



Mental Health Check Up Session 15th October 2016

Life is really
simple, but we
insist on making it
complicated.

Confucius

Introduction

We were lucky enough to have attended the meeting for Mental Health on Saturday, 15th October 2016 at The Royal Children's Hospital in Parkville, VIC, and having an academic interest in this field, we believe that we can contribute with our experience and some 'live-hacks' that we have developed through personal experience.

Few philosophical statements from the Author to set your mood

**The truth is that the simple things that can be deeply thought out in a complex manner and can consider being "conscious".*

**My true desires coincide with my beliefs that are in some way supported by the logical formulations, and can not contradict to each other.*

The human condition is not a formulation of true-or-false or cause/effect variables that always result in a predictable outcome. We are individuals. Each person brings a different set of life experiences, biological make-up, hormones, and personality traits to the table, and to approach such a

fundamental topic like Mental Health with a one-size-fits-all mentality is simply not going to help a majority of individuals.

Having said this, however, we believe that there are proven general guidelines we can follow to enhance the mental health of many people from various walks of life.

Always taking the easy way out isn't always the easiest way to live.

The human psyche is an interesting place to live. When we get in the habit of taking a car to the corner milk bar instead of taking a 2-minute stroll, it may not seem like a big deal – after all, you just saved yourself from having to carry a loaf of bread all the way back home again. But by taking the easy option, what did you actually miss out on? There's the fresh air, the Vitamin D, the flow of blood pumping around your body as you settle into a steady pace. There are even the visual stimuli of actually being out and noticing the differences between the houses on your street.

And it is these little things that give you that boost of serotonin that improves our sense of wellbeing and motivation to achieve more with our day. By changing something as small as walking to the corner shop instead of taking the car on a regular basis, you are already on your way to improving your mental health in a positive and impacting way.

Personal Principles and Values.

Being confident in a personal belief system is paramount to maintain a healthy level of mental health.

Core values

Human shouldn't live choosing only easy ways; otherwise, it deteriorates human nature, affecting values and principles. Also, believe that every person should form his own opinion about the things and stereotypes before applying them in speech.

It is also important to note, that it is not what you do, it is more important how you do it. The same relates to work and physical activities

Human achieves satisfaction from accomplishing something. So, if you depressed, start doing something (physical will take concentration off paranoiac thinking as you have to concentrate on physical movements) and once you progress you will feel better from the accomplishments, and not depressed. There are always things you wanted to do, remember them, and if you have free time, start doing them.

When a person under stress and close to paranoiac condition, sometimes its hard to see simple answers because a person is 'boxed' in his head. It is good to have a relative or friend who you can discuss your state and find let him/her explain to you how it seems to them from the side. Such practice may provide good insights if the person who you open is sincerely interested in your wellness. Also, the practice may in some cases take you out from such 'boxed' condition.

Who we are

EdwayApps first really hit the public eye during the introduction of Mobile Apps (Google Play and AppStore). We already had credibility as an organization comprising of a high quality and knowledgeable team with solid industry experience and proficiency in many areas such as programming, UI & UX, and web development to name a few.

First, we would like to introduce ourselves as an Edway Apps Studio Company. We are known Web and Mobile Apps Development Company, as this was our niche from the start when we established

the company in early 2011. Today we see ourselves as a software system design company that has a good exceptional experience in developing intuitive and effective superior UIs with User Experience. We have also established our own startups during that this time, and while there have been some setbacks along the way, ultimately, we have pushed through and forged a respectable name for our ourselves in this progressive industry, whilst most have been keeping us busy, and some have failed for various reasons.

- You can keep a close eye on our progress and some of our other publications like the Portfolio and Blog of our website and the "Lesson Learned Paper" weekly series that we have started posting in early December 2016 and looking to continue for some time in 2017. There are many other interesting publications and articles we share sourced from around the world on various topics, like Software and Engineering and Development, Frontend design with effective UI and UX, Artificial Intelligence, Big Data, Blockchain technology, IoT and much much more... www.edwayapps.com.au - EdwayApps - System design and Software Development.

Our current StartUp project

- Our current AI StartUp project that we have been developing is www.adevi.io

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Planning Ahead

The intrinsic satisfaction of personal accomplishment is a huge part of establishing a healthy level of mental health. But how do we do achieve these goals? One effective approach to achieving goals is by first physically writing down a major goal and timeframe. The way of doing something is to layout first plan on a paper where you want to be at a given point of time, then you should work backward to identify smaller milestones that need to be achieved in order to reach that ultimate goal. What is it we should be doing now to get there. This basic method has been proven effective time and time again as it allows us to identify, define then develop a practical action plan to achieve your goal in a clear and realistic time frame. This has always worked because we get to chalk out a critical path and helps with setting realistic deadlines as well.

Think way do something, as you would use it in your live scenario somewhere in the future, then you create valuable knowledge for yourself to use later. Later you will end up with a lot of tools that you understand and be able to apply them throughout the life.

The Rules We Live By & the Definition of “Smart”

I don't like the word 'smart'. It means different things to different people, and it does not have measurable criteria. Sure there are widely accepted indicators of being "smart", but even they change based on context and mean reporting (there is a rumor that even Einstein failed maths!) We all feel stupid sometimes, say stupid things we wish we hadn't, let our emotions run away with us and make bad decisions. However, it's our personal philosophy and approach to life and that influence our reaction automatic responses - for better or for worse. By consciously defining and implementing a new set of personal values to live by, we can increase the likelihood of having positive outcomes in all our personal and interpersonal exchanges, which in turn increases our mental health over the course of each of these incidental everyday interactions.

Life's surprises affect us and when we tackle various situations they make us who we are, and eventually, the different approach to your daily life makes the difference for achieving the primary life goals. In the other words, to approach task – problem-solving, and can use the findings in a certain productive way is more beneficial in the longer run.

Learning to react is a habit that needs to be formed as learning happens over many repetitions and, by applying what you learn on practice.

Strong and Weak person mentality

If we put linear chart and add the line from 0 at 45% and show boundaries. This will represent the goal in life, for example. And the boundaries represent Normal mood and how you feel on the way while achieving it – you want to be within those boundaries. The difference between the weak and strong person is not who gets far outside the boundaries but who gets back quicker on track to be closer to the line. As life can throw various situations at us and everyone can get thrown out of balance.

While there are things that can be done to improve the likelihood of experiencing a higher degree of good mental health, there are also certain triggers that tend to bring us down again.

Alcohol, and bad lifestyle habits and even diet are very real and powerful contributors to your mental health. While moderate consumption of alcohol (drinking no more than two standard drinks a day 2 times a week) may have a beneficial effect in certain cases (need to have distraction and socialize with friends).

Excessive alcohol consumption, however, can be toxic to not only your liver but to your mental health too. Constant exposure to high levels of alcohol in your system... and who can possibly hope to maintain a positive balance of mental health with all that going on?

Lifestyle habits in a very broad term encompass a variety of situations and automatic responses. By consciously cutting out unhelpful choices and applying “mentally friendly” approaches to everyday life, you can improve your likelihood of achieving a healthier overall mental health.

Diet affects every single person in different ways. While healthy options promote a healthy digestion, vitamins and minerals help your skin glow and provide you with energy, constant unhealthy choices not only robs you of these effects but also brings along a host of other "downers" such as low energy levels, tiredness and the lack of mental clarity.

While there is no need to only eat healthy and physiologically beneficial foods, treats that are kept as treats are also a helpful part of maintaining a healthy level of mental health. But be mindful of hobbits and don't confuse them with small treats.

Learn your body that gives you signs as emotional as physical (not right diet, not active, what it likes under ...).

The body is a battery for the brain as brain consumes 60-70% of the energy. It utilizes anything to produce it, including fat and muscles.

Worrying is a good thing

If you have a worry, don't push it away. The body, including our nervous system, is designed to tell us if something wrong for you and to learn to listen to such messages is important.

You need to find the answer what is not right, but not ignore it. If you are worried about something, it means that you will have to face it but unsure how. This is where your ability to react to situations comes in.

As an entrepreneur, on the longer period, this worry could be several things, e.g. you had a desire or envision yourself achieving some goals, however lack of efforts evidently resulted in not achieving them, and the time seems to be gone – now it is too late to start you are saying to yourself... or any other desire that you haven't given your 100% of yourself (and you sure you would achieve and be therefore happier), however, you need to do what it takes that will put you back on track to get where you want to go, you need to believe you will have everything you need on your journey, when you start it. It may come 5-6 years later, but you will love it after the first years when compared to the past year and so on.

Resorting to easy pleasures

In most cases if you have something that is bothering you, you would want to forget it, this is sometimes done by going into a mental state which is not steady this most often is by over-abusing one-self with alcohol. This approach just makes the issue bigger when you decide to deal with it later on.

A heavy abuse can lead to a chain reaction which would also affect your nervous system and the recovery time and effort is both physical and mental, as the nervous system is then under a “confused stage” and affects you as a whole.

Emotional Intelligence

There are many studies on how to be emotionally intelligent and the importance of doing so. Basically, emotional intelligence is all about being in a state of mind where you can make a straight decision without being in a confused state.

To learn what you like, you need to experience various situations and understand feeling and emotions it gives you, then you can see if it suits you. Humans can make a distinction between experience and can say if one is better than another by having experienced both prior.

The Public Appeal

A lot of us like to be known and like to be the center of attention. Sometimes when something doesn't go right, you be the center of attention for the wrong reason, but you need to take it in the stride, as it's something to learn from.

An association with society is critical, and people find ways to be in the public eye as an entrepreneur, rather than be themselves. When this happens and the wrong things bring attention towards you, you will need to take a step back and accept that this was due to the change you've pushed for.

Assumptions

Don't link up tasks and most commonly used words to make a self-impression of what means, e.g. most people associate the word "Job" with hard or something difficult, but it's not if you enjoy what you do, the moment you start to learn to enjoy it, it is a HOBBY and its keep you motivated and happy as something motivates from inside.

Approach the tasks with a creative and attitude to love the work, otherwise, it will be hard - should be perceived as a hobby and just spend time doing it, as this is the only way to learn, advance with the better approach in solving tasks, and get somewhere in personal development.

If something is hard, the result from getting that piece of work done is going to be the more rewarding. I work every day and just enrich my life with other things I like. I jog, go to beach, swim, fitness gym, meet friends, keep working on new projects and learning new things.

I use fitness to wear myself out for a day physically, and then I can relax easier and get rest or sleep. Change associations for example with beer, do something positive that gives you the same effect. Support it with the research because the research will support with the right facts

Its ok to Talk

I believe it is better to speak and learn how to formulate the feelings as they only clearly suggest what you want, where the logic can be based on that but eventually deviate with the actual indented result.

Analyze everything around the processes that relate to something you do. Keeping your brain active helps prevent dementia. Also, they say that you can improve your learning efficiency up to 60-70% accuracy by continuously exercising the process in your mind. This is proven by scientific research, the tests have been conducted.

Analyze everything and this will allow you to make the brain active and easily analyze large chunks of data a few years later. Also, will keep dementia away for the rest of your life.

Make the most out of every task

For example, cooking or cleaning, these are tasks you must do anyway. I use cooking or cleaning the house (general day to day tasks) to get distracted from work routine and make it enjoyable, by playing a favorite song, reward yourself with your favorite meal, have a glass of wine if it makes you feel better and maintains the activity.

Approach everything in life as a journey to your destiny. Identify your daily tasks and plan them in such a way to improve efficiency as they are daily repetitive operations that you must do, so enjoy doing it, this also applies to business tasks as well.

Physical Activities

There is no easy way to get an elite physical state from scratch, however, there are definitely a lot of the quicker ways if you just push yourself that extra bit. If you haven't trained for some time or after long break from the sport activities for any reason, use running with the lightweights (dumbles 0.5kg to 1 and 2 kgs) to quickly develop stamina or achieve required growth of supporting muscles to help aid the growth of other core muscles overtime (muscles tend to develop in groups and if some of them are not developed then they will prevent from developing the other muscles too).

To achieve good stamina, try to run longer lengths slowly and you should only stop when you absolutely feel you need to. During the run, perform interval running techniques with accelerations/decelerations to break the thresholds for your body and allow it to adapt to a next development stage. This way your body will be developing strength and will help you break your thresholds.

In order to achieve good stamina to run longer lengths or when you run for the first few times, you should run until you can't and continue for some time, and/or with accelerations to break the thresholds for your body and allow it to adapt to a next development stage. So, your body will be developing and adapting itself to the higher efficiency or strength level, only when you break those thresholds – 3 times usually enough for beginners to achieve 3-4 times the initial distance.

The goal with the running:

- Training your body to consume more oxygen and help circulate it throughout your body
- Optimizing your body's systems to work in a highly active capacity

Setting the correct breathing rhythm will allow you to run for a longer.

Running is also different as it allows your body to absorb and utilize a bigger amount of oxygen. The weight lifts provide only with the muscle strength in general. Men lose about 2-3% of muscle weight after about 30-35 years of age.

London Institute has done research to find out what exactly is beneficial in the sport. They found that when the body reaches some threshold (coincides with the active breathing like running with most power and full body as you can for 1 minute or the same on the bicycle), the body produces some enzymes that significantly reduces cholesterol and has other beneficial effects. The body also produces endorphins that improve your mood.

Happy people Happy Life

Surround yourself with people who like to smile and laugh. Positive energy is a very powerful thing. When people that surround you are happy, they can give you happiness by just being around you, this is our human nature. Go to places where there are people celebrating life, like parks, gyms, yoga

centers, comedy festivals, these will improve your mood as well. In the longer term this will have had a very positive impact on you and will help you think better and be more efficient at what you do and will help achieve success.

Stay away from artificial happiness

Alcohol is the worst, it affects the nervous system and can cause irreparable damage. Even small doses of alcohol on daily basis will add to your nervous tension. Wouldn't suggest to not exceed more 2-3 glasses of wine and would be a good to stay away from alcoholic beverages at least 3 days to help yourself recover.

The main thing that affects our body in a serious way, are those that we do repetitive (constantly) daily like cigarettes and alcohol are the serious ones. Most smokers do it constantly on an hourly basis and some people drink daily.

Give the body at least the rest and try not to drink at least 5 weeks and not to smoke and be more active and eat less sugar and more vegetables and fruits (not processed) and you will see the difference that I was talking in the beginning.

You are back and ready to Rock!!

Then if you get back to your previous lifestyle you will see and remember how you felt when it was during those 5 weeks and will know what to do, and I believe you will want that back.

But analyze and remember your feelings and active life or you started talking differently and more open and meet new people, etc.

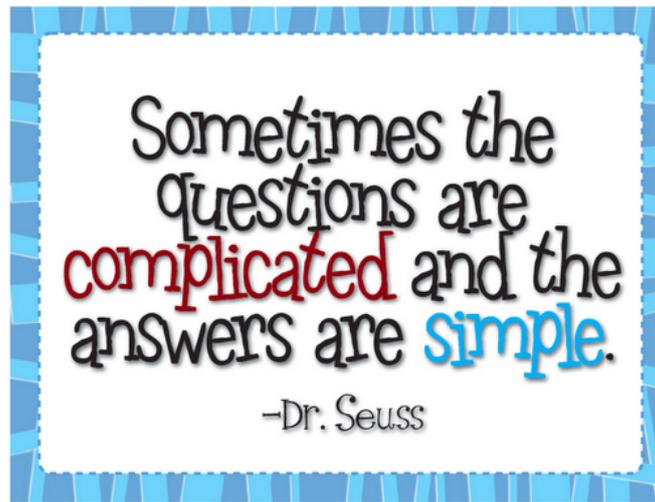
You will likely to feel the differences after the 3rd week, I don't know your current state and really would like you to feel at least the most potential! Because it only becomes better and more stable thereafter.

Your worries will go away and you will forget about them, you will begin to look at life in the face and look forward to challenges. You will have more energy than you thought and will begin to make big strides in achieving your personal and career goals.

Remember the Associative Memory that was mentioned earlier (i.e. linking the word job to something hard), as you progress through the new you, these memories will appear less every day and eventually they will go away.

These are some of our thoughts on how to overcome the mental state during trying times and how to come out strong on TOP.

All the best with your Personal Improvements!



Feel free to write directly and I would love to have an opportunity to discuss any of the points above
<https://www.linkedin.com/in/maratbasyrov/>