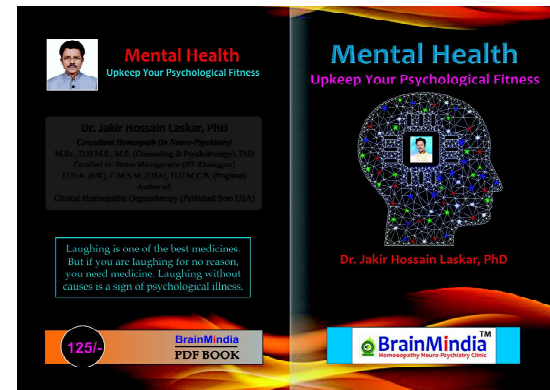


Laughing is one of the best medicines. But if you are laughing for no reason, you need medicine. Laughing without causes is a sign of psychological / mental illness.

Mental Health

Upkeep Your Psychological Fitness



Dr. Jakir Hossain Laskar, PhD



An ISO 9001: 2015 Certified Clinic

Mental Health

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BrainMindia Clinic

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This Booklet is for Free Distribution

Preface : Helping Hands for Humanity

God has given us two hands – one for helping yourself and another for helping others. The purpose of human life is not to achieve so-called happiness with one hand. True happiness comes only when we extend our helping hands for humanity. Those who are happiest are those who do the most for others. Small acts of helping others are the biggest thing in human achievement. When we reach out to those in dire need, we will achieve greatness – service to humanity is considered service to God. No person in this world has ever become poor by sacrificing for others. No one has ever become worthless by minimizing the burdens of another. The wound of mind can only be healed by kindness and compassion.

Those who make life beautiful for others are the only blessed persons. We should do charity with great love and affection to the poor, helpless and underprivileged. Love and respect is the most important virtue of human personality – it is like an investment, whenever we give love and respect to others, it will return to us with profit. Generosity is expressed as an act of love which is the heart of humanity. Humanity is greater than wealth, character is greater than beauty and sacrifice is greater than love. So, those who sacrifice their lives for mankind are the messengers of God. Most of the bad things start from mind but all beautiful things start from our heart. So, we should never let the mind rule our heart – instead let the heart rule our mind. Caring to others is a gift that we cannot buy.

We all know, health does not come from medicine – most of the time it comes from the peace of mind, heart and soul. Likewise, happiness in human life does not come from wealth; it comes from sacrificing by extending helping hands for humanity. We must not run away from danger, we should run towards danger, to see if

someone needs help. If we can become mad for doing good to others, there will have no suffering and misery in the world. Taking care of your own family is good, taking care of your neighbours-friends-relatives is better, but taking care of unknown families is the best. If we are not able to become a big banyan tree, at least we can be like a small jackfruit tree under the shade of which a few people can take rest. Likewise, if we cannot help many people, no matter – at least we can try to help a few people, as we all have the ability to make this world a better place. Caring for others is the best way to fulfill our interests. Helping others is the best effort to raise human dignity. Little things done with love and dignity are much better than big things without love and respect. If we help poor people achieve their dreams, we become rich by helping the poor. A life dedicated to serving others is the life we should all aspire to live. People who help others on a regular basis are ten times more likely to be healthy than people who do not.

We should not pray for help; instead we should pray to God for the ability to help others. Our act of kindness blossoms our lives with gladness. Good deeds awaken the good spirit of our soul. When we open our doors to others, automatically others will keep their doors open for us. A giving heart is surely one of the most precious things on human civilization. The happiest people are not those who are getting more, but those who are giving more. The happiest people are those who lose themselves in the service of others. Which is why, we should help for those who cannot help themselves; we should speak up for those who cannot speak for themselves. Service to others is the rent we pay for our home here on earth. The best exercise in social life is bending down to lift someone else up.

Those who have much, give to your wealth; those who have little, give to your heart. If you plant flowers in others' gardens, your life will become a bouquet. Thousands of candles can be lighted from a single candle, and the life of the candle will not be

shortened. Happiness never decreases by being shared. So, we should set our mission to help people by charity with extending our helping hands for humanity. Our life is like a notebook – two pages are already written by God. First page of our life is birth and last page is death. Center pages are empty – we should take oath to fill those pages with smile, love and charity.

Dr. Jakir Hossain Laskar
Founder, BrainMindia Clinic

Publisher's Note

Mental health deterioration in today's world is increasing day by day. Everyone should understand now-a-days that psychological illnesses must not be neglected any more. Awareness about prevention relating to mental health issues can save us from many psychiatric diseases. This booklet is being published by BrainMindia Clinic for the good cause of our society and nation. To enhance social awareness, this booklet will be distributed free in various socio-cultural establishments.

June, 2021
Kolkata - 700073

Mental Health Awareness Topics

1. How to Overcome Mental Depression?
2. How To Manage Excessive Anger?
 - a) Which therapies are useful for anger management?
 - b) What precepts and prescriptions have been given by various religions to control excessive anger?
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8. Can Food Boost our Mood?
9. What is ADHD and its Signs and Symptoms?
10. Why is laughter a natural medicine for mental illness?

Chapter - 1

How to Overcome Mental Depression

1. Laughing is the Best Medicine – Vivacious laughter is a potential antidote for tension and depression. Read books on jokes befilling a good relishable taste. Many funny and amusing programs are telecast now-a-days. Watch those allowing your time. If possible, join your nearby Laughing Club. But remember, if anyone is laughing for no reason, he or she need medicine.

2. Learn and Practice Mindfulness Skills – Negative thoughts and negative possibilities nurtured by a depressed mind can be eradicated through focusing on the present moment practiced in mindfulness.

3. Read mental health-related Journals – Try to know information on mental health by reading books, health magazines and journals. You can also watch psychological videos on YouTube. Thus your acquired self-confidence will show the path of light to fight depression.

4. Stop using Negative Self-Talk – Self-doubt along with feeling of worthlessness is reinforced by major depressive disorder. People with depression consider the world in a negative way. When unfavorable conditions continue, depressed people blame themselves and when they make the best use of favorable situations, they call it luck. Harness your inner negative thoughts that will help you overcome depression.

5. Stay connected with your Friends – Depressive mood syndromes can be minimized by the advice of your bosom friends. Their suggestions and inspirations have a huge positive effect on

your mood swing. Make new friends and be a part of a strong social network to fight depression and anxiety.

6. Have mindset with Positive Attitude – Our life will be a stream of obstacles if we nurture negative attitude. We will experience resentment, bitterness and high stress level if we make negative environment at our family and workplace. So, have a pleasing personality and stay away from negative people and influences. Also only consider your blessings, not your problems – you'll never be deprived of mental spirit.

7. Listen your Favorite Music – When you are in low mood, listen some light vocal music or pure classical instrumental. It will help bring your mental peace. At present music therapy is being popularized worldwide to overcome depression. Music is a food for our soul and is the only sensual pleasure without vice. Listening to upbeat tune of a happy music can create positive vibes in our brain that can improve our mood.

8. Hope is the Oxygen of Life – Keep the light of hope burning in the inmost recess of your heart. Mind you, frustration is life half-dead. Keep in mind that you have far more dedicated mental power which will give you mental strength and keep you away from mental weariness and lassitude. You try your utmost and rely on God for result; you'll have no loss of spirit or enthusiasm.

9. Play with a Pet – Pet animals can give you joy and companion. If you want to get you outside of yourself, be caring for a pet. You will feel less isolated. Replacing the human connection by a pet animal can be the antidote to depressive mood disorder.

10. Practice Relaxation Techniques – If you practice relaxation methods on a daily basis, the feeling of joy and well-being will be increased. Your stress will be reduced and symptoms of depression will be relieved. Practice yoga techniques, progressive muscle relaxation, deep breathing and meditation.

11. Eat healthy Diet – Eating habit has a direct relation on the way of our feeling. Intake of foods that adversely affect our brain

and mood should be avoided. Don't take alcohol, caffeine, trans-fat, foods with chemical preservatives, artificial colours, etc.

12. Drink Green Tea – People with major depression lack sufficient production of serotonin, the feel-good neurotransmitter which regulates our mental depression and anxiety neurosis. Inadequate amount of serotonin in the brain neuro-chemistry can result in chronic mood swing. Green tea is the rich source of amino acid L-Theanine, which boost serotonin in our brain. Try a cup of green-tea, which can quickly boost your mood.

13. Practice Touch Therapy – Healing touches can help us cope up with depression. The level of stress hormone cortisol is reduced and the level of feel-good hormone oxytocin is increased by touch therapies. Practice acupressure, acupuncture, reiki, massage and reflexology to fight mental depression.

14. Practice Self-Discipline – Most of the time self-discipline is uncomfortable. But if you can find ways to change your weaknesses into strength associating with people of high moral character, your moral strength will be uplifted. If you read ideologies of people who have changed negatives into assertive, and if you listen inspirational YouTube videos, you will be able to cope up with depression easily.

15. Exercise regularly – Physical exercise releases endorphins which is beneficial for lifting our mood to overcome depression. Moderate exercise for half an hour daily has positive impact on our mental health. Cognitive decline can be averted by brisk walking in every morning.

16. Talk Therapy – Consult with a mental health professional to discuss symptoms and feelings related to mental depression. Sharing problems with others ease tension and anxiety.

17. Cognitive Behaviour Therapy (CBT) – Professional psychologists can help you learn how to overcome negative thinking and help you view your life in a more positive approaches.

18. Control your Anger – Violent anger is a strong emotion which often underlies behind depression. Learn to accept your anger in a healthy way and keep yourself away from negative emotions.

19. Stay away from Drugs and Alcohol – Substance abuse with potential negative health impacts and mental depression go hand in hand. The Harvard School of Public Health conducted a study which says, drinking alcohol and drug addiction is highly prevalent with those having poor mental health conditions.

20. Practice spirituality – Read scriptures and other positive religious books. This is good for purifying your mind and soul. Attend religious performances at times. A person with due regard for rituals and religious practices can have clear moral sense. They do not succumb in low mood or depression easily.

21. Socialize with those who make you Laugh – To keep you tension-free, try to surround yourself with special people who have love and empathy on you. Associate with friends and relations who care about you. Go to watch movies or stand-up comedy shows with them.

22. Eat Omega-3-fatty Acid to Boosts your Mood – Foods rich in omega-3-fatty acid help stabilize our mood. Keep fatty fishes in your menu-card, such as, herring, mackerel, salmon, tuna, sardine, etc.

23. Maintain good Sleep Hygiene – Most people with major depression experience sleep disorders. Irregular sleep cycle and mood swing are intimately related. Bed should only be used for sleep and sexual play. Doing other works in bed trigger stress instead of relaxation.

24. Give sympathy to depressed People – We have to make depressed people understand that other members of the family are always beside him or her. Everyone in the family along with relatives is trying their best to help him overcome depression sorting out the cause of mental deviation.

25. Self-Counseling – Try to solve your problems through psychological counseling by yourself. Take charge of familial and social responsibility. But don't take any serious decision when you're in depression.

26. Walking and Swimming – The intensity of depression can be minimized through some special exercise. Walk for a while on an unknown road far from your home. Or swim in a nearby pond. Practice yoga and pranayama every day.

27. Play with Children – Spend some time playing with children. Stare at for a while towards the sky. Make a habit of doing phone-calls to your dear ones to keep your mind fresh and vibrant.

28. Always thank God – You should always thank God for what you've achieved worthwhile in life. Don't feel sorry or make complaints for what you didn't get in life. Try to achieve divine qualities; you'll be able to stay cheerful.

29. Don't stay Alone – People become depressed if they stay in solitary confinement for a prolonged time. So always try to keep yourself in close proximity with your family circle. Besides, keep in close touch with your friends who have strong positive attitude. They can help you regain your mental strength.

30. Green Therapy – Spend some time in nature every day. The benefits of spending time around trees are immense. The Japanese practice of forest bathing is proven to reduce stress hormone production, boost low mood and improve overall feelings of well-being. While in nature people do some form of exercise, such as walking, running or swimming in pond which help reduce mental depression.

31. Somatic illnesses can cause depression – Try to know and address your physical diseases which are responsible for your mental depression. Sleep at least 7-8 hours, do moderate exercise and practice meditation to keep your mental equilibrium.

32. Manage your Time – Do your routine works daily to avoid unnecessary tension. Mind you, procrastination is like a

disease. Those who can manage their time can stay tension-free all day long.

33. Write personal Diary – Before retiring at night, write your personal stream of events. Thus when your feelings will be expressed, your mental anguish, heart's pang and wounded feelings will come down.

34. Take Life easily – Try to accept your success and failure in life with sporting spirit. Establish yourself as a realistic man and always keep your approach pragmatic. Don't cherish unrealistic, illogical and unreasonable thinking in mind. Frustration leads to depression. Learn from your failure and futility, and make yourself more mentally powerful.

35. Spend time at your Kitchen Garden – When anxiety and depression seize a man, he becomes lazy, slothful and lethargic. Do your work by yourself to shake off lethargy by stretching your limbs. Clean your sweet home and decorate it with your own hand once a week. Attend upon your kitchen garden, cultivate vegetables and fruits there. He who keeps himself busy in constructive activities can keep depression away.

36. Join an NGO – Be attentive to do small works neatly before starting a big project. Get yourself mentally prepared for constructive works to fight depression. Many Non-Governmental Organizations (NGO) do good works in our social and cultural fields. Make yourself available to do some benevolent activities with them.

37. School Counseling – In adolescent age, 8-10 % children suffer in mental depression. Students start doing abnormal behavior; keep themselves isolated from friends and acquaintances. They get extremely afflicted in any kind of refusal or rejection. Depression gives students a strong push towards drug and alcohol addiction. Every school should have student counseling facilities to overcome depression and other mental traumas.

38. Respect Women – Many women suffer in severe depression being the victim of social inequalities. Many of them put up with atrocity and oppression without protest in our patriarchal society and suffer in major depression in course of time. Many educated women take care of their family and outdoor jobs simultaneously – some of them are forced to take these excessive workload and mental pressure which cause melancholy in them. If women should be given due social respect, they can fight depression easily.

39. Take Care of Elders – Old people suffer in depression because of many chronic physical illnesses. Loneliness is one of the important causes of mental depression. People living without freedom in his son's family suffer in depression. Lack of economic security is also a major cause of old-age depression. Sons and daughters must take good care of their parents.

40. Stay away from Negative People – Always try to avoid negative people and negative influences and build your positive self-esteem which will help you coping depressed mood.

41. Aromatherapy – Sweet fragrance creates happy feelings in our depressed mind. When we walk on roads if someone passes using aromatic perfume, we feel pleasing and delightful. Likewise, we feel mentally enchanted by the fragrance of incense and flowers at the places of religious worshipping. So, to overcome mental pressure, natural perfume is unparalleled.

42. Eat anti-depressive Foods – Serotonin is a mood-lifting neurochemical in our brain. And flavonoid with antioxidant properties can well stabilize our mood swing. Rich sources of these two chemicals are blueberries, dark chocolates, oatmeal, oysters, etc.

43. Avoid foods which cause depression – Sugary foods, caffeinated drinks, food additives, artificial colours and preservatives used in various foods and alcohol may put you in low depressed

mood. Consciously avoid fast-food, junk-food and sugary soft-drinks which trigger depression.

44. Keep your Thyroid Healthy – Hypothyroidism causes extreme mental tiredness, fatigue and exhaustion. And hyperthyroidism causes severe mental confusion, anxiety neurosis and insomnia. If someone has been suffering in thyroid-related chronic diseases for a long time, he will experience tension, anxiety and mental depression. So, if you're suffering in thyroid disorders, immediately consult with an Endocrinologist and get cured.

45. Psychology of Defeat – Don't believe in the psychology of defeat. Work with the positive mindset to become successful in life. The fear of defeat may be the obstacle in the path of your success leading to depression.

46. Keep Faith in your inner-self – If you do not have faith in yourself and if you do not have true knowledge to become successful, your mental strength will be diminished. Your mental equilibrium will be disturbed in the long run.

47. Believe that Tough times Never Last – Hard times in life do not continue forever. There is always a light at the end of the dark tunnel. People with strong will-power and moral courage will never fall in depression.

48. Forget past Failures – Don't brood over past failures as those make us down-hearted and dejected. Our past failures and defeats are just some turning points in our life, success only is our ultimate destination. The process of success in life is strewn with thorns or thistles, but it keeps our mood vivid and lively.

49. Stay motivated in Actions – If you can take full responsibility of your behavior and actions, your mindset towards life will become positive and you'll be able to stay motivated. Count your emotional needs and look for rewards, recognition and appreciation – you'll never experience depressive mood syndromes.

50. Take support of Expressive Psychotherapy – You can't cope up with depression alone. Experienced mental health

professionals can provide you support to reduce symptoms of depression and help you overcome future episodes of major depressive disorders. When your problems go beyond control, take professional help. You need not take anti-depressive drugs always to overcome dejected mood. Counseling can do wonders in most of the situations.

Chapter - 2

How To Manage Excessive Anger

Anger is one of the natural instincts in human behaviour. But when this anger goes beyond control, unhappy environment is created in one's personality trait, in family life and social life. We see family feud, marital disharmony, separation of friendship and crisis in ethical values.

Why we become angry?

Long-term poverty, debt-trap and financial crisis in the family lead a person to frustration which causes chronic anger. Excessive stress and tension in life-style, disgrace for dejection and failure in life, social deprivation and victimization because of injustice are major causes of excessive anger. Women who become victim of sexual molestation and violence are prone to show anger and rage. Unemployed youths and those who are victims of social, cultural and religious inequalities are very much expressive in anger. Incongruity between personal expectations and attainment leads us to become angry.

How many types of anger are expressed?

More than 20-25 types of anger are expressed in human nature.

a) Chronic Anger – This kind of anger is expressed from apathy and aversion to people surrounding us and from disgust in life.

b) Paranoid Anger – From the sense of personal insecurity, envy and being mortified at another's good or prosperity, excessive rage is expressed.

c) Retaliatory Anger – This type of ferocious anger comes in mind from the intention of revenge to enemy.

d) Passive anger – Some kind of displeasure, vexation and rage are expressed indirectly by making indecent gestures and by doing taunting remarks or utterances with ironical comments.

e) Behavioural Anger – This type of anger comes from abnormal behavioural disorders because of acute or chronic mental illness. People with angry personality trait create tumultuous confusion being angry without cause.

f) Judgemental Anger – If anyone becomes victim of outrage and tyranny, oppression and injustice without proper cause or motivatedly, he or she may be blinded with excessive rage.

g) Aggressive Anger – From this type of awful malicious anger, we see aggressive behaviour and many kinds of psychiatric disorders. People become possessed with a murderous frenzy flying into a towering rage.

h) Volatile Anger – This anger lasts very short span of time. Some anger comes on the spur of the moment and comes down in the next few moments.

i) Depressive Anger – People, who suffer chronic anxiety and severe mental depression, are sunken in remorse and self-reproach. They express a natural anger for long term suffering.

j) Moral Anger – Some people cannot tolerate degradation of socio-cultural ethical values and all-pervading moral degeneration. They get enraged and cherish hatred against anti-social elements of the society.

What are the manifested physical symptoms of excessive anger?

Trembling of hands and legs, having palpitation of heart, flushed face, redness of eyes, increase in blood pressure, headache, physical exhaustion, etc. are important signs and symptoms of violent anger.

Do people suffer in diseases due to excessive anger continuing for a long time?

Physical problems like indigestion, loss of appetite, constipation are common in anger. Heart attack and brain stroke (cerebrovascular accident) cannot be ruled out in the outcome of fierce anger. Besides, many mental problems come from formidable rage and atrocious anger. People suffer in panic attack, anxiety neurosis, depressive disorder, borderline personality disorder (BPD), insomnia etc. because of uncontrolled anger. Students suffer from temperament disorder, attention deficit hyperactive disorder (ADHD), autism spectrum disorder (ASD), learning disability (LD) and concentration deficit syndrome if they cannot manage anger.

Which types of changes are occurred in brain neurochemistry and neuroendocrine system during uncontrolled anger?

During excessive anger, adrenocorticotrophic hormone is secreted from pituitary gland and corticosteroid hormone is released from adrenal cortex. In that time, oxytocin and vasopressin along with corticotrophin hormone are released excessively from the hypothalamus. Several neurochemical changes are demonstrated in the direct impact of these hormones.

Prefrontal cortex in the human brain is the part which control positive and negative emotions – the left side of this cortex neatly executes our emotional control. Males and females, those who have powerful prefrontal cortex, can manage uncontrolled anger easily. Amygdala inside the limbic system is the emotional centre of the human brain, from where serotonin is released which keeps our mood positive and energetic. If brain serotonin level stays normal, aggressive behaviour and unbridled anger is well managed. As serotonin helps keeping mental equilibrium, it is called ‘happy chemical’. Also, metabolic dysfunctions of the neurotransmitter gamma-amino-butyric acid (GABA) can cause unrestrained anger when the level of glutamine secreted from glutamic acid is decreased sharply.

Which therapies are useful for anger management?

To bring anger under control, some therapies are very effective. Those are – 1. Anger Suppression Therapy 2. Cognitive Behaviour Therapy 3. Heart Coherence Training 4. Communication Skill Improvement Therapy 5. Relaxation Therapy and 6. Cognitive Restructuring Therapy.

All these therapies are used under the guidance of a clinical psychologist or a counselling psychotherapist to mitigate excessive anger. Mind that, if anger is transformed, it can be utilized as the source of inspiration. According to the researchers of psychology, angry people are more optimistic than others. Their anger can be reduced if the humane values are awakened in them. Anger can be properly controlled by bonding familial and social relationship. As a negotiation strategy, the use of anger is also well-known. As for example, the possibility of occurrence of malevolence and affray may be minimized if the revenge-wish is mitigated through anger.

How can you manage and control your anger?

1. When anger goes beyond the limit, start taking deep breathing. It is very much effective to normalize increased heart-beat, high blood pressure and increased rate of exhalation caused by violent outburst of anger.

2. When you are in a state of angry mood, start counting from 100 to 1 in reverse order.

3. To pacify your mind and restrain your chronic anger, make phone-calls to your bosom friends, spend productive time in your kitchen-garden, listen favourite music, read ethical value-oriented books, read biography of high-souled men. If you can make time for half an hour, sit down with colour, brush and art-paper.

4. Practice yoga, meditation and cardiovascular exercise. During uncontrolled anger, neurotransmitter catecholamine is secreted from human brain which produces excessive energy in our body. If this energy is mitigated by doing physical exercise,

outdoor games of jogging, excessive anger can be bridled. After 20-25 minutes of physical exercise, our body secretes a happy hormone called endorphin which helps us keep good mood.

5. Practice wit and humour to manage anger. Read humorous essays and watch entertaining television shows.

6. The most important cause of anger is stress and tension. There are several ways to become free from mental pressure and situational anxiety. Spend time with the children. If you can make intimacy with the kids with childlike simplicity, you'll be free from stress and anxiety. You may get involved in religious activities.

7. Sweet fragrance makes us feel good mentally. Which is why, perfume is used to alleviate mental pressure. We all know that aromatherapy is passionately loved to ease tension in today's era.

What precepts and prescriptions have been given by various religions to control excessive anger?

In Holy Scripture Gita, Lord Sri Krishna uttered a phrase 'lust-rage-anger'. Out of these three, rage (anger) according to Him was considered the source of all sins and cause of destruction. Gita also said that our moral sense is augmented if we can lead our spiritual strength to creative ways. If anyone mutters the Prayer 'Gayatri Mantra' described in 'Rik Veda', his sense of conscience will be woken up to subdue anger. In Buddhism, Lord Gautama Buddha, the spiritual guide and preacher, has described the 'Asthapath' to overcome anger, the most important of which are truthfulness, good character, true knowledge, true vision, the path of virtue, leading honest life, etc.

According to Islamic Scriptures, excessive anger has been described as 'momentary madness' and classified as severe mental illness. Prophet Mohammed said, 'Self-restraint is the best ethical struggle in human life. As vinegar spoils honey, anger and rage defile our trust. Uncontrolled anger unfolds the gate of all kinds of misdeed'. Islamic Prophet also said, 'When you get angry, at first shut your mouth. If you are standing during lunatic anger, sit down

forthwith. If that does not work, lie prostrate. After a while, take a bath in the shower. Or swim for a while in the nearby pond'. Jesus Christ, the Mercy Incarnate, said, 'Forget selfish thought and egoism, and learn to forgive others cordially and unconditionally. You'll see, your anger is melted to water'.

How is the treatment done for anger-related abnormal behaviours?

Supportive and expressive psychotherapy techniques can manage unbridled anger. But when that anger causes psychiatric illness, medication is required for treatment. Now-a-days, some proven medicines in Allopathy and Homeopathy are being prescribed as mood stabilizer to address anger-related abnormal behaviour.

Chapter - 3

Ways to Improve Mental Strength for Psychological Balance

Mental strength is an important part of our plastic personality trait which should have the power and capacity to deal with the stressors effectively to bring out our best performance in spite of hard challenges and adverse circumstances. Personality attribute with plasticity is capable of changing and easily flexible through life experience or targeted experimental actions. Mental strength determines our performance. Two people, facing similar situations and are from same background, experience different outcomes because of the difference of their mental toughness. Mental strength is required for success in life, mentally strong people practice positive self-talk and keep their thoughts positive.

Those who have mental strength can regulate their emotions, control their thoughts and keep their attitude positive by finding the courage to live with their values and ideologies. They create their own definition of success by being bold enough mentally. Mental strength, however, we know, is more than just will-power; hard-working mentality and commitment make us stronger to fight against the inevitable obstacles in life.

1. Stable your Emotions – Making good decision under pressure requires emotional stability. Always stay objective maintaining your capacity and deliver the utmost level of performance in spite of your mood swings.

2. Stay Motivated always – Serious people can take care of themselves and they see themselves as the best considering that success in life begins with the improvement of their mental big pictures. The root of mental toughness lies in intrinsic motivation.

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3. Achieve goals and get more Confidence – We are to set 3 types of goals in life short-term, mid-term and long-term. When small goals are accomplished, we gain more mental confidence for future success. If your goals are unrealistic ambitions, you'll become frustrated. So, establish your goals which should be measurable, achievable and time-bound.

4. Practice Mindfulness Exercise – Mindfulness which is about staying in present moment has great psychological benefits including reduction of stress and development of compassionate inner dialogue. This mental exercise technique improves the ability to focus on our success.

5. Stay Focused in Accomplishment – Even if the rest of the world turns against you, try to hold up your mental strength. Put the adverse situations in proper perspective without losing your focus for attainment of anything in life.

6. Fuel your Purpose in Life – Ignite your mental power with energy-driven passion and fuel in your progress which will write your success-story. Those who surround themselves with positive energy, can taste the fruits of success.

7. Don't exhaust your Mental Energy – Eat healthy foods and keep your diet natural as much as possible. Avoid fast-foods, junk-foods, sugary soft-drinks, foods mixed with additives full of harmful chemicals, artificial colors and preservatives. Chemicals used in foods and beverage cause neuro-chemical imbalance in our brain resulting to loss of mental energy.

8. Be Flexible and Adoptable – You should have the readiness for change if and when required as an adaptability strategy.

9. Focus on what you can Control – All of us go through many setbacks in life and come out being stronger having learnt the lesson from our failures. Don't take your setbacks personally and waste time wondering; instead you try to control your strength being focused to your success. Stay steady in front of potential obstacles and put your attention on the long-term results.

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10. Don't look for Unhealthy Shortcuts – Those who can tolerate for a greater purpose in life, can well-manage their problems. Coming out from comfort-zone is always uncomfortable; but once you come out from there, you'll get the taste of success.

11. Learn to Manage your Stress – Try to become resilient under utmost negative pressures and influences. Develop the capacity to cope up with stressful events learning the stress management techniques.

12. Prepare for Challenges – Engagements of life are full of everyday demands and expectations, sudden crisis and unexpected twists. Store your financial and emotional resources at hand to fight against the forthcoming personal and professional crisis.

13. Overcome Pessimistic Thoughts – Reframe your negative thoughts by developing a realistic and optimistic inner monologue. We all go through hard days in life and we earn catastrophic experiences. But you've to replace those pessimistic thoughts with more realistic expectations to regain strong mental power.

14. Be self-determined Person – Achievement motivation makes people self-starters and self-determining. Save your mental energy for the best possible time when great opportunity comes in the front.

15. Make Stronger Attitude – If your attitude is positive toward setbacks and failures, you'll learn the constructive lessons to overcome future dangers.

16. Modify your Core Beliefs – We should evaluate our core beliefs from time to time as those developed by past experiences influence our behavior, thoughts and emotions. Some core beliefs may become a self-fulfilling prophecy which is often inaccurate and unproductive. Many people believe that they will never succeed in life. Who can say, they can be achievers in future! So, identify and evaluate your core beliefs, and then modify them with purposeful intentions and persistence with hard work. Your mental

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strength will be increased which can positively alter the next course of your life.

17. Validate your Self – The policy of appeasement doesn't always work. Instead of pleasing others, you stick on your prudent decision and put your effort with concentration to make things happen in your favor.

18. Make your Emotions Logical – He who can balance his emotions with strong logic, can make his best decisions in life. Indecisiveness causes loss of mental energy.

19. Have Patience – Nothing will happen before the time, so don't expect results immediately. Instant gratification is temporary, but delayed gratification is permanent and sweet. Hard work and endurance are always required to achieve anything worthwhile in life. The process of success is always uncomfortable, but the reward for success is meaningful and praiseworthy.

20. Keep Control on your Actions – Try to manage your negative emotions and control your actions without being influenced by external pressures.

21. Take full Responsibility – Try to examine the reason of your failure and look for the expectations, so that you can perform better next time. Never make excuse for your actions and behaviors. We learn from mistakes and missteps. You also acknowledge your mistakes and shortcomings, and don't repeat them in future. Take total responsibility for your failure; don't blame others. You'll get honest and sincere appreciation which will boost your mental strength.

22. Improve your Acceptance Power – Many things happen in our life in which we have no control. Accept that situations in proper spirit. Don't complain about those situations; rather control your own response and attitude using your personal attributes effectively.

23. Involve yourself in one Hard Thing every day – Go to your outside uncontrollable boundaries by putting yourself in more

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challenging situations. If you can go one small step forward every day, your mental toughness will be increased.

24. Keep Endurance in spite of Failure – Consider your failure as an opportunity to learn and improve. Keep trying to do your best until you achieve desired results. Failure should not be the reason to give up.

25. Become full of Positivity – Don't associate with negative people who may ruin your spirit of accomplishment. Make friends with people with positivity who will influence you to become successful in life.

26. Keep Optimistic Attitude – Put your mind focused in the right decisions and perform your tasks assuming that you will be succeeded. Emotional support and mental strength come from the note of optimism.

27. Save your Mental Energy – If you always think about your negative problems, your brain-power and mental energy will be drained. Always culture your mental energy for productive tasks, helpful topics and setting achievable goals.

28. Be contented for what you Have – Don't be envious of anyone else's achievements. It will waste your precious time and will make you down-hearted. Rather you sincerely thank God for what you've already achieved and focus on what you're going to accomplish in future. And try to fulfill your overall purpose.

29. Stay true to your Course of Action – If you take your action being internally driven, you don't have to worry about shortcomings and failures. Never give up in any situation; tenacity is the key-word to regain mental strength.

30. Evaluate your Progress often – Reflecting upon your progress for increasing mental strength can reinforce your ability to reach the destination. Mental strength development is a long-drawn process where there is always space for improvement. Count your progress and acquire more emotional strength for future accomplishment.

31. Visualize your Dream – See your dream success with your inner eyes which will keep you mentally motivated. Practice meditation for your mental equilibrium which will enhance mental clarity, reduce stress and all-round relaxation.

32. Uncompromising Attitude – Hard times may come in life, difficulties may make us dejected, but those are not the good reasons to give up. Put your standard high in every respect which will make you a mentally strong person.

33. Practice Brain-Gym – Regular exercise releases endorphin and serotonin in our brain which help strengthen our mental ability and improve mental toughness.

34. Socialize yourself – Social intelligence has great impact on mental well-being. Learn from other people's mistakes for strengthening your mind.

35. Don't repeat your Mistakes – Don't waste your time feeling sorry for your actions. Never change your inspirational vocabulary giving away your power. Learn to take calculative risks without fear for successful outcome. If you are confident, emotionally intelligent and relentlessly positive, you'll embrace success with your powerful mental strength.

Chapter - 4

Which Foods and Nutrients can increase Memory and Brain-Power

1. Omega-3-Fatty Acid – We need powerful brain for mental workout and fatty acids are the energy-food for brain. There are various types of fatty acids, of them omega-3-fatty acids are very much necessary for human system, especially for improving concentration and memory power. The rich sources of omega-3-fatty acids are various types of fresh-water fish and sea fishes, i.e., sardine, pomfret, etc. This fatty acid has a very important ingredient called Decosa Hexaeonic Acid (DHA), which can improve the work-power of brain cell membrane leading to memory improvement and brain development.

2. Anti-Oxidant Enriched Food-stuffs – We have to eat sufficient amount of foods rich in anti-oxidants to increase memory power. Because, anti-oxidants help supply more oxygen into the brain which can improve memory activity. Besides, these anti-oxidants keep our neuro-transmission system invigorated and reinforced by destroying harmful free-radicals stored in the body. Anti-oxidant enriched food-stuffs are Broccoli, Tomatoes, Green Leafy Vegetables, Garlic, Red Kidney Beans, Strawberries, etc. Besides, high quality anti-oxidants are available in various fruits, such as, Amla, Date, Raisin (dried grapes), etc.

3. Flakes Seed Oil or Fish Oil – At least thrice a week, you can make your baby eat 3 spoonful linseed oil or fish oil. These are unfailing for intellect and memory.

4. Eat Memory-Boosting Phytochemicals – Some phytochemicals brilliantly arrest memory loss. Anthocyanin is that kind of phytochemical which helps brain development and memory

power improvement. We get anthocyanin from blueberries, which is why blueberry is called the memory-boosting power-house.

5. Eat Vitamins, minerals and Folic Acid –

i) In vitamin-E, we get Tocopherol and Tocotrienol which has anti-oxidant property that improves brain-power.

ii) From B-6 (Pyridoxine), a co-enzyme named pyridoxal phosphate is derived which regulates secretion of brain amino-acids leading to improvement of memory and attention.

iii) Some minerals. Selenium, etc. help supply oxygen in the brain.

iv) Folic acid had great role to play in brain metabolism.

6. Eat new memory cell-producing Lecithin – It is proven that lecithin helps generate new memory cells. Egg-yolk and soybean are rich source of lecithin.

7. Eat Ginko Biloba and Ginseng – These two medicinal herbs improve brain glucose metabolism and increase memory-span, with the help of which we can keep ourselves mentally alert. Ginko Biloba helps supply oxygen in the brain and Ginseng helps blooming of brain nerves.

8. Eat El-Glutamine and Gotu-Cola – El-Glutamine works as a brain charger. It also helps to expunge excessive ammonia from the body, as ammonia hinders brain functions. And Gotu-Cola is a nutritious food which helps remove mental exhaustion and extreme tiredness.

9. Eat Phenylalanine and Phospholipids – Phenylalanine is a kind of amino-acid which helps making some brain neurotransmitters. Those neurotransmitters keep us mentally alert. It also improves memory retention capacity. On the other hand, Phospholipids participate in brain cellular development. Cephalin and Phosphatidylserine are two special phospholipids which help making new memory cells.

10. Some Other Important Food-stuffs –

i) Apple – Quercetin available in apple prevents dementia.

ii) Bramhi Spinach – This has been proven for memory improvement.

iii) Turmeric – Curcumen available in turmeric is a high quality anti-oxidant which prevents memory loss.

iv) Dark Green Vegetables like lettuce, etc. – Green vegetables contain sufficient amount of folic acid which prevents loss of memory power.

v) Fish like eel, tuna, herring, etc. – Fish contains enriched phosphatidylserine which is a phospholipid that can help generate new memory cells.

vi) Tea, Honey – Tea contains caffeine and polyphenol like anti-oxidant which invigorates memory power and higher cognitive functions. And honey is a easily available memory boosting agent.

vii) Red Beat, Orange – These two contain excessive amount of folic acid and anthocyanin which help memorize learned things for longer time.

viii) Sweet Potatoes, Sunflower Seeds – Sweet potato is a rich source of vitamin B6 (Pyridoxine), essential for making neurotransmitters in the brain circuit. It also coordinates internal communications among memory cells and synapses, with the help of which, memory span and memory containing capacity are increased. Vitamin-E derived from sunflower seeds supply anti-oxidants that is beneficial for all types of dementia.

ix) Dark Chocolate – Many brain-boosting compounds, including antioxidants, caffeine and flavonoids are available in cocoa powder and dark chocolate. Flavonoids in chocolate enhance memory and boost mood.

11. Functional Neurotransmitters – To maintain dynamic brain function, serotonin, dopamine, acetylcholine, gama-amino-butyric acid (GABA) are essential. These neurotransmitters carry

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nerve impulses across the brain to execute memory activity higher cognitive functions. Serotonin can enhance the power of thinking with clarity. It can help increase memory power. If the level of serotonin in the body stays normal, our normal sleep cycle is maintained. Serotonin is available in brown rice, whole-wheat bread, salmon, curdled milk, banana, etc. Dopamine supplies energy in the brain which accelerates the process of learning and enhances the power of concentration. Pumpkin seed and pea-pod are the rich sources of dopamine. Acetylcholine helps keep our brain dynamic and increases our memory-span. Fish-head, egg-yolk, peanut are rich source of acetylcholine. And pineapple, orange, green spinach, capsicum, almond, oatmeal, etc. are the rich source of GABA, which controls the rhythmic movements of our neurotransmission system.

12. Some Special Foods –

i) Broccoli, cauliflower, cabbage – These foods of cruciferous group are impeccable for ole-age memory loss. Those are enriched in fibre, vitamin-c, vitamin-k and high quality antioxidant which help students do good results by improving brain-cell activity.

ii) Pumpkin seed and Avocado – Zinc is very much essential to increase the intensity of thinking power and to develop the creative brilliance. Pumpkin seeds are the rich source of zinc. And avocado is full of mono-unsaturated fatty acid, which increases the blood circulation of the brain.

iii) Mushroom, Soybeans, pea-pod – If you keep pea-pod in your daily diet, you'll get some special protein, iron and folic acid, which help improve brain-cell activity and dynamic intellect. Soybeans contain an amino acid called tyrosine, which works as a neurotransmitter to increase attention, clarity of thinking and sharp intelligence. Besides, soybeans contain phytoestrogen, copper, vitamin-E, vitamin-B which is efficacious for brain-power improvement. And mushroom, containing selenium, potassium, niacin and riboflavin, do wonders to boost our memory-span.

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iv) Bramhi Spinach – Since long, bramhi is being used as nerve and brain tonic. It helps secrete some biogenic amines of the brain which has proven capacity to improve memory, intelligence and attention power. These amines can ease mental stress and help protect our brain against Alzheimer's disease, dementia and attention deficit hyperactive disorder (ADHD).

v) Blackberry and blueberry – Blackberry contains anti-oxidant lutein which can fight against memory loss. Blueberry contains antioxidant anthocyanin which is also very useful for dementia. Various vitamins, minerals and polyphenol-enriched berries are effective for repairing brain-cell inflammations. These two foods have been considered as memory-food worldwide.

vi) Water-melon, tomatoes, grapes, orange, mangoes, ripe papaya – These foods, enriched with lycopene, resveratrol, carotenoids, work against brain-cell damage and sharpen our higher cognitive functions. These foods also protect our neurotransmission circuit against the harmful effects of free radicals.

vii) Almond, peanut, walnut, egg, carrot – Almond contains vitamins, omega-3-fatty acids and antioxidants which help good blood circulation in the brain. If nuts are eaten regularly it can protect Alzheimer's dementia. Egg-yolk contains choline which is instrumental to prepare the neurotransmitter acetylcholine and amino acid tyrosine. These ingredients of egg can increase mental alertness, higher cognitive activity and learning ability. Carrots, containing carotenoids and leuciothin, protect brain nerve-cells against damaging effects of free radicals.

Chapter - 5

How does Social Media Addiction adversely affect our Mental Health

Addiction is a compulsive behavior which causes negative cravings and influences in the mind. People are forced to do certain addictive activities as a harmful habit so often that they cannot complete their important activities in a regular basis. Genetic studies in molecular level have proved that transduction and transcription factors of the maintenance of addiction trigger initial vulnerability which increases intoxication of mind causing dysphoria and stress-like responses from the dysregulated pre-frontal cortex, basal ganglia and extended amygdala in the brain.

Any kind of addiction is a biopsychological disorder which has genetic implications with responsible social factors. Children and teenagers are 8 times more prone to become addicted. Those who have experienced physical or mental abuse during childhood or adolescence have higher risks of developing addiction. Living in a state of frequent stress enhances the addictive qualities. Now, in this topic, our question is, - "How do you know that you're addicted in Social Media?" Important 36 signs have been pointed out here to make you understand easily. If you have 5 signs or more in your habit, you may be considered addicted in social media.

Signs and Symptoms of Social Media Addiction

1. Obsessive Checking of Gadgets - If you check your mobile phone, computer or tablet every few minutes, may be many times an hour for watching notifications, inbox-message, etc. on Facebook, E-mail, Twitter, Instagram, WhatsApp and so on, you're prone to internet addiction.

2. Spending Free Time with Social Accounts - If your teenage son or daughter prefers to spend all his or her free time on the social media accounts instead of participating in extra-curricular activities and complete homework assignments, he or she may be suffering in social media addiction.

3. No-Internet Phobia - Off and on you're thinking that if you cannot access internet always, you'll become secluded from the rest of the world. No Wi-Fi compels you to feel like a setback and devastation.

4. Location-Tag Mania - Every time you are checking in wherever you're going to a new destination to let your friends and relatives know where you're located.

5. Social Isolation because of Social Media - If your child is spending more than 3-4 hours daily on social media keeping yourself away from social life, you'll be considered clinically addicted.

6. Announcement Mania - Those, who meticulously share trivial things to everybody on social media what they do every minute, every hour or every day, are strongly addicted. Announcing personal things like, wake-up time in the morning, lunch or dinner menu, shopping experience, etc. is almost unnecessary.

7. Not Caring to Family Circle - One of the strongest signs of social media addiction is you're spending your time on cell-phone or laptop hour after hour without talking to your family members even when you're in a same room with your loved ones. In this situation, an addict does not care answering their questions, does not listen their orders, and does not bother interacting with the family circle who is physically around him or her.

8. Notification Thinking - Social media addicts keep a meeting schedule with like-minded people every week or every other day to plan on what kind of updates or notifications to put up on Facebook, Twitter, WhatsApp, etc.

9. Timeline Addiction - Facebook addicts tag their unwilling friends on pictures; they compel friends to see the pictures on their Facebook timeline.

10. Mindless Scrolling - When your parents or spouse shout at you for mindlessly scrolling through your mobile screen during a conversation and you do not care, means you have weakness and dependence on digital media.

11. Imbalance between Social Media and Social Life - If you strongly believe that life events are more happening on social media than in real world, you are addicted.

12. Digital Spokesman - Some people make earnest requests on WhatsApp or Facebook for their family or friends to send cash or kind. Most of them think as if their life depends on social media. They do it because of addiction.

13. Isolation Phobia - When you forget to take your android phone or iPhone while you go outside, if you feel truly isolated from the rest of the world, you're addicted. If you go to a short vacation without your laptop and suffer cardiac palpitations because of it, you're also addicted on digital media.

14. Irrational Reaction Formation - When you're not able to upload your pictures on Facebook or Instagram, you're making wildly irrational reaction or abnormal behavior only because of social media craving.

15. Too Much use of Lingo - If you're using words like 'Hashtag', 'Tweet', 'Insta', 'Inbox', 'Update' as a local dialect in your lingo or vocabulary, you are seriously inclined to digital media.

16. Pet Animal Account - He who has created a Facebook or Twitter account for his pet animal is certainly in a state of social media enslavement.

17. Updating Obsession - Those who always update their Facebook status; have violent obsession on phone checking and take their mobile phone in the toilet or washroom, are addicted on digital media.

18. Always Traveling with Mobile - Some people always need to travel with mobile phone, as living without social media is impossible for them even if for a single day. They eat with it, they sleep with it, they play with it, and they cannot live without it. They have strong dependency on social media.

19. Friend without Account is Unsocial - If you consider your friends unsocial and alien who do not hold a social media account, possibly you are addicted on it.

20. Friend Request not Responding - If your child is stressful, anxious and tensed all day long as someone did not respond to his friend request, surely he has strong dependence on social media.

21. Secret Agent Behavior - If you have been illegally following and watching some of your friends over a period of time via social media accounts, you're enslaved by it.

22. Much Use of Acronym - Now-a-days addicted persons think that everyone will understand their used abbreviations, such as, SYS (means, see you soon), CTN (means, cannot talk now), MYOB (means, mind your own business), JTLYK (just to let you know), etc.

23. Much Use of social media Vocabulary - Some people get angry and furious when they see that people in real life cannot understand their social media vocabulary. They cannot resist uncontrollable anger because of digital media dependency.

24. Maniac-Depressive Psychotic Behavior - You express excitement and feel proud when one of your beautiful pictures or quality comments is liked by more than hundred people on Facebook, Twitter or Instagram. But you feel sorry and depressed when many people do not like it. This is a sure sign of social media addiction.

25. Eating with Inbox - Many people cannot resist themselves to use Instagram, Facebook, Pinterest, etc. while they are having their lunch or dinner. Foods they eat not only go into their digestive

system; some part of it may go to the inbox of their social site account.

26. Closed Door Account Syndrome - If anyone stealthily spends on social media working hour after hour behind closed doors, certainly he or she is addicted on it.

27. Social Signature - If you inadvertently signed your Twitter handle name on your bank check book or self-attested credentials, you should be considered as social media addicted as it is playing role on your subconscious mind.

28. Hashtag Syndrome - If you're frequently using hash-tag (#) with words, may be you're addicted.

29. No-Response Effects - For the effects of addiction, people get upset and feel dejected when nobody makes comment on their updates or posts on Facebook and Twitter.

30. List Increasing Mania - Social media addicts frequently add unknown people, strangers on Facebook, Snapchat, LinkedIn and Twitter to increase the number only.

31. Mid-night Checking - Many people wake up in the mid-night to check the updates and comments on their social media. They should visit de-addiction clinic.

32. Craving Friendship - When your son or daughter add you as a friend on Facebook or other social media, you express overwhelming happiness – which means you're craving in it.

33. Communications with Device - Some people are not comfortable communicating with friends without using his social media device. They are to some extent dependent and have weakness on it.

34. Online Attention Craving - When you're deeply saddened and feel worthless if your social media friends are not paying due attention to you online, psychologists consider your state of mind as addicted.

35. Use Mobile while Mobile - Social media addicts Tweet on their mobile while working. They log on to Facebook before brushing their teeth in the morning and they check their Twitter, WhatsApp or Facebook updates after going to bed at night.

36. Having more Online Friends - If you don't receive a comment on your latest post within 24 hours, you feel motivated negatively. If the number of your online friends is much more than your real-life friends, you're really addicted on social media.

How do Social Media affect our Mental Health?

Social media keeps the world connected but addiction of it is becoming a global problem which is ever-increasing day by day. As we depend more on technology, social media and internet addictions continue to grow with over 210 million people worldwide have been suffering in it. Teenagers who spend 5 hours a day on their smartphones are more likely to suffer moderate mental depression. Young, single female and people having narcissistic personality trait with low self-esteem are more likely to suffer addictive social media behaviour. More than 70% of people go to bed with their mobile phones causing sleep disorders. Social media interaction is like injecting dopamine straight into the brain's reward area. The reward area of the human brain is located in the mesencephalon commonly called midbrain. The pathway of midbrain affects our sensations and decisions. When we take addictive substance and experience something rewarding, neurons in the main dopamine-secreting area in the brain are actively charged which causes to raise dopamine levels. Rewarding activities with positive reinforcement which increase the level of dopamine are the principal basis of the mechanism of addiction.

A global agency named 'We Are Social' has given a report on internet users. They disclosed the name of top 10 countries that spend maximum time on social media platforms. The countries are Philippines, Brazil, Mexico, Argentina, UAE, Malaysia, Saudi Arabia, Thailand, Indonesia and South Africa. Philippines who is

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top on the table has internet usage of 5.2 hours per day via desktop or laptop and 3.2 hours via smartphone.

Social media has some benefits on mental health and on our interpersonal relationships. Social media users feel more bonded with like-minded people which help them cope up with loneliness. They feel better when actively engaged with increased trust and sense of belonging. Couples can keep themselves closer and people can revive their lost friendships in it. Through android phone health apps, people can keep their focus on good health-related issues.

On the contrary, social media is detrimental for our mental health to great extent. Most of the smart-phone users experience addiction syndrome and emotional shutdown. They also suffer attention deficit syndrome in the long run which adversely effects on their focus in the higher cognitive mental activities. Due to fear of missing out something, some people suffer in anxiety which leads to major depressive disorder. Social media users can not react properly to real-life situations. This media brings out jealousy, distracts people from others, make forget to show empathy to others. Browsing social media sites can cause insomnia, stress-related disorders and bipolar mental depression. Eating disorders and obesity also result from social media addiction.

In spite of some benefits to live in a digital world, our teenagers are facing some severe health risks. Adolescents and young adults are now-a-days unable to develop social skills in their real life. Most of them are getting lost in a world of unrealistic comparisons. ‘Royal Society for Public Health’ in UK made a survey on young population to know the effects of social media addiction regarding anxiety and mental depression. Their report said that Facebook, Twitter, Instagram all had adverse effects on mental health, while YouTube only had some positive impacts.

Negative impacts on adolescent mental health due to internet addiction cause irritable mood syndrome, loss of mental energy, feeling of hopelessness and excessive guilt, psychomotor agitation along with sleep cycle disorder, recurrent suicidal thoughts due to

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feeling of worthlessness, difficulty in keeping attention and making decisions, social isolation etc.

Ways to overcome social media addiction

1. Spend limited time on social media – Stay only an hour on social media which means you will have seven hours in a week. Don't try to exceed your time-limit and you must not add extra time anyway. Thus you take a strong test of your decision and willpower.

2. Turn off your notifications which disturb normal routine – By doing so, you will find more time to finish your daily activities. Try to forget what is happening in the online sphere. Distractions in mind will occur if you don't stop gadget notifications.

3. Pick up a new hobby for your spare time – If the mindless scrolling on social media is replaced by your new hobby, your mood swing will be all right and your performance will go up.

4. Don't get trapped in the virtual world – Sign off for two-day in a weekend. Instead you meet and associate with people in real life, do something productive and get out from behind your smartphone or computer screen to enjoy the pleasures of life.

5. Don't document everything in life with selfies – Rather you spend quality time in the real world with your friends and relations. Recollect old memories with them which will make you happy.

When you feel your social media use is unhealthy, you make the decision to quit from Facebook, Instagram, Twitter, etc. Delete all your social media profiles. Start reading motivational books and write blog if you want to share things to others.

Management of Parkinson's Disease to restore Patient's Mental Health

Parkinson Disease is a degenerative disorder in the nervous system that affects mostly on dopamine-secreting neurons in substantia nigra, a specific area of the brain. This neuro-degenerative illness affects the part of the brain which coordinates normal body movements. In the early stage of this progressive disease, patients experience noticeable tremor in just one hand, swing and walking, slurred speech, even stiffness or slowness of movement along with staggering gait.

Important Signs and Symptoms of Parkinson's Disease

1. Bradykinesia (Slowness of movement) – Parkinson Disease causes slowed physical movement in upper and lower extremities, making easy and simple tasks difficult and time-consuming. Steps of the patients become shorter when they walk; they feel difficulty to get out of bed or chair. They may drag their feet when they try to walk.

2. Tremor – Shaking usually begins in a single limb, usually at hand, arm or fingers.

3. Rigidity of Muscles – Muscular stiffness can occur at any part of the body which may be painful and limit the patient's range of motion.

4. Impaired Automatic Movements – Patients experience diminished ability to perform unconscious movements, including blinking of eyes, smiling and swinging of arms when they walk.

5. Postural Instability and loss of Balance – Stooping postures with instable balance are common Parkinson Disease.

6. Dystonia – Patients cannot move around and fail to make normal facial expressions because of the tension and rigidity in the muscles resulting in painful muscular cramps. Dystonia is a form of uncontrollable painful muscle spasm.

7. Slurred Speech – Patients hesitate while talking. Speech become more of a monotone rather than with the natural inflections.

8. Writing Disorganized – People with Parkinson Disease feel hard to write anything on paper and their writing may appear smaller.

Other Physical and Mental Symptoms of Parkinson's Disease

1. Anosmia (Loss of sense of smell) – The sense of smell of the patients is lost or changed unpleasantly.

2. Neural Pain – Unpleasant sensations, like burning or numbness may occur sometimes.

3. Incontinence of Urine – Patients are compelled to get up frequently to urinate during the night or they pass urine involuntarily.

4. Constipation – Most Parkinson patients suffer in obstinate constipation.

5. Hyperhidrosis – Excessive sweating affects the whole body in this condition.

6. Erectile Dysfunction – Male patients suffer in impotency causing inability to sustain penile erection.

7. Orgasmic Dysfunction – Women face difficulty to become sexually aroused and do not enjoy orgasm.

8. Dysphagia (Difficulty swallowing) – Some patients cannot swallow foods easily leading to malnutrition and dehydration.

9. Drooling – Excessive production of saliva in the mouth may occur.

10. Insomnia – Sleeplessness at night results in excessive sleepiness in day-time. Some patients experience uncontrollable movement during sleep.

11. Mental Depression and Anxiety – Feelings of uneasiness or fear and low mood can occur with mental confusion.

12. Dementia – Mild cognitive impairment along with problems with activities which require planning and organization may occur with symptoms of memory loss.

13. Psychosis – Hallucinations and delusions may occur in Parkinson patients as a non-motor symptom.

14. Thought Blocking – In more advanced stage of Parkinson Disease, problems with thinking and finding of proper words are common.

15. Change of Personality – This can cause impulse control disorders with other impulsive behaviors.

Types of Parkinson's Disease

1. Primary Parkinsonism – The majority of people around 80% suffer in this idiopathic type whose cause is unknown.

2. Secondary Parkinsonism -

i) Corticobasal Degeneration (CBD) – A type of Parkinsonism with progressive neuro-degenerative condition with numbness and loss of coordinated movement causing difficulties in dressing, writing, eating, etc.

ii) Drug-induced Parkinsonism – It is a form of Parkinson Disease which occurs after taking certain medicines. Some neuroleptic and antipsychotic drugs block the action of neurotransmitter dopamine causing staggering of gait and other movement disorders.

iii) Multiple System Atrophy (MSA) – This progressive neurological disease triggers over-production of a brain-protein called alpha synuclein which causes nerve cell degeneration and atrophy in several areas of the brain stem, cerebellum and basal ganglia. This nerve-cell degeneration can result movement disorders and other unconscious body functions.

iv) Progressive Supranuclear Palsy (PSP) – This neurodegenerative brain disease causes fronto-temporal dementia along with impairment of balance, speech and thought process.

v) Vascular Parkinsonism – Stroke symptoms appear suddenly in this type of arteriosclerotic Parkinsonism which usually affects more in the lower extremities. Restricted blood supply to the brain is occurred in this type usually more older people who have been suffering in diabetes, including symptoms of urinary incontinence, loss of memory and walking difficulties.

Causes of Parkinson's Disease

1. Neurotransmitter Death – Dopamine is made from substantia nigra in the brain. If the dopaminergic neurons those are responsible for secreting dopamine start to die gradually, dopamine level decreases resulting to Parkinson symptoms.

2. Gene Abnormality – Genes are, we know, our body's instruction book. If our genetic code is changed anyway, our physical system starts working in a different way causing movement disorder, slowed movement, slurred speech, etc. Single genetic mutation in the LRRK2 gene is the greatest genetic cause of Parkinson Disease.

3. Environmental Cause – Modern research indicates that some chemicals and metals show links with Parkinsonism. Chemicals used in farming, such as herbicides, insecticides and fungicides, and also metals used in factories, such as lead, manganese and trichloroethylene may trigger the disease.

4. Previous Head Injury – If anyone had suffered serious head injury earlier with loss of consciousness, he or she may prone to suffer in Parkinson Disease late in life.

5. Presence of Alpha-synuclein within Lewy Body – Some microscopic markers stay within our brain cells as clumps of specific substance called Lewy bodies. An important natural and widespread protein named alpha-synuclein is found within Lewy bodies can trigger the cause of the disease,

How is Parkinson's Disease Diagnosed?

There is no specific test for the diagnosis of Parkinson Disease. Neurologists consider the disease based on the neurological and physical history. If necessary, doctors may suggest a scan called Dopamine Transporter Scan (DTS) which is a single-photon emission computerized tomography (SPECT) scan. Imaging tests, such as, Magnetic Resonance Imaging (MRI) Scan, Computed Tomography (CT) Scan, Ultrasound of the Brain, etc. are at times required for differential diagnosis or diagnostic conclusion.

Treatment and Management of Parkinson's Disease

1. Neuro-protective Therapy – This therapy is considered to arrest the progression of the disease, so that the progressive nature of the disease is blocked or slowed down. MAO-B inhibitors in Allopathy and micro-dose 50-Millicimal Potency in Homeopathy can reverse the disease progression.

2. Symptomatic Medication Therapy – Dopamine antagonists and peripheral decarboxylase inhibitor contribute the gold standard of the symptomatic treatment of Parkinson Disease.

3. Supportive Psychotherapy - Parkinson patients with symptoms of mental depression and anxiety, psychosis, mood swing and other higher cognitive dysfunctions can be well-managed by psychotherapy techniques.

4. Deep-Brain Stimulation (DBS) – It is a surgical procedure in which surgeons implant electrodes into a targeted area of our brain. Parkinson Disease symptoms may be reduced by this stimulation which sends electrical pulses to the patient's neural system.

5. Neuro-ablative Lesion Surgery – Parkinsonian neurological symptoms including rigidity and akinesia can be minimized through the destruction of a part of the brain called globus pallidus interna.

6. Gait Training – Neurologists prescribe task-specific gait training for movement disorder and loss of physical balance.

7. Physiotherapy – Flexibility, mobility and gait speed of Parkinson Disease can be improved through physiotherapy techniques along with range of motion exercise. Strengthening exercise is also effective for improvements in strength and motor functions with primary muscular weakness and slowness of movement.

8. Speech Therapy – Parkinson patients suffer in speech disorder and voice impairment. Lee Silverman Voice Treatment (LSVT) is administered for the patients to correct slurred speech and to enhance vocal loudness.

9. Occupational Therapy – This therapy is suggested to improve motor skills of the patients. They are encouraged to actively participate in their daily routine as much as possible to promote health and quality of life.

10. Music Therapy – It is effective in patients with Parkinson Disease having emotional imbalance and bradykinesia. Symptoms can be minimized through choral singing, voice exercise along with rhythmic free body movements.

Diet Tips for Patients with Parkinson's Disease

1. Eat plenty of anti-oxidant enriched fresh fruits and vegetables which will help to heal inflammation and purify the patient's body detoxication pathways. Antioxidants are available in vegetables, such as okra, bell-peppers, artichokes, etc. Fruits like, blueberries, grapes, pears, apples and walnuts, hazelnuts, dark chocolate, kidney beans, lentils, avocado, etc. are rich source of antioxidants. These antioxidants clear out harmful and toxic free radicals from the body which cause oxidative stress.

2. Homocysteine, which is a toxic amino acid, is responsible for the progression of the Parkinson symptoms. So, eat nutrients like, zinc, folic acid, vitamin B-6, vitamin B-12 and tri-methyl-glycerin (TMG) which can reduce homocysteine. Also, these nutrients help produce dopamine which is very beneficial for Parkinson symptoms.

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3. Omega-3-fatty acid has anti-inflammatory and mood-boosting properties which are beneficial for neuro-inflammation of Parkinson patients. Dietary source of this acid is from fish like, sardines, herring, salmon, mackerel, pomfret, etc.

4. Take sufficient amount of vitamin D supplement as it can enhance brain-derived neuro-trophic factor (BDNF) which may help reduce many Parkinson symptoms.

Foods to Avoid for Parkinson's Patients

1. Dairy products, such as, milk, cheese, yogurt decrease the level of serum uric acid and act as a risk factor for Parkinson disease. Neurotoxins, polychlorinated biphenyls, pesticides are found in many dairy products which may increase movement disorders and speech impairments.

2. Patients who consume red meat and processed meat may be prone to pose a higher risk of Parkinson disease. Frequent intake of processed meat increases intracellular iron concentration and hydroxy radical production which may cause mitochondrial damage in the nerve cells.

3. Saturated or unsaturated animal fats should not be eaten patients with Parkinsonism. Though, they can eat healthier fats, like monounsaturated fatty acid (MUFA) and polyunsaturated fatty acid (PUFA) which has neuroprotective and anti-inflammatory properties and can reduce oxidative stress.

4. Parkinson patients suffering in constipation need to take increased fiber. They should eat nutritious whole grains, such as, oats, barley, brown rice, wild rice, whole wheat, bulgur, air-popped popcorn, etc. They should not be eaten pasta, cereals, enriched bread and snacks food. A sugar-rich diet including pastries, frozen desserts, pancake syrup, jam and jelly, pie also are not permitted for Parkinson patients.

Tips for Caregivers of Parkinson's Patients

1. You must not do everything for your loved one; let him or her participate to complete daily activities. Patients should be allowed

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to perform many actions on their own hands, such as, dressing, combing, drinking, etc.

2. One of the family members has to keep ample time throughout the day to support the patient. If no family member with much time is available, hire an expert nurse to assist the patient in providing care.

3. Try to know disease-related information and learn as much as you can about the care options of your loved one's disease, so that you can serve the patient better.

4. Patients with movement disorders face difficulty to perform daily responsibilities like dressing, cleaning, cooking, shopping, etc. and they feel embarrassed. You as a family member should step in to help perform his or her tasks.

5. Appoint a physical therapist who can help the patient in movement skills. You as a family member can also help him do exercise which will help dopamine utilization in the brain. Fitness achieved through exercise programs improves motor coordination, strength, balance, memory and quality of life. If necessary, also appoint a speech therapist who can teach them vocal exercises to enhance the strength and volume of the voice.

6. And finally, the rewarding aspect of caregiving with Parkinson patients is to maintain a good relationship and communication requiring for a significant level of care. Foster good relation with your loved one; it will help him or her overcome stress and depression. Mind you, your love and affection, your concern, your depth of care and all other services to your beloved one are beyond measure.

How to Overcome various Types of Travel Phobias

Travelling is a health tonic, but for many people it may be very stressful. Travel planning, the entire trip and previous concerns related to journey can put your mood gloomy and anxious. In psychiatry, fear during travelling is known as hodophobia, which is commonly known as travel phobia. Some people hesitate to travel to new destinations. Some are very much afraid to travel to a specific mode of transportation, as for example, aeroplane or ships. This hodophobia is a personalized irrational phobia with intensified fear to travel new places. Many people may get frightened in any type of transportation.

What are the symptoms of hodophobia?

When the day approaches for travelling and the thought of travelling comes in mind, people start fearing intensely. As a result of the manifestation of physical symptoms, people experience headache, sweating, tremor and shaking hands, gastrointestinal upset along abdominal pain, diarrhoea, dizziness and shortness of breath along with panic attacks. Some people get frightened when in lines at the airport, some people get confused which train to take; some have severe nervousness checking into the hotel. People with hodophobia can also have symptoms like fainting, muscle stiffness, loss of orientation, dryness of mouth, feeling imminent disaster, etc. When travel fear becomes fairly progressive, people start suffering in anxiety disorder leading to severe panic attack in their emotional state.

How many types of travel phobia are expressed?

a) Agyrophobia – The fear of crossing the road.

b) Disposophobia – The fear of losing things or intense fear of getting rid of stuff. A large number of people across the globe are considered to be affected by this phobia which is also called as ‘ Hoarding Disorder’.

c) Claustrophobia – A form of anxiety disorder with the fear of enclosed places.

d) Nomophobia – The fear of being out of mobile phone contact.

e) Aviatophobia – The fear of flying in the sky.

f) Xenophobia – The fear of strangers.

g) Autophobia – The morbid fear of being alone or isolated.

h) Emetophobia – The fear of nausea and vomiting.

i) Acrophobia – It is a fear of heights. Mountain road traffic can cause dizziness in some people.

j) Tacophobia – The fear of speed. Driving at a high-speed cause a feeling of loss of control in many people.

k) Geophiophobia – Some people are afraid to get into passage through long tunnels.

What are the causes of travel phobia?

1. Past trauma – If someone has previous traumatic experience related to a journey, he may become hodophobic in future.

2. Travel sickness – Because of some physical symptoms like nausea, vomiting or motion sickness during a trip, some people succumb to travel phobia.

3. Solo traveling – Some people get feared to travel alone. Women especially do suffer in this kind.

4. Comfort zone syndrome – Getting out from the comfort zone is not easy for some people who always think of worst possible situation during the trip. They do not think the positive aspects of travelling to their desired destinations.

5. Communication problem due to language barrier – People who will be going to a trip in a foreign country automatically think of unpleasant situations relation to communication skills.

6. Fear because of everything unknown – When people choose overseas trip, they face everything unknown, i.e., people, places, customs etc. Whether they will be able to cope up with the situation or not make them anxious and doubtful.

7. Rear of unexpected costs in a trip – Travelling is always expensive. Some people have a fear of spending all of their money on a journey. Running out of money makes them frightful.

8. Fears of robbery – Tourists often face robberies. Drawing analogy to this fact, many people have the fear of getting robbed. They think of losing money, belongings, credit cards, wallets, etc.

9. The fear of accident – Many people think of the fear of getting injured abroad. They think that if I die because of accident, what will happen to my family?

10. Flying fear – With the advancement of technology the number of aeroplane crash is very small in today's world. Yet, some people suffer the irrational fear of flying in the sky. Most of them get anxious and become hysterical when the aeroplane takes off.

How we can cope up with travel phobia?

To overcome travel phobia with mild symptoms, you plan and organize your trip properly. But if you're suffering with severe symptoms of hodophobia, consult with a clinical psychologist, psychiatrist or with other mental health professionals.

1. Confirm your bookings – If you're to travel by public transportations, make confirmations about your bookings well in advance. Train or plane tickets, hotel reservations should be confirmed a few days before your journey. Make plans for your route, note the locations of nearby restaurants, keep plenty of time for your early arrival and must have a backup plan in case of delays.

2. Visualize your journey – Try to imagine that you can well manage all the major steps of entire trip. If you can visualise success in your mind's eye, it will build your confidence which will help reducing the stress and tension.

3. Do homework prior to your journey – Educate yourself about the trip through internet. Learn about important amenities and facilities, and make yourself familiarize with security procedures. Mind you, not to pack anything that is prohibited.

4. Keep yourself physically fit – Have plenty of sleep in the days before your journey. Keep sufficient water and enough salty snacks throughout your trip. Physical exhaustion and dehydration may put you in difficulty to face challenges and inconveniences.

5. Keep yourself away from alcohol and narcotic drugs – You must avoid am glass of wine of sleeping pills throughout your trip. If any acute medical condition arises, follow instructions the doctor provides. Self-medication can make your condition worse.

6. Travel with a companion – Travelling with a friend or relation is much better than travelling alone. Your companion will help you handle challenges.

7. Visualize the situation – To put the travel fear behind you, write all the scenarios throughout your journey and its possible solutions according to you on a piece of paper and go through it several times. You will feel relieved, as if a heavy weight is being lifted from your shoulders. If you consider and think of the positive aspects of travelling to your dream destination, you'll find many reasons to do it.

8. Know your destination – Fear of the unknown can be minimized through smart research on internet where there are around a million travel-related sites from where you can make your itinerary, find out places of interest, what to do and what to avoid, where to try best food, etc. You'll no longer be anxious and afraid, if you have good preparation for the trip.

9. Safe travel – If you cannot overcome the fear of flying by aeroplane, you can plan to travel on land. You'll always find several methods of transportation that will help you travel to your dream destination slowly but safely.

10. Leave your valuables at home – The fear of getting robbed is a valid concern. But you can easily minimize the chances of getting robbed. Keep yourself well-informed about the destination you are about to travel. Learn from local people how to encounter the problems. However, leaving your valuables at home is the best solution to this problem.

What are the therapeutic techniques applied for the treatment of travel phobia?

1. Cognitive Behaviour Therapy (CBT) – Like other phobias, hodophobia is treated by behaviour therapy with cognitive approach practised by clinical psychologists and counselling psychotherapists.

2. Hypnotherapy – Based on the application of hypnotism, travel phobia is treated with focus on reducing the patient's attention levels to free him or her from psychic and emotional attachments. A special therapeutic technique of hypnotism make the patient eligible to answer a set of questions, prepared by the professionals, without being conditioned.

3. Progressive Muscular Relaxation Therapy – The nervousness and acute anxiety caused by hodophobia creates a state of muscular tension in our physical system. By relaxing the different groups of muscles, this relaxation technique controls our psycho-somatic stress levels.

4. Anxiety Exposure Therapy – This is one of the most effective procedures to work with panic disorders, obsessive compulsive disorder (OCD), other anxiety neurosis and some specific phobias. The result of anxiety exposure to certain stimuli ends up generating new learning and possibilities for improvement in the patient.

5. Supportive Psychotherapy – This is a group therapy with other people who have been experiencing the same situation and position with travel phobia. Through this support group therapeutic technique, the phobia victim can work assertiveness of participants encouraging interaction between them.

6. Medication – When the phobia goes beyond control, medicines are required for treatment to manage panic attacks. Both Allopathy and Homeopathy have good scope of treatment for anxiety neurosis, panic disorders, mood swing and some specific phobias.

Chapter - 8

Can Foods Boost our Mood

When your spirits are in the highest level, you can resist the day-to-day challenges you face. But when you are hungry due to the lack of essential nutrients in your body, you will never be able to maintain your good mood. So, some foods can very well boost our mood and temperament.

1. Bananas - Bananas are rich source of Vitamin A, Vitamin B6, Vitamin C, amino acid tryptophan, phosphorus, iron potassium and carbohydrate. The mood-boosting carbohydrates do help in the absorption of tryptophan in our brain, and Vitamin B6 helps change the tryptophan into the mood-lifting hormone serotonin. We all know that serotonin is a happy neurotransmitter which can control our mood swing and insomnia. Of late, tryptophan is being used in the treatment of a variety of mental conditions along with anxious mood.

2. Oily Fish - If you have deficiency of omega-3-fatty acids in your brain circuit, you will be prone to low mood and depression. Keep fishes like sardine, mackerel, salmon in your regular meals, your brain will stay healthy and your mood will be elevated.

3. Oats and Nuts - Magnesium helps fight anxiety and mental fatigue. Oatmeal is the rich source of magnesium. Purchase less processed steel-cut oats instead of quick-cook oatmeal which is flavoured and contains maximum amount of sugar. Take oatmeal in your breakfast with a cup of brewed coffee. You may eat nuts with coffee for mood stabilization as these contains enough magnesium.

4. Lentils - Lentils can help increase the production of serotonin which is a feel-good neurotransmitter in the brain. As this is complex

carbohydrate, it can help us keep calm with happier state of mind along with anxiety.

5. Green Tea - To brighten your dark mood, sip a cup of green tea. "American Journal of Clinical Nutrition" published a Japanese study which says - if elderly people drink three or four cups of green tea every day, their mood will become stable and depressive mood syndrome will mostly be reduced. Green tea contains a good number of mood boosting nutrients including the amino acid L-Theanine which can fight with the stressful situations.

6. Oysters - It contains high amount of zinc, a nutrient having the instant mood-lifting quality and a best manager of situational anxiety. Oyster also contains protein full of amino acid tyrosine which is beneficial for mood elevation and higher cognitive mental functions.

7. Dark Chocolate - Two small squares of dark chocolate can help our brain release the secretion of endorphins and boost the serotonin level in the brain. Serotonin is an anti-depressant that can elevate our mood effectively. Chocolates contain nutrients known as flavonoids which are a plant-based antioxidant. These flavonoids are proved to play a mood-enhancing role which is why chocolate-eating is very often associated with happy occasion and special celebrations.

8. Blueberries - Our mood can be regulated by blueberries which is a flavonoid having antioxidant properties. It helps improve memory and protect our brain from aging. When stressful situations arise, our adrenal glands secrete a hormone called cortisol which is responsible for low mood. Blueberries can well prevent the release of cortisol and provide emotional stability by keeping mental equilibrium. Blueberries are enriched with anthocyanin, proven for boosting positive brain function and for increased cerebral blood flow.

9. Turmeric - People in East Asia commonly use this yellow spice in cooking. Turmeric contains curcumen which has neuro-

protective qualities in brain circuit with the help of which it does balance mood swing and help fight against depressive mood syndrome.

10. Yogurt and Other Probiotics - Those who eat yogurt, dairy products and probiotics regularly which are rich in vitamin D, calcium and qualitative peptides can stay relaxed mentally all day long. These can also helpful for emotional stabilization along with enhanced activities in brain areas associated with decision making. "Leiden Institute of Brain and Cognition" in Netherlands has proved recently that probiotics, known as good bacteria found in many kinds of yogurt, are very effective for anxious mood disorder and depressive mood syndrome besides digestive health benefits.

Besides eating mood-boosting foods, you do physical exercise, have a good night sleep, avoid from social site addiction, and spend time with your hobby which will keep you in your desired mood.

Mind you, sugary foods, alcohol and caffeinated drinks can put you in a low mood as these can cause dehydration in the long run.

Chapter - 9

What is ADHD and its Signs and Symptoms

ADHD is a medical condition which stands for Attention Deficit Hyperactive Disorder, causing abnormal cognitive brain activity that triggers loss of self-control and lack of attention. It is a complex neurodevelopmental impairment of self-managing functions causing great difficulty in managing and focusing many aspects of daily routines. Joel Nigg, professor of Psychiatry at Oregon Health and Science University, said that ADHD is a breakdown in the brain connectivity along with communication networks interrelated around emotion, arousal, behavior and attention. This childhood mental disorder not only affects children but also many adults and is more common among boys than girls.

Distractions and having trouble finishing tasks occur in many children and young adults. But we will call it ADHD if only the behaviors appear before 7-8 years of age and continue for at least 6 to 8 months.

Signs and Symptoms of ADHD in Children

1. Inattentive Type –

Children who become easily distracted and inattentive face troubles focusing on attention and concentration. ADHD kids struggle to pay attention and follow directions staying on tasks; they are found absent-minded, forgetful who cannot finish important details of what they start.

i) Kids make careless mistakes and fail to give proper attention in homework and schoolwork with overlooking details and inaccurate work.

ii) They cannot continue attention and have difficulty remaining focused in prolonged reading.

iii) When teachers speak directly to the kids, they do not listen, often their mind seem elsewhere.

iv) They cannot finish schoolwork in due time following the instructions; they lose focus immediately after starting a task and they cannot manage their time and cannot finish the task before deadline.

v) Some of them are very much reluctant to perform routine homework being mentally disorganized and sidetracked. They lose pencils, books, paperwork, school materials, etc. which are necessary for educational activities.

vi) Being distracted by external stimuli, kids often forget their daily activities. They feel bored quickly and cannot learn anything new in an organized way.

vii) ADHD kids cannot follow instructions; so they procrastinate starting tasks and fail to work out the logical step-by-step process.

2. Hyperactive Type –

Hyperactive children show fidgety with jumping or climbing with acts that disrupt others. These kids are restless rushing through things and struggle to staying quiet or sitting still when required.

i) Kids start squirming and twisting hands and feet sitting in the bench. They often leave their seat in the classroom.

ii) ADHD kids cannot engage in leisure activities seating quietly as it is uncomfortable for them to sit still for a prolonged time.

iii) They often are talkative, make inappropriate situations without waiting for turns in conversation.

iv) Child with hyperactivity interrupts on others, butts into conversations, intrudes on others activities. They snatch other students' things and valuables without asking and receiving permission.

v) They say something suddenly in answers without careful consideration. Children always move around playing and touching

with everything in their around. They roam around in the study-room at home, shake their feet and touch many things elsewhere.

3. Impulsive Type –

Kids with intense impulse act promptly without thinking properly. Induced by emotional impulsive reactions, children snatch things of others and behave strangely by doing things without asking for permission.

i) Teenagers with strong impulse make instant gratifications of their choice instead of delayed gratifications.

ii) Impatience is a key-note symptom of this ADHD type. Kids cannot wait for their turns in games. Making friends and keeping them is difficult for the kids.

iii) Impulsive children show negative attitudes and disruptive behavior to authority figures, like parents and teachers.

Other coexist Medical Conditions with ADHD

Many children and teenagers with ADHD have signs of other psychiatric problems including

1. Learning Disability – These disorders affect children's ability to understand spoken and written language, the capacity to do mathematical calculations with due attention. Reading and language-based learning disability as dyslexia. Also, there are many more learning disabilities which coexist along with attention deficit hyperactive disorder.

2. Mental Depression – Patients with depressive disorders show symptoms like psychomotor agitation causing restlessness, reduced interest in activities, impaired ability to think, inattention and indecisiveness, angry outbursts and irritability over small matters. All these symptoms are almost similar with ADHD.

3. Conduct Disorder – Symptoms of conduct disorders, such as, destructive behavior, aggressive conduct featuring physical harm to others, deceitful behavior and violations of rules are something seen in ADHD patients.

4. Anxiety Neurosis – These patients suffer with difficulty of focusing on anything and of thinking clearly on study-related issues. When they are in anxious mood, they feel restless with their body go on high alert. Difficulty in concentration, irritability and agitated feeling are also featured in anxiety. All these aforesaid symptoms are very much common in ADHD.

5. Oppositional Defiant Disorder (ODD) – Common symptoms of ODD are explosive anger, physical aggression and verbal abuse, argumentative and vindictive behavior with signs of defiance of rules and laws, and deliberately annoying others. ODD kids are often angry and resentful; they lose temper because of their irritable mood. They also upset and annoy others with spiteful behavior. Mild to moderate symptoms of ODD are common with ADHD.

6. Autism Spectrum Disorder (ASD) – Autistic child show repetitive movements featuring flicking of fingers, flapping of hands and rocking back and forth. They get upset to follow familiar routines and they show less interest in interacting with other children including kids of a similar age. This neurodevelopmental disease is featured by social and cognitive impairments, repetitive behaviors and communication difficulties similar to ADHD.

Signs and Symptoms of ADHD in Adults

- i) Because of restlessness, adults with ADHD experience trouble in relaxation.
- ii) Lack of attention and lack of focus can cause reckless driving leading to traffic accidents in adults.
- iii) They face time management problems and procrastinate on important tasks.
- iv) Life of adults with ADHD seems chaotic with severe lacking of organizational skills.
- v) Forgetfulness is a key-note symptom of adult ADHD. Impulsiveness may also manifest in them in various ways, including

performing without due consideration to the consequences, rushing through tasks, being socio-culturally inappropriate, etc.

vi) Adult ADHD patients are mostly hypercritical of themselves which eventually leads to poor self-image.

vii) Some of them suffer in emotional instability. They become easily bored and on the spur of the moment they get violently excited. Simple frustrations can be intolerable to them leading to severe mood swing.

viii) Lack of motivation is a guiding symptom in adult ADHD causing fear of failure influenced by negative attitudes.

ix) Mental fatigue and moderate anxiety may occur in adults with ADHD. They also suffer in substance misuse syndrome featuring addiction of alcohol, tobacco and other narcotic drugs.

x) Many adults with ADHD face trouble to make romantic or professional relations. Insensitive, irresponsible and uncaring attitudes lead to chronic stress and tension.

Chapter - 10

Why is Laughter a Natural Medicine for Mental illness

When sensation of joy and humour occur according to relief theory, we laugh. Laughter, which is the physiological response to humour, releases stress, tension, anxiety and negative psychic energy. Laughter can increase immune cells and antibodies that can fight infection which help improving human resistance to disease. Laughter can also decrease stress hormones and triggers the release of endorphins, which are the natural feel-good chemicals in the human body. Our overall sense of well-being can be promoted by these endorphins which can also temporarily relieve pain. During smile, the brain releases a neurotransmitter called dopamine that produces feeling of happiness.

Laughter is the natural medicine for somato-psychic illness

Laughter is a potential antidote to stress, pain and intra-psychic conflict. Physical health benefits of laughter are: 1. It lowers stress hormones, decreases pain sensation and it does boost immunity, relaxes our muscles, prevents heart disease. 2. Before going to bed if you watch a comedy show or read a comic genre, you will have greater chances of a peaceful sound sleep what you need after a long exhaustion throughout a day. 3. Our neuroendocrine system which monitors the glucose level of the blood is affected by laughter. Fear psychosis, stress and anxiety are negative emotions which can increase blood sugar level. A good dose of laughter can check blood glucose. 4. Laughing increases the number of cells which produce antibody and intensifies the effectiveness of T-cells to strengthen the overall immune system of our body.

Laughter has also several mental health benefits. It can improve mood by relieving stress, anxiety and tension. It can add joy and fun to life. Besides, laughing has some social benefits too. It strengthens relationships, attracts others to us, helps defuse conflict, and enhances teamwork that eventually may promote group bonding. In a nutshell, laughter is good for our health. It relaxes the whole body, protects the heart from heart attack and other cardio-vascular problems by improving the function of blood vessels and increases blood flow all across the periphery. Laughter may even help you to live longer. A study in Norway disclosed that people with a strong sense of humour outlived those who don't laugh as much. Laughter brings people together and strengthens healthy relationships.

Ways to bring more laughter into your life

Bring humour into conversation, smile will come. Spend time with fun, with playful people and when you hear laughter, move towards it. Count your blessings and distance yourself from negative thoughts that are a barrier to humour and laughter. You can also create your own opportunities to laugh. Watch funny videos and read the funny pages. Invite your co-workers or friends to go to a comedy show. Share a good joke or a funny story to others. Play with a pet, do something silly, play with children making time for fun activities. You can go to a 'laughter yoga' class. You can develop your sense of humour by laughing at yourself, by finding your inner child and by not dwelling on the negative.

Children laugh more than 300 times a day, whereas adults laugh less than 20 times a day. Which is why, children don't suffer in mental depression and on the contrary, adults succumb to major depressive disorders and some sort of anxiety neurosis.

Laughter is a globally recognized form of communication which is largely a involuntary response with facial expressions and breathing patterns. Our brain can detect fake laughter, most intelligent people understand the difference between real and staged

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laughter with their brain's activated anterior medial prefrontal cortex which help them feel other people's emotions. Laughing can burn calories; almost 30 calories are burnt by laughing for 15 minutes. Laughing is contagious which is why television shows play a 'laugh track' after a funny moment even when we do not see the source of laughter. People laugh up to 25 times more when they are in the company of others than when they are alone. Laughing is also a good workout as it strengthens your facial muscles and abdominal diaphragm. Studies show, for every 20 minutes of sound full-body laughing can add around a day to your overall life-span. Numerous whole-hearted laughter help our body to fight off chronic mental diseases by lowering the level of our stress with the alteration of body cortisol level.

Laughing is one of the best medicines. But if you are laughing for no reason, you need medicine. Laughing without causes is a sign of mental illness. People suffering in schizophrenia, bipolar mood disorder, dementia, Parkinson's disease laugh without reason. Consult psychiatrist for them.

*Extend Your
Helping Hands
for Humanity...*

Upkeep Your Psychological Fitness

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