

**Mental Health
MAINTENANCE**

*An Inside Look At Having
a Healthier Mind*

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a Healthier Mind

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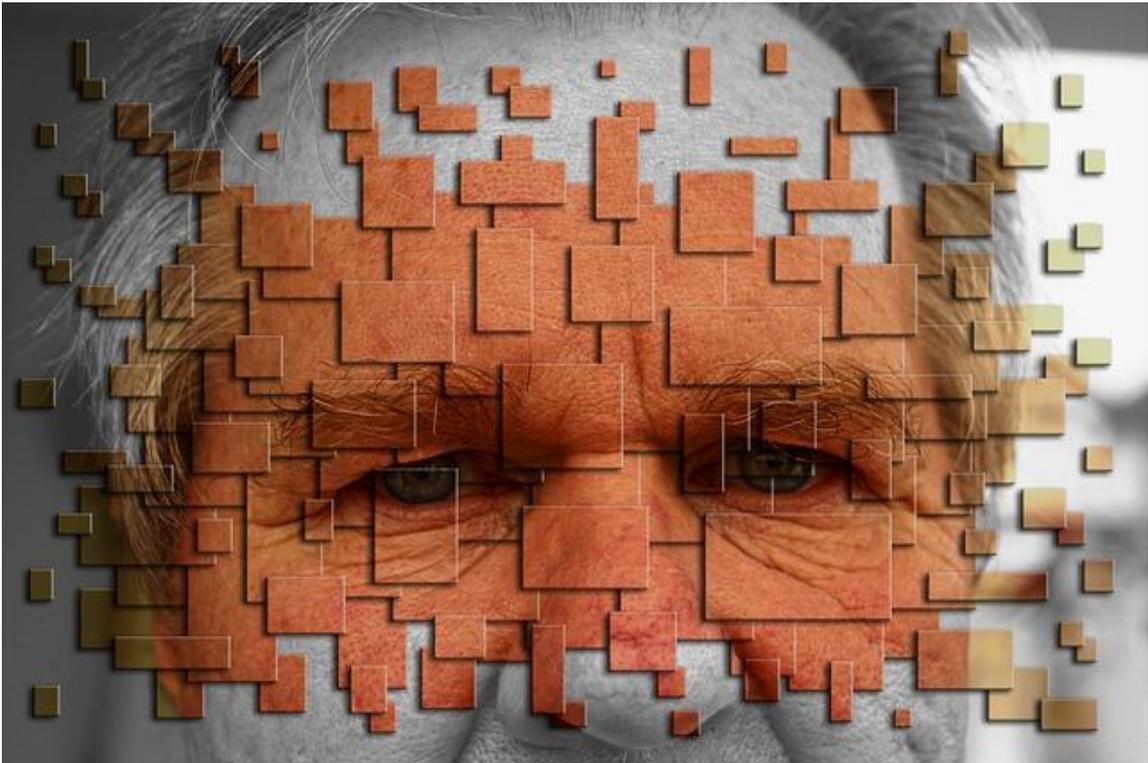
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Foreword

To be really functional and to be the best that we can be, we really need to take care of our minds and to make sure that it is healthy.

When we have a healthy mind, all of the other facets in the system will follow. The physical, emotional and spiritual sides of life will also healthy. The mind is the center of everything. It is the hub where everything meets and confers. Get all the info you need here.



Mental Health Maintenance

An Inside Look At Having A Healthier Mind

Chapter 1:

Introduction

Synopsis

People will always face situations that will challenge the mind. If our facilities are in working order, a healthy mind, we can overcome whatever situation that might come across. Stress, illness, emotional and spiritual upheaval – they will just flow like water.

If we really think about it, it takes hard work to create and maintain a healthy mind, since there are so many outside factors that are clamoring for our attention.

But if we really work hard and put that investment of making and maintaining a healthy functional mind, the outside factors that are trying to get in, will melt like snowflakes in your hand.

The Basics

Consider that in building and creating a sound mind, you need to break down all of the factors that it will affect. You have the physical side, and then you have the emotional side, and you have the spiritual side.

For the physical side, this will deal with the overall psychomotor functions. It deals with the illnesses, fitness, etc..

For the emotional side, this will deal with all of the feelings that a person senses. From experiences to the many volatile emotions, this is where all is filtered.

Then you have the spiritual side, which is the core of the system. This side works closely with the mind since this is relatively the fuel that makes the mind do what it needs. It touches and makes the being whole. Though often neglected, this is one facet of life that should be really looked into.

Overall, when it comes to mental health maintenance, you need great care to sort out what is needed. If you really take a closer look, it can be an easy task. It's like when you tell yourself that you can do it, low and behold you will be able to do it.

All you need to do is take a look at the factors that are affecting the overall well being of the mind, figure out what you need to make your mind healthy. Ask yourself what are your strengths and weaknesses.

Make your weaknesses into strengths and to make your strengths stronger. When it comes to you and your overall well being it's important that you research and that you find the answers that you are looking for. After all this is you.

Remember that it all starts in the mind, so what we need to do is to make sure that the mind is healthy and sound. The hub or the center of activity has all its lights on. There is clear illumination for what is there and what should be done.



Chapter 2:

How Stress Can Impact Mental Health

Synopsis

Stress and how it affects the mental health of a person is not something to take lightly. It can impact the mental health of a person in more ways than one.

Stress has positive and negative effects. For the positive side, stress can make a person system surge and jump up to be more productive; enabling a person to meet impossible deadlines and letting you finish tasks that you thought were impossible.

On the negative side, stress can inhibit a person from really functioning. More often than not, it limits a person's thinking or reasoning; it can hold someone back and slows them down from accomplishing the tasks that they need to do. Stress acts like a stop sign that freezes a person in his tracks.

Stress

What Can Stress Do To You

When a person says that he or she is stressed, more often than not, this refers to the negative form of stress. The mind and body feels the tension that stress is in putting on the system. There are instances where stress and its effects are short lived and whatever impact they may have on the system are minimal to none.

Then there occasions where stress is long term, and the effects are often long lasting and majorly impacts the system, both mentally and physically.

There are many ailments and diseases that are related to stress. Understand that stress affects the whole body. From the major organs like the heart, lungs, kidneys and then you also have the brain. Physically and mentally when a person is overloaded or stretched beyond his or her limit, just like a rubber band, the body as a whole feels the effects.

One example of a stress related ailment is depression. If you define depression, it means that a person is suffering from a low mood and at times he or she has an aversion for activities. It also affects the behavior, thoughts and feelings of a person. It is manifested in feelings like hopelessness, despair, lack of vigor, feeling of loss and restlessness.

A person who is depressed lacks the vitality that he or she once felt. Depression also affects concentration, often making the person

forgetful. It can also affect the appetite of the person suffering from depression, thus manifesting in loss of energy, fatigue, aches and pains and at times digestive problems.

Depression and Mental Health

When you really think about it, depression which is caused by stress will target a person's mental health and over all well being. The mood in itself is not a psychiatric disorder, since it is a normal reaction of the mind to the events that are happening in life. But as it progresses, this stress related disorder can become something serious.

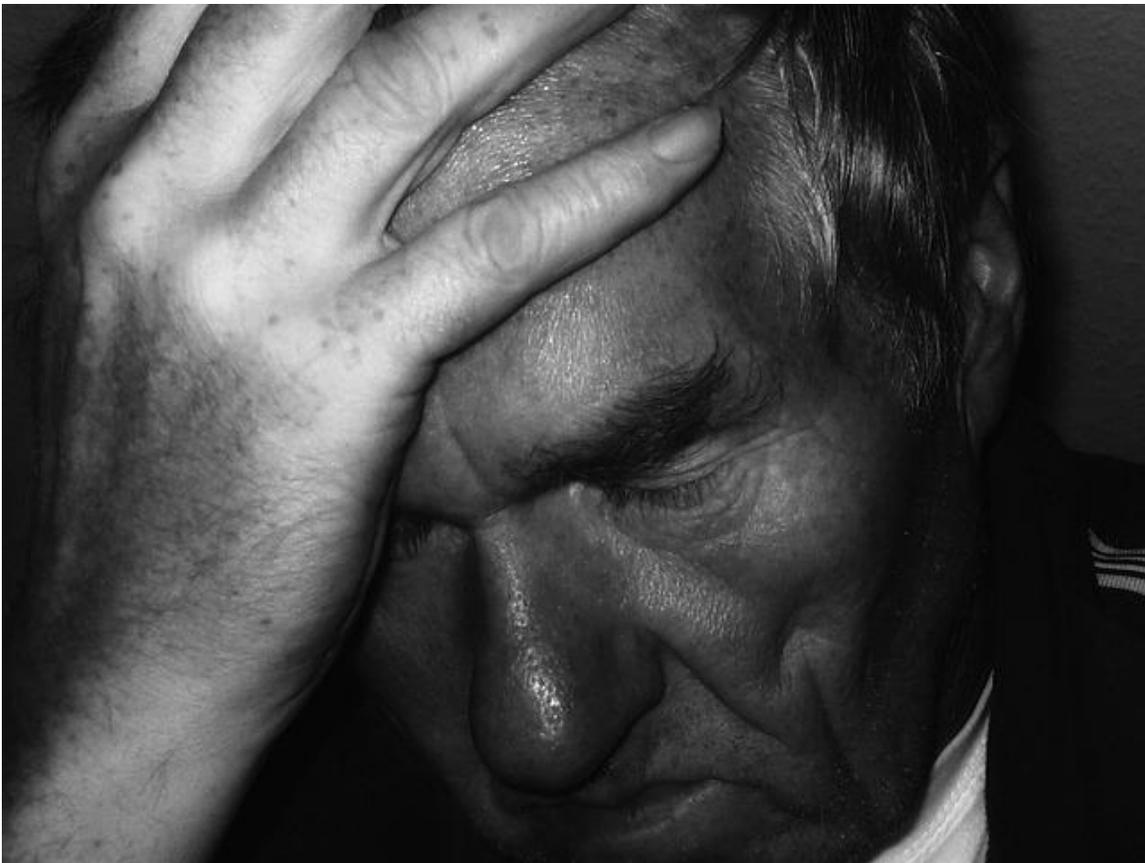
There have been many cases where people who suffer from depression are often treated with medicine since whatever they are feeling is starting to affect their health, mentally and physically and their safety. Just like with people who are suicidal or for those who become dependent and abuse drugs.

Chapter 3:

Ways To Relieve Stress

Synopsis

You need to remember that when you are going through a situation that is stressful, you need to find ways to relieve it. How would vary from person to person. There are many ways and outlets where you can ease impact of stress in your life.



Getting Rid of Stress

Suggested Ways:

Exercise – remember that when you exercise, you are enabling the body to produce endorphins, often called the happy hormones. These hormones are produced by the pituitary gland and the hypothalamus and they act like drug in your system, easing the pain and tension that you feel in your body and produces an overall sense of well being.

Sleep – this is one of the most basic ways on how a person can get some relief from stress. Sleep is important since it helps the mind and body to regenerate and relax. Remember that when you are facing a stressful situation, your mind is on overload. You are triggering your body to produce an overload of hormones that in most cases, will lead to harming your system. When you sleep, you are letting your body and mind to take its much needed rest. You are helping your system to shut down and cool off.

Have you ever noticed that when you have a good night's sleep, you just feel recharged, alert and ready to face the day? This is how sleep helps you to relieve stress

Meditation – another alternative that you can use is to do practice meditation. Meditation is actually letting your mind relax and achieve state of calmness while you are awake. It's like stepping into a place where you can find peace and happiness, detaching yourself from the world and all the stress that you will ever feel. It promotes relaxation,

it lets you build internal energy, enhance your concentration, and overall achieve a sense of well-being.

Pampering – for some, they find ways to relieve stress through leisure. It can be in the form of shopping, going to the spa and getting a massage or going to the salon, getting manis and pedis or getting their hair done. Pampering is one form of leisure that is a sure fire way of relieving stress.

Travelling – another of leisurely activities that many people opt for when they want to relieve stress. In a way, this is a form of detachment from the situation or place where they feel the tension. Being able to escape and relax the mind often helps people to ease the stress that they are feeling in the system.

Last on the list...

Talking – one of the most basic, primary and easiest way to relieve stress. When you are undergoing something that is putting a strain in your system, or when you have a problem, or when you just feel that you are being pulled from all sides and you are about to break, what you need to do is just sit back and talk to someone about the situation.

Talking is a cure all, since it releases tension from your body and it enables you to analyze the situation that you are going through. When you talk to someone whom you can trust, you are able to release the negative emotions that are stored inside you. By talking about the situation, you are now helping your body and mind to release the stress that is stored inside.

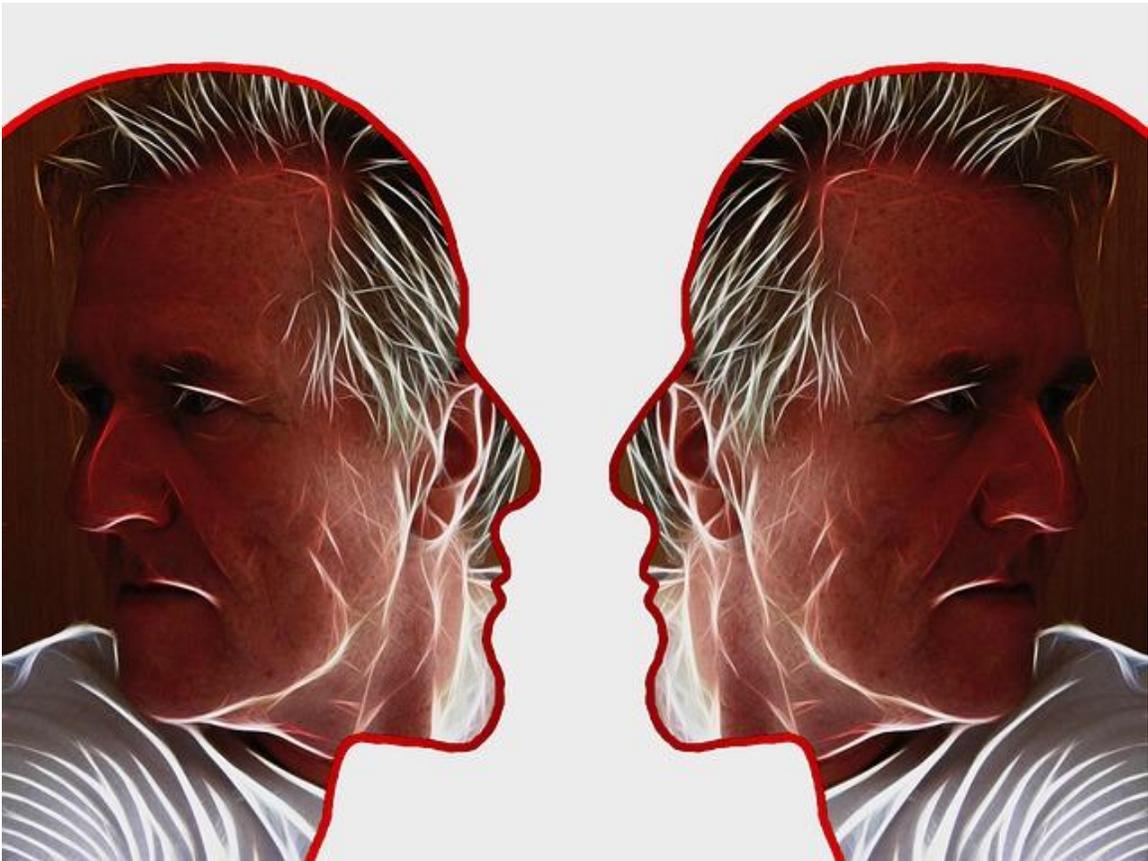
Chapter 4:

ADHD And Bipolar Disorder

Synopsis

What is ADHD?

ADHD or Attention Deficit-Hyperactivity Disorder is a mental or behavioral disorder that is often characterized by noticeable difficulties when it comes to attention or impulsiveness and hyperactivity. Symptoms of the disorder usually emerge at the age of seven.



Examine It Well

Noticeable Symptoms for ADHD

People who suffer from ADHD tend to be easily distracted; they miss details and forget things. They also tend to switch from one activity to another. They tend to become easily bored of the task after a few minutes.

They also have difficulty in focusing in organizing and completing tasks. When it comes to learning, they tend to have trouble in completing or turning in assignments. They also tend to daydream, often becoming confused and they also tend to move slowly.

People who are suffering from ADHD experience difficulty in processing information. They are not as quick and as accurate as others and they tend to struggle when it comes to following instructions. They also like to talk non-stop and they squirm or fidget in their seats. They like to play around and touch anything and everything that they see.

What is Bipolar Disorder?

Bipolar Disorder also known as Bipolar Affective Disorder is a diagnosis for mood disorder. It is also known as Manic Depressive Disorder or better known as Manic Depression. People who are suffering from Bipolar Disorder often experience episodes of altering states of depression.

Mania is a term used when referring to Bipolar Disorder. Mania is a state of mood, which is abnormally elevated. Individuals display symptoms like elevated moods, at times irritable, elevated state of arousal or overall high energy levels. In a way, this is the opposite of depression.

Noticeable Symptoms for Bipolar Disorder

During the stage of hypomania, which is the lowest level of mania, the individual would often appear to be energetic; he or she is highly productive and at times excitable.

Then at a higher level, the individual would behave erratically and often impulsively, they tend to have a great difficulty in sleeping and at times make decisions that are unrealistic. At the highest level, people suffering from bipolar disorder would often experience psychosis or distorted beliefs about experiences.

As a defining feature with people suffering from bipolar disorder they tend to suffer from Manic Episodes. During a manic episode, the person has a period of an elevated or irritable mood, in some cases can take the form of the feeling of euphoria, which can last at least a week. Due to this elevated state, individuals feel an increase in energy and noticeable need to sleep and for some, they could go without sleeping for days.

Attention span is slow and during this stage, they tend to be easily distracted. There is a tendency for substance abuse for people who are

suffering from manic episodes. They can also be aggressive, intrusive or intolerant and they also out of control. There are also experience delusions and an increase in their sexual drive.

At the most extreme levels, individuals who are suffering from manic episodes break away from reality and tend to cause violent behaviors.

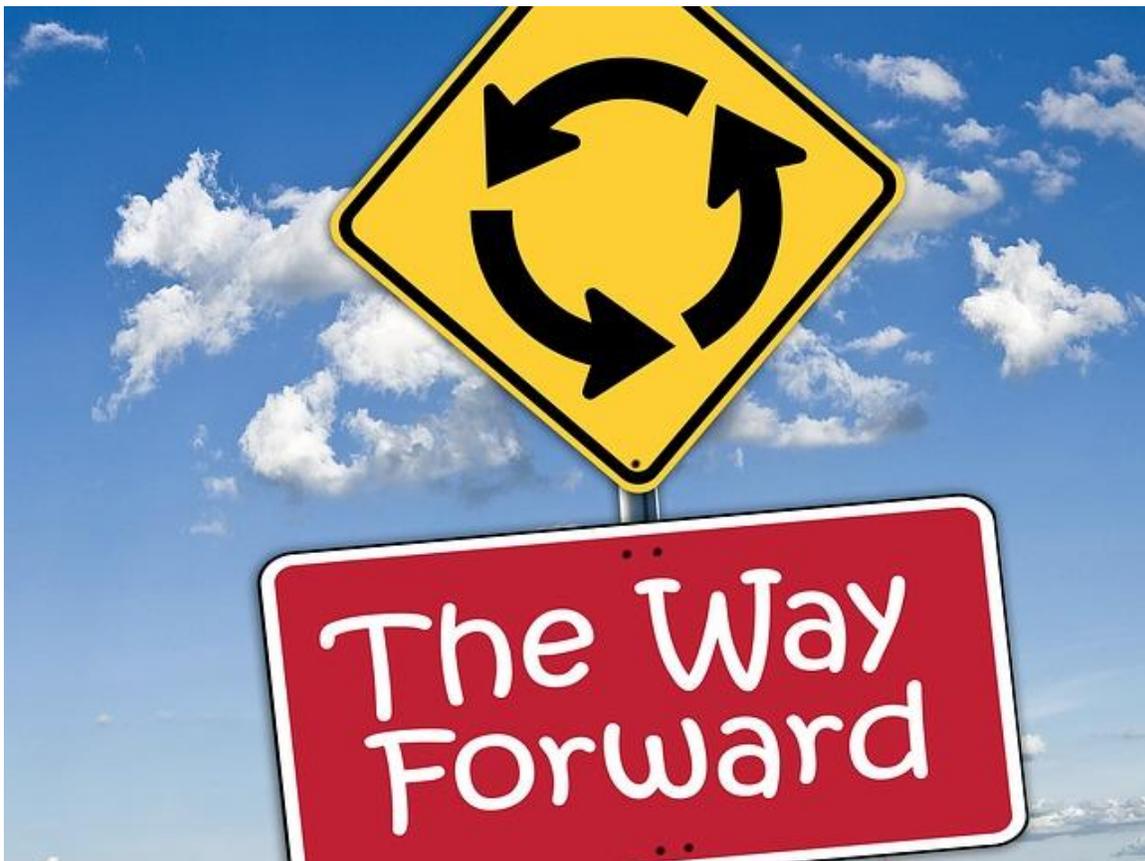


Chapter 5:

Self Help For ADHD And Bipolar Disorder

Synopsis

Once you understand the effects of ADHD and Bipolar Disorder, you can now turn your attention into helping yourself overcome these ailments that are affecting your mental well being.



Help Yourself

Understanding

When you are battling with ailments like ADHD and Bipolar Disorder, it takes a certain understanding on your part. What this means is that you need to find out what you can about what you are going through. Denial will not help you since you are restraining yourself in getting better. This is not self help, this is self deprivation. You need to reverse the situation and find ways on how to get better.

Acceptance

Acceptance of what you are going through should be the next step in your quest to overcome ADHD and Bipolar Disorder. It starts with you. Accept the situation and find out ways on how you can cure yourself. Do not limit yourself with ignorance and denial of what is happening in your life. The mere fact that you accepted that you are in this situation and that you need assistance is a form of self help. Make sure that you take the appropriate steps that you need to take to rid yourself of these ailments. A healthy mind is a great reward, which you will have, once you make the right decision in making yourself healthy.

Medication

For these types of ailments, acceptance and awareness is the key in making yourself better. if you are starting to notice or if other people are starting to notice that you are having erratic behaviors that are

close to the described symptoms for ADHD and Bipolar Disorder, it is time that you seek medical counseling. Remember that you are helping yourself, so you are trying to find the cure in making you feel better.

You are doing yourself a favor in seeking medical help. You are finding ways to make sure that you will have a healthy mind and you can control the illness that is trying to take over your system. Keeping this in mind, it will lead you closer to getting rid of these ailments and getting the healthy mind that you deserve.

Maintenance

Once you get past the acceptance and the medical side, what you need to do is to maintain what is prescribed and what is ordered for you. diligence is an essential part on the road to recovery. You cannot get better with one pill or with one try, it takes hard work. at the end of the day, it will all be worth it.

Mind Over Ailment

Remember the phrase “*mind over matter*”, not revise and apply this phrase in your life “*Mind over ailment.*” Help your system to win the battle to overcome ADHD and Bipolar disorder by thinking yourself to be well.

The mind is a powerful tool that you can utilize. Help the drugs that are swimming in your system by releasing enzymes in your body which will help you fight the ailments that are trying to wreak havoc on your healthy mind.

Chapter 6:

Why You Need To Address Your Spiritual Health

Synopsis

When you say spiritual health, what does it really pertain to? In addressing the overall wellness of a person, there are three essential components, comprising of the mental , physical and Spiritual health.

When you really analyze it, spiritual health is the most important part of the overall well being of a person. Aside from the mental and physical aspects of life that we take into account, spiritual wellness is an essential factor for health.

Have you ever noticed happy people and why they rarely get sick? The answer to this? Well, this person is healthy spiritually.

Spiritual

Understanding Spiritual Health

Spiritual Health pertains to a person emotional well being and wholeness. If a person is spiritually imbalanced, then mental and physical they will also feel imbalanced. There is a deep and intertwined connection between our emotions, our mind and our body. If a person is feeling spiritually healthy, the mind would feel more alert and the body will also feel healthy and fit.

When you say spiritual, you are pertaining to the deepest part of you. This is the part of your being that tells you what is meaning of life itself. It lies in the innermost part of your system, giving you the strength to believe and hope.

For many, when you say spiritual, it refers to religion or to the connection to God. For others, it is the emotions that are inside, or the personal relationships that they have with others.

Addressing Spiritual Health

Remember that there is a great and deep connection between your mental, physical and spiritual aspects. All of these play an important role when it comes to your health.

Spiritual wellness and health takes the back burner, which really shouldn't be the case. When a person is spiritually healthy, the body and mind follows. If a person is dissatisfied, unhappy, experiences feelings of emptiness, then that person's spiritual health is suffering.

The effect of this to the system is that the body feels fatigued, often stressed out, and the mind does not function as it should be, and you often lose your concentration or you lose your focus and drive to finish your tasks.

When you feel well and balanced spiritually, you will have an overall sense of well being. This is as important as the food, water and knowledge that you feed your system. being healthy spiritually will give you the comfort that you need, enlighten you with the purpose for the things that you need to do, give you the strength that you need and then there is hope and inner peace.

You need to address your spiritual health because this is the fuel keeps a person to go on. This is where the inner strength of a person lies, and if this part is not healthy, you will not have that drive to keep you in motion.

Determination, strength, faith, hope, ambition, purpose – these are just some of the many gifts that our spiritual health offers us.

Chapter 7:

Self Help For Spiritual Health

Synopsis

How do you help yourself spiritually and how do you make it healthy?
Tough question? Not really.

When you really look at it, there are many ways on how you can keep
yourself spiritually healthy. Again and again, it all starts with you.



Help Your Spirit

Discovering Spiritual Wellness

Maintaining spiritual wellness is a conscious act that a person should take into account. Connecting to the core, to that essential life force that is ingrained in you is the key in answering and maintaining your spiritual health.

Spiritual health is not just about religion, though it is part of it. The reality is that spiritual health comes before religion, since this is what connects us to our faith and our beliefs.

Spirituality is actually the connection that we have with the meaning and purpose that you have in life. It is the discovery of who you are and what you can do. It is the balance that provides you with inner strength, with hope and with inner peace.

Be Still and Listen

When you tune in to your inner voice and you really identify the factors that make you whole, you are feeding your spirit and helping it to grow. In meditation practices like yoga and breathing exercises, you are channeling your mind and body and letting the spirit grow and take precedence.

It is important that we should feed and nourish the spiritual side of our lives. By taking simple walks, letting all of the stress go, prayer, finding peace and harmony, you are giving food to your spirit.

Remember that you should never neglect your spiritual health. There are many people who are really aware of this side of life. A lot of people are bitter, angry, lonely, skeptical and violent because they forgot to nourish their spirit and just let it deteriorate. They feel embittered of life and they feel that they do not have the will or purpose to survive each day. If you really think about it, you would ask what happened to them.

These types of people who are just lacking when it comes to the drive and the will to survive forgot to stay connected to what is essential. They let the daily machinations of life take over and they forgot to feed the most important part of their being.

Self Help

Stay connected to what really defines you. find ways to enrich your spiritual side. There are many ways, and all of them will need you. You as the person, and you as the instigator. Remember that there is no force on earth that can make you move if you do not want to move. You need to be aware of what you need and what will work for you.

For many religion and the connection to the divine is the food that they need. For some it is the connection to nature that nourished their spirit. Then there are others who find fulfillment in helping others. Find your niche and stay there or you can combine and mix and match to enrich and feed you spirit to make it healthy.

Chapter 8:

How Anger And Grief Can Impact Your Health

Synopsis

Have you ever noticed how the body reacts when you are angry? The reaction would be that the body heats up, and then there are times when your hands and body shake, and you have this uncontrollable urge to do something physical.

What about when you experience grief? And what about when have that feeling of loss and despair? How does your body react? What is the effect in the system?

These are some points to consider when you are dealing with anger and grief and how does it impact you overall health, mentally and physically.



What Happens

What is Anger?

Anger is an emotion that is tied up with strong uncomfortable responses due to a provocation. It is the psychological interpretation of the system when it is offended, denied or wronged. External expressions of anger would be change in facial expression or body language, and some cases, acts of aggression.

What is Grief?

Grief is the response of the system to loss. To be particular, this is the loss of someone who is important to a person. Though primarily focused on the emotional response of the body, there are also reactions from the physical, behavioral, social, cognitive and philosophical aspects of the system. External expressions of grief would be crying, hysteria and in severe cases would be loss of consciousness.

Reaction to Anger and Grief

Anger and grief are powerful emotions. When a person is angry, the physical reactions would be that of an increased heart rate, surges in the levels of adrenaline, and an increase in blood pressure. Anger is a predominant feeling when it comes to the cognitive, behavioral and psychological makeup of a person. As for grief, pertaining to loss, the reaction of the body is shock.

Both of these intense emotions play a great havoc in the system. These are manifested in the biological, emotional and mental

reactions of the body which releases something that affects the physiological and neurological processes.

The Impact

When a person experiences grief or anger, the impact that it brings to the system is really big. Since these are strong emotions, the effects that they have are also powerful.

When a person experiences grief and feelings of loss, depression is really just around the corner. Then there is the have loss of appetite which leads to drastic weight loss, hair loss, dry skin, digestive problems, mental anguish, lack of concentration and more. For anger, there are effects like high blood pressure which may lead to heart attack and damages to the arteries because of the increased heart rate that a person experiences.

When you really look at it, anger and grief, along with other emotions play an important part in a person's well being. Unless properly address, these feelings of anger and grief will control and may destroy a person mentally as well as physically. The overall impact cannot be really gauged because the tolerance of the body for these types of emotions varies from person to person.

Chapter 9:

Self Help For Anger And Grief

Synopsis

What Can You Do?

In relieving your mind and body with the stress of anger and grief, you need to look for outlets as a way of self help.

Just like with any problem, you need to deal with the issues that you have.

For anger, since this aggression, you can divert it. You can channel your energy and burn out your anger through exercise. For some people, they opt to divert their attention and anger to doing something that is productive or something that will calm them.

There are many productive ways where you can help yourself in handling your aggression. You do not need to become violent and abusive, instead you can make it productive.

Help Yourself Get Over it

For grief and loss, understand that you need to go through the process. You need to go through shock and denial, then you have intense concern, where you are not able to think of anything else, then you have despair and depression and then at last to recovery.

For the first three stages, you need to make that conscious effort to pull yourself together and go through that stage. While going through these phases, you can enlist the help of someone that is close to you to watch over you so that you do not go over the deep end.

Remember that even in the midst of pain and loss, you can still make a conscious effort that you will not be in one stage of the process and get stuck there.

Self Help

There are many self help books and motivational materials out there telling people of what they can do and how they can do it when it comes to overcoming grief and anger. The real secret behind these books is the word self-help.

You need to help yourself in order to recover. Just like a wound, you cannot just leave it alone and not clean it. If you do not clean your wound, it would fester and it would cause you more harm and more damage. You do not really want that to happen do you?

When you are through anger and grief, always remember that the only person that could help you is you. Sure there are people that you can go to in seeking help like shrinks and doctors to help you medically or you go spiritual counselors who will give you advice and counseling. But at the end of the day, all you need is you.

The struggle and the battle will always begin and end within you. since you have the power to overcome these emotions, pull yourself together, reflect on the situation and decide to get out of the clutches of these damaging emotions.

Remember that if you do not deal with your anger or your grief, you are not just hurting the people around you, you are harming yourself. You are damaging your system, by being stuck with anger and rage, or you are destroying your system by being depressed with grief and loss.



Chapter 10:

The Benefits Of A Healthy Mind For Overall Health

Synopsis

Have you ever heard of the phrase, “It all starts in the mind.” This is true. It all starts in our noggin and the powerful clump of muscle that signals and transmits information to our body and soul.

In some cases, we can literally heal ourselves if we have a healthy mind. How? An example would be, say we are facing a stressful situation like grief and loss. There is a process that we need to go through, when it comes to grief. This is a very long process that we need to deal with.



Advantages

At the end of the process, there is a stage called recovery. This is where the mind is finally waking up from the depression, anguish and loss that it experienced.

At this stage, the mind is signaling the body to wake up and to heal. This is a precarious stage, because the mind and the spirit should be nourished. As the mind heals and as it becomes healthy, the body will heal from all the stress and strain that it experienced.

When you have a healthy mind, you find peace and harmony in everything that you do. It enables you to appreciate all the facets of your life.

If you are working or you have a career, you have the energy to what you need to in order to finish your tasks. This can be factored in with your physical and spiritual wellness.

It also works with relationships. With a healthy mind, you are able to reach more people and sustain relationships to make them better. You are at peace with yourself and the people that you are interacting with.

You are able to open yourself to a more positive outlook in life. You are able to touch other people's lives because you have a sound mind. So in effect, with a healthy mind it does not just affect you as individual, you can reach out to touch and help others in building a healthy mind as well.

A person needs to understand that when you have a healthy mind, it does not just affect one facet of life, like the physical side. It affects everything. It works with the physical side, the emotional side, the spiritual side of life. Then there comes a bonus, you can help other people as well.

Overall, it is important that a person should really feed the mind for it to become healthy. This is your life and your bodies, so make sure that you take care of it.

Wrapping Up

If you really think about it, there are many benefits that you can rake in if you have a healthy mind as it affects your overall health.

When the mind is healthy everything else follows. Your body, your spirit, and your emotions – they are all at the top of their game. All of these factors in life are intertwined, one will not work without the other. The mind is like the soil where everything grows.

