a degree, but it entirely depends on the status of the mind before drugs or alcohol became an issue. Often alcoholism and drug addictions are directly linked to mental illnesses. This means that there is an issue under the surface, and the patient often uses alcohol or drugs to cover the ailment.

Mental Health Secrets

There are mental health secrets that everyone should know, including how to prevent misdiagnosing. Since money is, the issue and insurance companies play a role in treatment a patient will often receive a series of diagnoses that conform to the standards laid out in health care coverage. This is only one area of problems in mental health.

The DMS guide copyrighted by APA, who brilliantly stated that the manual was a guide to mental health, instead of claiming that the book was factual is another area of concern. Therapists often base their diagnoses on the codes listed in this manual. If the symptoms match the patients then this is what the patient gets. Another area of problem is when a patient receives a diagnose he or she is "labeled," which brings forth additional problems.

Another area may sound ludicrous since we have so-called professionals in the field, but just like individuals in the world that are caught in a practice of interest for a short time and twisted with an exaggerated zeal, (craze-fad), professionals when they find a diagnose of interest that are overzealous burning their wheels to produce more material on the subject. Ever heard the saying, beating words down? Well, professionals in mental health will often beat down diagnoses.

While one of the issues in mental health revolves around labeling, I have to disagree, since I feel the real problem stands between acceptances. If a person has a disorder, disease of the mind, or a chemical imbalance, then accepting is the first step in recovery. Some of the most helped people in the world attend alcoholic classes and the first thing they recognize is the problem, which allows them to move forward. There is not a person in his or her right frame of mind wants to understand that they have a series of symptoms and no reason behind it.

It is ok to say I am a paranoid schizophrenia working toward recovery. It is not ok to say I am a misfit in society and cannot understand why I was chosen for torture. As you can see, we have a bunch of professionals contributing to the problem, since they are thinking they know what is best for the patients. Anyone that is suffering knows more than any professional does, since they are the ones living through the problems.

The patients can tell you better than any counselor with a piece of paper and no experience what they survive. Another area of problem is many professionals are from different countries and they understand diagnoses one way or in another term, while the American Psychiatrist Society relates in other terms. Professionals also believe that patients will avoid the issues, and/or bury the real problems beneath. This is not always true, since the patient is there in the first place asking help to understand his or her disability.

If they knew the answers, they would not be there in the first place. For example, Nikki goes to counseling explaining her many symptoms, as well as talks about the people around her that are contributing to the problem. She is trying to control her behavior but others are making it difficult since they center her out, bringing forth the issues of her disability every single day. First, we can see that others are a problem, since many people will center out individuals flaws first, before complimenting.

Therefore, that problem can be resolved if we teach Nikki how to handles other people around her. The next issue is the symptoms. What symptoms do you have Nikki? Nikki says I am having night sweats, nightmares, flashbacks, impulsive outbursts, and so on. Well, why do you think this is happening Nikki? I do not know why it is happening. First, Nikki is illustrating symptoms of Posttraumatic Stress Disorder, so it is apparent that she is a trauma patient. Therefore, Nikki is certain she was victimized, but uncertain of the emotions, feelings, and thought process she is enduring.

Now Nikki may or may not be able to tell you the entire event that brought forth this disorder, but Nikki can tell you the surroundings of the event. This means the counselor needs to invoke talk therapy to find out the underlying source of her suffering. Does Nikki blame herself for the violence against her, or the violence she witnessed? Probably so, since she is in a battle of understanding the mind at a greater level than the so-called normal minds and Nikki will battle to find the source within that is haunting her dear soul and mind. The mind is a tricky thing, and to understand it, you must address it.

Mental Health Symptoms

There are different levels of symptoms in all diagnosis, and while some symptoms may appear similar to other prognosis, the symptoms should not be confused. It is important to examine a patient closely before diagnosing the patient. Let's examine depression, since it is one of the most common diagnose today. There are many levels of depression, including major depressive episodes, dysthymic, and bipolar manic depression, cyclothymic and premenstrual dysthymic. Diagnosis related to depression often has symptoms such as mood swings.

Since, most of the diagnosis is related it is important to examine the patient carefully to properly diagnose the patient. Normal mood swings are common for the most of us, but when a patient illustrates lifted moods, this is known as mania. Major Depressive Episodes often feel a sense of entrapment. Major depressive episodes are also known as unipolar and are often treated with antidepressants.

Major depressive episodes are linked to biologic imbalances, negative outlooks, genetics, inability to handle stressors, chemical imbalances, personality flaws, and so on. There is no single cause available that helps us to understand the diagnosis, and to date the prognosis is still under investigation.

Since the patients are often treated with antidepressants the patient rarely finds complete recovery, since researchers has proven these medicines are causing harm. Related to many other depressions, major depressive episodes often suffer symptoms including sadness,

negative thinking, suicidal tendencies, lack of interest, feelings of despair, and so forth. Often the patients are affected biologically, which includes fatigue, exhaustion, nausea, headaches, and so forth. If the symptoms are severe the patient may even hallucinate, or even illustrate delusional behaviors.

NOTE: Schizophrenia and Psychosis as well as other diagnosis have similar or same symptoms; therefore, it is important to examine the patient thoroughly before treating the patient. Anyone with schizophrenia will hallucinate or illustrate delusional behaviors, while those that suffer depression are less extreme and often rare. When a person is illustrating depression, it is important to take the patient to a doctor for thorough examination.

In most cases, these people are suffering medical issues that create the depressive behaviors. If you treat the patient medically, it might be possible to avoid psychological treatment. Covering your grounds before becoming a long-term medicine addict can save you additional despair. Bipolar or manic depression has symptoms including mania, effected speech patterns, fatigue or else inability to sleep, overzealous, or under zealous frequently, and so forth.

Therapists claim that at least 75% of the patients that suffer bipolar hallucinate or are delusional. Many of the patients with bipolar often treating or act on suicidal thoughts. They also threatening or assault other people around them regularly. Studies has shown that people with bipolar is linked to genetics. Therapists should carefully examine the patient to rule out other disorders, including schizophrenia and psychosis, as well as cyclothymic.

Cyclothymic is a common disorder and is deemed a form of bipolar, less severe. Cyclothymic patients often have mood swings known as "hypomania." The symptoms are different from what bipolar displays since the diagnosis is less severe. Premenstrual Dysphoric Disorder (PMDD) is associated with the hormones. This is a common stress or depression period when women are menstruating. There were previous arguments regarding this diagnose, however in the early parts of the 90s the diagnosis was added to the DSMIII-R.

Symptoms include, diet change, feelings of overwhelmed, anger, irrational thinking, headaches, cramping, bloating and so forth. This diagnosis can easily be misconstrued since abused patients suffer similar symptoms. Doctors often treat patients with PMDD, giving them hormonal therapy. These medicines has proven unhealthy and often do not resolve the problems.

Currently researchers are finding that medicines giving to mental ill patients is causing harms, and creating more problems. Not all medicines are bad, but if a patient is taking medications then the professionals are obligated to monitor the patient carefully, examining symptoms and signs closely. If the patient illustrates any signs of side affects, the medicine should be changed, or altered in dosage. Again, there are different levels of symptoms, as well as similar symptoms in few of the diagnosis, therefore anyone treated for mental illness should be carefully examined before diagnosing the patients future. Having a healthy mind keeps us on track.

Mental Illnesses and Diagnosis

What is diagnosis? Many people dispute mental illnesses claiming the mental illnesses do not exist. Counselors are often diagnosing individuals every single day, and to understand the symptoms and diagnosis you must understand the underlying and overlying controversies that fall in between. Mental health is essential for everyday life.

There are many signs that illustrate mental illness and often people disregard these symptoms as a misconstrued level of understanding on the patients part. The fact is, when a person has a common denominator he or she often thinks clearly without interruptions, but when a person is in constant interruption there is probably a problem existing.

Medical and mental go hand in hand and this is where doctors, psychiatrists, psychologists, counselors, and many others are often confused. The underlying problems lay somewhere between belief, tradition, miscommunication and so forth. If you are treating a person believed to have a mental illness, you need to pay close attention to understand where I am coming from. Many professionals, individuals, political leaders, and others are ready to change the way we all believe, think, feel, et cetera, changing us to conform to another individual's way of thinking and so forth.

Read between the lines and you will see a part of the problem already. When people are trying to change what another person believes it is stepping on toes. When you step on toes, there are obviously consequences and often people failed to see why they are a part of that consequence. Let's take a look a few diagnosis and symptoms and where we play a large part in the interruptions. Starting with the little doses and working our way up, we can see that bipolar is a common disorder in society today.

Don't tell me you don't know someone with bipolar, unless you have been isolated for thousands of years, I don't believe you! Bipolar is a common disorder today, and many people fail to understand what it really means. Bipolar is a mere chemical imbalance. This means that the brain is denied of nutrients that are valuable for reproducing good results. The problem is most people diagnosed with bipolar are disregarded in the sense that childhood experiences are ignored. Many of us deal with traumas, dramas, and other stressors in different way.

No ONE person is the same and none of us should be expected to deal with stressors the same as another person. To do this is instigating more problems. First, we all have TRIGGERS, and when triggered we all respond differently. Some of us respond negatively, while others of us decide to ignore the issues. The ones that ignore the many issues are often not hearing the messages in between, and this is what separates mental illness from the so-called normal mind.

First hand experience, I am willing to put my money on the mental ill since they are more apt to listen/hear verses the so-called normal that only hear what they want to hear and rarely listen to what is said to them. There are many that will dispute mental illness, but these people are only adding fuel to a fire that has already been started since Jesus and before walked the earth. I will not walk with Cain and Able, since you probably do not want to go there, but the fact is jealousy, hate, and other related issues raised enough hate in Cain that he killed his own brother.

The fact is mental illness has been around for decades and the links are jealousy, hate, fornication, lies, and so forth, and while these are the underlying issues that revolve around mental illnesses, the overlying problems are left to be addressed. BREAKING it down, what part, do you play in the diagnosis of mental illnesses? I think if you read between the lines, you will soon find out.

Mental illnesses is not only a diagnosis, but a belief, a thought, and process of understanding what is taught to another. Finally, I study human behaviors and criminal justice, and I will be the first to tell you that we all play a role in mental illness and mental health, and we all are responsible for the problems that we face everyday. Knowing the mental health symptoms is important to learning how to fix the many problems we all face today.

Practices in Mental Health

What are the practices in mental health? Most people believe that mental health experts merely sit and discuss problems with patients. The fact is these experts have more to contend with than merely discussing problems. The experts are responsible to keep notes, evaluate the patient's problems carefully, and find a solution for what is causing the problem. Mental health is never easy since counselors' everyday evaluate patients with all types of disorders, diseases and so forth.

Experts commonly study diagnosis such as schizophrenia, posttraumatic stress disorder, histrionic, antisocial, psychopathic, and so forth every day. Since mental health has many areas of study, it is often difficult to find a solution. The many disorders, diseases of the mind, and other related mental health issues are in constant search of developing strategies that work toward a better future. Looking at a few of the diagnoses can help us to understand the practices in mental health. Let us start out light and work our way through a series of complex mental illnesses.

While there are many suffering with eating disorders and disconnections the problem seem simple to repair, however it is more complex than many realize. If a person has an eating disorder it is probably linked to a childhood where negligence came into play. For example, the patient may have grown up in a home where money was tight. The parents may have struggled to keep food on the table, and often the child ate one meal per day. Later the child was able to eat two meals per day however, this amount decreased again.

The problem starts with nutrition. The patient was malnutrition meaning that a normal eating habit was never developed. Now we have established a root of the problem, we can see that mental will follow since the patient probably feels a sense of resentment toward the lifestyle he or she lived and some of that resentment is on the parents. Regardless of the effort they may or may have not made to feed the children, it was their responsibility to find a solution to maintain a healthy living environment.

Probably because this patient was suffering malnutrition the patient was also suffer insufficient emotional support. This is all grounds for eating disorders and disconnection to come into focus.

Now what if the patient is anorexia or bulimic? What if the patient has a deeper problem than eating disorders? What if the patient is putting his or her finger down her throat to throw up? Then we are looking at medical, mental, and eating disorders combined.

As you can see what seems a simple problem turns into a rollercoaster ride for both the patient and therapist. What about anxiety disorders? So the person gets upset now and then. What is the problem we all do this. First, we must understand that anxiety disorder is not only stress or shaking of the hands when upset. Anxiety disorders include symptoms such as phobia of public, feelings of despair, sadness, hysteria, heart palpitations, sexual conflicts, and the list goes on.

Now we started with what seemed to be a simple problem, but after evaluating a few of the symptoms we can see we are looking at a major problem that requires extensive evaluation. Panic disorder is another (what seems to be simple to fix) diagnosis. However, panic disorder like anxiety disorders has complicated symptoms, including phobia, chest pain, breathing difficulties, blackouts, and so on. We can see that the disorder has potential risks since both the body and mind are affected.

To treat the disorder we must look at all aspects of the patients, including the symptoms. Not everyone with panic or anxiety disorders suffer the same symptoms. In fact, some patients suffer less than others do. Therefore, we do not have a common ground to stand on, but at the same time, we have common denominators that can direct us in the right path to resolve. Practices of mental health are not as simple as many believe. There is more to mental health than most realizes and this includes the people that study mental health, since they too are always searching for better solutions and answers.

The Mind Outside the Mind

What determines if a person is mentally ill and what determines if the person is not? According to the various individuals the definitions are all different, however if a persons thinking process is off balance you are more than likely going to find a mental illness, regarding if it is revolving around a physical cause. The mind has played tricks on even the so-called sane individuals in the world.

When the mind creeps in suspicions, loss of thought, inability to say what is on your mind, and so on. More than likely you are fine, however if these symptoms are ongoing you had better get help now. The experts in Social Scientist often interchange the terms mentally ill and disorders since one term means that a patient has a disturbance in normal patterns and the other means that a patient will need ongoing treatment for the disturbances.

We cannot always rely on the Diagnostic and Statistical Manual of Mental Disorders (DSM) for the definition of mentally ill simply because the book is in constant change as APA members find new information each year. Most information in the book is valuable but every year new studies are finding out more about each diagnosis. Researchers and analyst often base their insight on gender, race, background, class, and so on, as well as comparing mental illnesses to several case studies.

According to criminal justice experts, the mentally ill is found in homeless environments and/or jail. However, this is far from the truth, since we have cops, lawyers, judges, political leaders, religious leaders, painters, actors, actresses and others in the neighborhood going to jail, and even sometimes homeless. Mentally ill in definition is someone that is not conforming to the way a group thinks, believes, acts et cetera.

This means if you do not go along with the laws and political leaders' beliefs or society's beliefs then you may be deemed the mentally ill. According to many experts in the field of psychology, criminal system, and so on, mentally ill patients were abused and disassociated from society at one time and often confined in a jail like institution and the authorities were the crooks inside the hospital.

This is dehumanizing, punishing, and individual simply because they are said to have a mental illness. Corrupted systems bring forth corrupted people, therefore their examples has brought on more problems than what we all needed. The criminal experts, mental health experts, and others are constantly making grave mistakes throughout there studies and often everyone suffers, yet the blame is turned on the patients and others in society. Denial!

Since we all have equal rights and it was a violation of these peoples' rights in the early days when mentally ill patients were institutionalize and sometimes for no apparent cause, at all it is vital to undo what has been done by acting human and giving these people a status in life. Mentally ill patients are often brilliant individuals that suffer from a disorder. A few mentally ill patients will commit crimes, but not all of them will.

For example, a woman suffers retardation, yet she hates the way the world submits to bile, such as pornographic, excessive violence, rape, nudity, and other areas of discussed that is openly acknowledged in the world as impure behaviors, yet the system will allow it. Now who is really retarded? Obviously not the woman since she hates what is wrong. Another case scenario can be seen when a mentally ill individual is out in public and someone needs help, including lifting groceries and this person will help, while another person without a mental illness will disregard the need of the pedestrian.

Now who is mentally ill? The person that was not willing to help is probably affected by the unlawfully teachings that go on in society, in the justice system and in the political world, and due to his or her fear or else selfish behaviors this person illustrated more mentally ill symptoms than the diagnosed person illustrated. My point is, mentally ill are often wiser to the truth than those that are said to not be mentally ill, and the mentally ill are often showing humanity while the rest of the world is dehumanizing.

Trauma and Mental Health

Trauma is a result of battering, witnesses a horrible attacks, enduring an accident/incident, terrorist, and so on. Anytime a person is subject to violence, it brings forth trauma, whether it is in small doses or extreme doses. Posttraumatic Stress Disorders (war shock) was only linked to combat, but recently mental health experts are finding that more individuals are subject to

Posttraumatic Stress Disorder (PTSD). Generally, people that suffer Multiple Personality Disorder often have Posttraumatic Stress Disorder underneath.

It is often difficult to detect this since people with Multiple Personality Disorder alters or changes personalities. Some of the personality types may not illustrate any symptoms of mental illness, while others may illustrate extreme symptoms. Most patients with Multiple Personality Disorder (MPD) were subject to extreme abuse as a child, which means these people suffered severe trauma from the get-go.

Now, the people that do not have Multiple Personality would have to undergo traumatic experiences, or witness traumatic attacks. It depends on the mind but some people can witness an accident and it won't faze them, while others can witness a similar accident and it could lead them into PTSD symptoms. This type of mind is often suffering with other problems, and the problem has not been detected, while the person that was not affected probably had excellent coping skills.

Most likely, the person affected survived traumas long before this accident took place. Trauma affects us all differently and some more than others. When a person endures trauma it is essential to get help immediately, since trauma often plays with the mind. A person will often endure sleepless nights, nightmares, anxiety and panic attacks and so forth. The issues bring forth more complications since the nerves are tortured and the person might resort to alcohol or drugs to relieve the symptoms.

Flashbacks are common with trauma patients, and flashbacks can be dangerous since the person loses contact with the here and now. Rather the patient will go back in time to the event or one of the series of events that caused the trauma and they often stay stuck there for a few minutes or longer. If someone is around them and that person does not have understanding other complications can occur.

Patients with Posttraumatic Stress Disorders (PTSD) are often treated with various medications, including Trazadone. Trazadone is often great for relieving stress, reducing night sweats, and nightmares, as well as other symptoms of posttraumatic stress. Another great solution for trauma patients is to take Natural Herbs, including Mental Alert remedies, Multiple Vitamins, especially saturated with B-Complex, and so on. The natural herbs are great, and if you are seated on a healthy diet this too is helpful to reduce posttraumatic stress symptoms.

The more you take care of you, the more your symptoms will run the other way. Posttraumatic Stress Disorder is nothing to play around with, since the symptoms are "combat." In other words, when you endure an attack, the person often feels like he or she is on a battlefield and everyone around them is the enemy. The symptoms leave no room for concentration, understanding, and even affect the person's ability to hear what is said to him or her.

Posttraumatic Stress Disorder starts out with smaller symptoms and gradually works up to deeper symptoms if not treated. The sleepless nights alone leave the patient open for triggers. Triggers are sound, smell, voices, taste, and so forth. There are many elements in society that can trigger an episode of Posttraumatic Stress. It is also important to minimize your entertainment habits. If possible, avoid movies that will startle, fright, or trigger your symptoms.

Movies that are animated or comedies are great sources of entertainment that will spare you a posttraumatic stress attack. You want to remember that when the nervous system is affected then so is the body and mind. In other words, the more attacks you have from posttraumatic stress put your heart and body at risk of physical illnesses. Finally, it is important to seek help, take care of yourself, and avoid any element in society that will trigger your symptoms, including people if necessary. Isolation in one form is not as bad as suffering posttraumatic stress symptoms.

Therapeutic Strategies in Mental Health

There are many therapeutic strategies in mental health, and each depends on the patient and the diagnoses. For example, therapist will often use what is known as eclectic technique therapy for group meetings. The focus of this therapeutic strategy is to get the patient to stay focused, voice their values and beliefs freely without feeling threatened, learn to pay attention, teaching the patient to accept responsibility and so forth. In most events, the groups consist of Interpersonal, Psycho educational, support, and psychotherapy groups.

Many of the patients that attend each of the groups have difficulty socializing, staying focused, trusting others, and are often emotional immature or underdeveloped. Most of the patients were subjects of harsh society and impractical parent/educational upbringing. The patients were probably ridiculed, mocked, punished, and so forth. The point then is to bring the patient to a point of survival that does not include fear.

Another strategy used in therapy is the life-picture map which is a method used to bring a person back to the current times. Often the patient will draw pictures that link to their past finally focusing on their status in life, and then onto their goals in life. For example, what do you see in the picture? I see myself standing on a bridge and a car is nearby but I cannot see the man's face. It is evident that this bridge, car and man is outdated and may have brought forth fear in the individual.

Therefore, we can ask the patient did this man hurt you. I am not sure, I feel uncomfortable, but I do not know why? Ok, let us move on and look at the picture drawn that illustrates your status in life. What do you see in the picture? I see a person confused and hurt. We can see that the person was hurt from this experience, so our next step is to bring the patient to the point of acceptance after opening up the doors to the past. Next, we move onto the goal intended, which is the patient's future.

What do you see in the picture? I see a person striving to obtain his goals. I see that the person has obstacles that he must overcome to reach those goals. Great, now we are on the road to recovery. The patient sees hope. We must achieve this goal. Schema-Focused Cognitive Therapy is a strategy utilized in therapy to bring the patient (s) to a level of feeling and understanding his or her inner being and what caused the areas of trouble. For example if a person has a pattern of self-destructive behaviors, such as outrageous outbursts.

This means the patient was taught to shout, scream, kick, fight or what-have you and the therapist needs to reconstruct the patient bringing him or her out of the habit and helping them to relate to a new way of dealing with the problem.

It is obvious the patient was taught incorrectly and he or she may have endured pain and suffering related to abuse, neglect, and/or violence. Systematic Desensitization is geared to help patients that are diagnosed with anxiety disorders and/or symptoms. The technique is a trigger-anxiety strategy that helps the patient sees where the triggers are in his or her attacks. For example if the patient has difficulty when the phone rings, since he or she is behind on the bills, it may cause an attack for the patient.

The patient obviously does not know how to deal with the problem and is threatened by the sources on the other end of the phone. The patient will need to learn management skills that will help him or her find a method that works best for him or her to relieve the problem area. The patient also has an issue with avoidance, so therefore we need the patient to take responsibility and face up to his or her problem.

We can also see that the patient has suffered a degree of abuse, neglect, and/or underdeveloped growth. Therapy is proving far more achieving than medications and today more strategies and techniques are in development, helping the mentally ill to the road of recovery.

The Psychic Minds in Mental Health

What is the psychic mind and how does it take part in mental health? Psychogenic lies outside of scientific insight and is often linked to religious ritualistic and supernatural forces, which are often marked by influences, perception, sensory, morals, immaterial, and so forth. It has been witnessed by few that trauma patients often have a higher level of perception and sensory tools and have been known to have sixth senses and shared pains.

This is a new subject that will be addressed later, but I wanted to separate the two. The two are separate from the psychic mind and often linked to the sources. The many psychic minds around the world believe they can communicate with the dead and predict an unforeseen episode. Is it possible that a person can go into another world and speak with those of the past? We will see!

The many people in the world that has helped police officers find murders, help families get in contact with the other world, and has endured attacks on their own lives may not have a psychic intellect, rather they may have an underlying mental illnesses that creates an delusional outlook. We can look at magic practice, which is a series of acts that include illusion and delusion. What happens is the person is led to believe that an act is real when in fact it is not. Another example can be seen in the so-called healers.

These people lead others to believe that they can make another individual walk if he or she is in a wheel chair. I learnt information on this subject including that in one case the person had a van parked out in the lot and microphones connected to another individual that acted out the

part, and the person in the wheel chair was never paralyzed in the first place. State of illusion-delusion and this happens often in our system.

How is this linked to mental illness? Well we can see that the person is an impulsive-compulsive liar that gets rich off misleading others. We are alert to the fact that when a person illustrates a damning behavior it often leads to problems that are more dangerous. Now we come back to the psychic mind where these people are misled into believing they have contact with other worlds and can predict or foreseen outdated.

Most likely, the person had some connection in the first place, whether the information was in a book read and forgotten or what-have you. We know from sources that anyone practices magic, employing divination, mediums, sorcerers foretellers and so forth were all recording throughout the history and we are aware that these people are considered evil. Evil however is the source of the problem, while the individual may be thoroughly deceived and probably suffering underlying causes that make them believe as well as make others believe they have a natural ability to talk to the dead.

The fact is mind over matter is powerful and can become deadly if a person is twisted in their beliefs and thinking process. The mind alone is powerful and can play tricks with the mind that many will struggle to understand. However if we practice vigilant, and work toward enhancing our skills to hear and listen, as well as reading between the lines, we are working toward a healthy mind that very few will have the opportunity to deceive.

This article in no way intended to hurt other person's feelings, rather it is geared to help the audience learn mental health issues, the mind, and why things happen. It is also geared to help the audience see how jealousy, envy, lies, hate, and other elements play a large role in mental health and mental illnesses.

Many people in the world suffer mental illnesses and often are not aware of this fact until the behavior that initiated the illness grew into a series of behaviors and thinking processes that escalate to madness. The world has many problems and until we all face up to reality and truth we are never going to find the answers to the many problems that often sit in front of our faces.

Understanding Mental Illness

Understanding mental illness can help us help loved ones recover from their suffering. Although it is not possible to completely understand since even scientist is often baffled, it is possible to have a basic understanding. Understanding mental health and trauma can also help us to learn more about mental illnesses. The problem starts at the door with the mental health experts. They often start out diagnosing the patient upfront, and lay out a series of diagnosis that will cover medical cost on insurance.

The next step is finding the diagnosis that insurance will cover if long-term treatment is needed. As you can see upfront that, the patient is already headed for additional problems, since money is the primary issue when it comes to mental health. The patient is the last to know in many

cases that he or she just stepped into a web of financial issues and entrapment treatment. In other words the patient could be diagnosed with Axis I: Depression: Axis II: Bipolar: Axis III: Physical problems: Axis IV: Psychotic Episodes: Axis V: suicidal with serious interrupted symptoms surrounding the cause.

This is obviously a serious complaint and insurance will often consider coverage since the patient is a hazard. After they are interviewed by an intake therapist, they are often shifted to the next level, therapy. After the therapist evaluates the patient sorting through the intake information and watching the patient for signs or traces of symptoms related, the next level the therapist uses is diagnosing the patient with a mental disorder that complies with coverage. Most patients are diagnosed properly however, few are incorrectly diagnosed.

The next level is visiting the psychiatrist who will then administer medications to treat the patient, since more money is involved they must understand what Medicaid or other insurance policies will cover. The patient is then subject to a therapist and a psychiatrist that believes they know more than the patient does. In regards to psychological disadvantages this is true, however if the patient was willing to do some research he or she might have more an advantage over the professionals since they are informed.

Once they understand what symptoms are in the different diagnosis, they can then help the counselor and doctor understand more about their suffering. The best solution then is to research the diagnosis that the therapist placed on you to see if this is what you are going through. Study the symptoms carefully weeding out any elements of the diagnosis that may not involve you. After you have weeded through the rumble, the next step is sitting down with your therapist and letting them know that you took steps in your own recovery.

You have evaluated the many diagnoses, including the diagnoses the therapist issued, and found that there are elements missing or there are elements of the diagnosis that was overwrought. After you discuss with your therapist the potentials or the elements of the diagnose that was misunderstood you both can then work toward reaching an overall view of what is really going on in your life.

It is important that you take notes if you have difficulty staying focused, or if you lack education, you might want to get a loved one to help you with the research, notes and discussing the problem with your therapist. When we know what is going on, and what we are dealing with inside...This is a part of understanding the problem and how it connects to the people around you is if you understand what is going on within your mind, and then you can explain this to your friends and loved ones, helping them to understand.

After we see where the problem lies we can then move onto the next step and start accepting that there is a problem. Dealing with the problems is your next step, which takes understanding. If you do not have understanding then the problem will only regress. Tell your loved ones and friends that you are working toward treatment and it would be helpful if they too work with you to help you find a recovery in your mental health problems. If there is no recovery, then they can work with you, understanding that you will have symptoms erupt from time to time and they will know which step to take to helping you cope.

Dealing with the Disturbing Behavior of Mental Illness

There are several who are affected by mental illness today. These mental illnesses cause inconsistencies in everyday functioning as well as in being able to reach life goals. By understanding mental illness, it will make it easier to deal with.

The first thing to do with any mental illness is to recognize what is going on with that person. This includes recognizing the recent events that have happened to the person in their life. This may be a traumatic event that has occurred or a stressful situation that they have been caught in. Any of these can affect a person and lead them to having mental problems if they are not approached.

The next thing to recognize is the traits that are taking place in relation to this. There will be several characteristics that will be apparent, as well as different behavior and personality differences. While all of these may seem difficult to handle at first, by recognizing what has changed in that person's behaviors, then approaching it by understanding the mental illness that may be attached to it, you may be in a better position of helping them.

Understanding the mental illness and why it is happening to a person is only the first step in being able to deal with a mental illness. Until one comes out of denial towards the situation, they will not be able to help the person who is having problems. The next step, in relation to this, is to then figure out how to cope with this illness. Several may feel embarrassed or sad when they find out that they or a loved one is mentally ill. By recognizing this and dealing with it internally first, it will help with the process.

Once you have coped with the problem internally, you will be able to extend out and get help from others who are close to you. There are several support groups that can help you find the right solution in dealing with the mental illness. They will be able to tell you the right moves to make in order to not offend the person who is suffering and give advice on where to get help.

When you decide to confront either yourself or someone else about the mental illness, it is best to try not to offend them. This may cause the problem to worsen. The best step to take is to take the person into a place that is professional in how they treat those who have a mental illness.

There are several different options that you can follow when deciding how to approach and get rid of the mental illness that you or a loved one may have. There are several different types of therapies that are available for you to use so that you can treat the problem. There are also several medications that have been made in order to help treat the problem. If you don't want to use regular medications prescribed by a doctor, you can always use a more natural remedy that is available to you. There is information available in most places on what is available for your use to help you cure the illness.

The next thing to change when approaching a mental illness is the routines that may have caused the illness to occur. Sometimes this is habitual things, and at other times it is a way of thinking that has begun and hasn't stopped. The major part of curing any mental illness is to change the mindset that has been adapted and accepted with the everyday behaviors. By

changing things such as environment, routines and even thought patterns, it will be easier to help you or someone overcome the illness.

Mental illness is a complicated type of illness to deal with, whether it is you or someone who is close to you. By recognizing the mental illness, you will have won half the battle. Beyond this, it is important to find coping mechanisms. Beyond this stage, you can find different ways that will help you to heal and move away from the illness. By dealing with mental illness, you will be able to move into a fuller life that is not stopped by continuous thoughts that stop every day functioning.

Mind Over Matter: Can You Will Yourself Well?

Did you know that approximately half of all visits paid to doctor's offices each year are stress-related? Doctors and researchers estimate that almost half of all complaints reported by patients are not traceable to a specific disorder or disease, but are really symptoms of stress, anxiety, and depression. We have all heard about how important stress management is to our happiness and well-being, yet many of us still don't take stress management seriously.

Many of us continue to believe that stress is not such a big deal. In fact, many patients scoff at or feel that they are being "under"-diagnosed if their doctor is to suggest that their symptoms might be the result of stress.

The truth is stress really can put a serious dent into your overall health and quality of life. Fortunately, there is an upside to this. If it is possible to make ourselves sick from our own stress, it follows that we can also use our mind and body to heal and restore ourselves. As we begin to learn more about the mind-body connection, the potential for greater health and vitality appear closer than ever.

Once at the fringe of medicine, the principles of mind-body connection healing are quickly beginning to make their way into mainstream medicine. More and more research is beginning to demonstrate the fascinating ways that our mind can affect our body, and our lifelong health. Scientists and doctors are beginning to show us precisely how factors like a healthy sense of humor, a positive outlook, and our ability to deal with life's stressors can help restore and maintain good health.

In fact, some doctors, scientists, and other medical professionals are beginning to demonstrate that the ways we think and process everyday stress can have a greater impact on our health than simply following the prescribed lifestyle for good health. Eating well, getting regular exercise, practicing good sleep hygiene, and refraining from smoking are indeed important factors in living well. But it appears that living with a positive attitude, hope, and mindfulness are just as important.

Recent research indicates that the use of mind-body healing methods can speed healing, reduce the need for prescription medications, reduce the frequency of doctor visits, reduce the amount of hospital stays, and ease the overall impact of illness in an individual's life.

But what does it mean to use the mind-body connection? Using your mind to heal yourself means more than simply having a generally good outlook on life (although that is important, too). When physicians and researchers talk of the mind-body connection, they are most likely talking about taking charge of your health through the deliberate use of your mind.

It means cultivating the ability to listen to your body, to be sensitive to its nuances, and to be able to detect when it has become off balance. The severity of many illnesses can be avoided simply by early detection and treatment. A person who is conscious of their body, and who does not ignore any symptoms, is more likely to live a relatively stable and disease-free life.

Using your mind to consciously take good care of yourself means being able to cultivate a sense of self-acceptance about your body and health, being able to relax in the face of stress, paying attention to your body, acting mindfully, finding a sense of purpose in life, and adopting a healthy, positive outlook. Yoga, reiki therapy, music and pet therapy, tai chi, and other form of mind-body exercises and therapies were once at the fringe of medicine.

But now they have entered the mainstream, with more hospitals and physicians employing their use for their patient's benefits. As more and more research confirms their efficacy, they continue to be adopted by individuals as tools on the path to good health.

What types of ailments can the use of natural mind-body healing techniques help ease? Insomnia, digestive problems, skin problems, respiratory disorders, high blood pressure, headaches, backaches, pain, and infertility—all these symptoms have been linked to illness caused by stress and anxiety.

That's not to say that some diseases can be overcome simply through mindfulness and good attitude. But by paying careful attention to your body and using mind-body techniques, many of these symptoms can be avoided or greatly eased. It is not always easy. The use of mind-body techniques can call for a complete change in your lifestyle habits. But the rewards of good health are well worth it.

You are invited to pass this report along to as many people as you like, provided that you make no changes to it and that you give it away for FREE.

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