

Effective Ways to Free your Mind of Stress and Negativity – a Journal of Survival Therapies in Life

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Keywords

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Abstract

This is an opinion article on how to cope with stress.

1. Introduction and Background

This paper is based on a non-fiction researched book to be published very soon. The book begins with an Introduction where the researcher poses a soul-searching question: *Why is the Journal of Survival Therapies in Life important for you?* Four aims are listed as the researcher's point of departure. Briefly it provides clear descriptors of the book, which includes tactics and techniques that are normally applied to cure people of their social, spiritual, mental and physical conditions or disturbances without the use of medication, drugs, or herbs, thus contributing to *employee wellness* holistically and naturally as well. It further provides an argument that traditionally, the survival therapies are an exclusive competence of doctors, psychologists, psychiatrists, social workers, psychotherapists, counsellors, spiritual healers, hypnotherapists, mediums, traditional healers, and the like. But it provides different lenses with contemporary facts that evidence-based research has established that ordinary people could learn these survival therapeutic tactics and techniques on their own and, apply them with ease as and when they feel not healthy or are disturbed mentally. Therefore, it lays down the overriding goal of the book, with a focused argument that the survival therapies are easy to muster and learn and are based on the simple *learning process of review, repeat, and reinforce.*

Philosophy of Learning

Tell me, I forget.

Teach me, and I may remember.

Involve me, and I learn!

(From Educational Psychology)

In the book the researcher refers to the COVID-19 pandemic as a known source of recent psycho-social, physical and mental health challenges. This reference is from the World Health Organisation, namely, *While the pandemic has generated interest in and concern for mental health, it has also revealed historical under-investment in mental health services. Countries must act urgently to ensure that mental health support is available to all.*

What Experts Say about a Balanced Healthy Lifestyle!

A healthy, happy mind can contribute to good health. Balanced living means having a positive outlook, focusing on good habits, and lowering stress (Diana Rodriguez, 2009).

While focusing on a healthy lifestyle by exercising and eating right is great for your body, balanced living means protecting your mental and emotional health, too. And stress reduction needs to be at the top of your to-do list (Health Makers: Alex Timmons, 2022).

A person has a healthy lifestyle by exercising regularly, eating right, and resting enough, according to Mayo Clinic.

Being healthy is important because it can help a person have a stronger heart, better muscles, stronger bones, a sense of well-being and a better social life. Eating right and exercising the correct amount will lead to overall better health (Reference.com, 2022).

The book recommends survival therapies in life by framing them through various approaches and psycho-social fundamentals covering, among others, the following.

2. Sleep Management – Therapy

Sleep is often taken for granted and neglected by most people. For instance, some people do not sleep enough during the week for whatever reason and, think it is fine to make up for this over the weekend. Very wrong! You must sleep a minimum of seven hours within 24 hours Michael Mosley (2022).

It is advisable to try to keep the following sleep practices on a consistent basis:

- ✓ Stick to a sleep schedule to manage your circadian rhythms. That is, your sleeping and waking up times

To sum up, sleep is therapeutic to fear, angst, anguish, burn out, stress, anxiety, depression, mental and physical illnesses.

3. Mindfulness and Meditation – Therapy

Mindfulness is awareness of the present moment and circumstances. That is, keeping your mind on the here and now without losing focus. Mindfulness as meditation is very calming and it need regular practice. One might choose to be mindful in daily life, simply by paying attention to current tasks and moments, instead of living in regret of the past and fear of the future.

Among others, you can use mindful prioritization to eliminate clutter from your to-do-list. For instance, many people try to cram too many tasks into their daily duty schedule leading to stress, disappointment and failure to carry out.

Looking at *meditation* specifically, it normally goes against the grain of human nature, especially in our society. We always want quick “microwave” solutions and instant answers. Nevertheless, meditation – the kind that plants the word deep into your heart – takes time! Meditation is the experience of relaxing the body, quietening the mind, and awakening the spirit. Meditation has many health benefits and is a highly effective way to relieve stress and keep a healthier lifestyle just like mindfulness. With practice, meditation becomes both more of an easy habit to keep and more of an effective one to practice as well, given that it builds resilience to stress over time. Among its benefits, meditation, offers excellent mental health, super creativity, longevity, and life extension (Davidson & Kaszniak, (2015).

4. Connect with Friends and Say No to Toxic Relationships – Therapy

You may have noticed that when you are overly stressed and entrenched in rumination, you are not as much fun to be around. As a result, your relationships may suffer. Focusing on positive relationships can minimize stress and the tendency to ruminate. By strengthening your relationships, you provide yourself with a healthy coping technique. Social research has found that those with strong social connections tend to use rumination less to cope with stress. These people also have lower rates of depression, post-traumatic stress disorder, and stress-linked inflammatory responses (Roxy, 2022).

5. Positive Thinking – Therapy

Truly effective stress management involves a mix of habits and thought patterns that manage the stress in life and increase your ability to cope with the pressure you must face. There are several habits that can increase your resilience to stress, including meditation, exercise, focusing on the positive, and surrounding yourself with positive and supportive people, to name a few.

Positive thinking benefits body, mind, and relations. How you start, the morning sets the tone for the rest of the day. For instance, always start the day with a positive affirmation! Talk to yourself in the mirror and say, “*Good morning you beautiful thing. Today will be a good day, and I am going to be awesome.*” You will be amazed how much your day improves because one positive thought begets another (Gabriella Lancia, Ph.D, 2019).

6. Mentally Fatigue: Best Tips for Overcoming It – Therapy

According to psychologists, it is no surprise more people suffer from mental exhaustion. In addition, that kind of exhaustion can be just as debilitating, if not more so, as physical exhaustion — especially if you do not know the direct cause. To help ease your symptoms, here is what you could do:

- A. *Tap Your Inner Child* - It could be anything from playing with your dog to going for a walk without a destination. When you invite your inner child to come out and play, you will be surprised where she leads you.
- B. *Soothe Decision Fatigue* - To boost your mental energy, making autopilot routines, like only returning calls at a certain time of day or creating a relaxing bedtime ritual, so you do not have to think about it. Give yourself permission to find rituals that soothe your brain and body (Allaya Cooks-Campbell, 2022).

7. How to Deal with Negativity – Therapy

Just like a magnet, do not go around attracting negative messages, texts, attitude, stories, rumours, or innuendos. Stay positive in your mind – just like a car gear – shift always to a positive gear and move on. Everyday search your mind for positive things to do or think about and dump the junk of negativity. This will set your day as a happy positive day.

As one disorganisation begets another – negativity begets another negativity. This tendency in your thinking will not enable you to fulfil your dreams or reach your destiny. For instance, negative people focus on problems and positive people focus on solutions and opportunities.

Always expect positive things to happen to you, try hard to achieve them, stay in peace, and smile even though they have not passed in your favour. This practice will rub in and generate success in your life. Major causes of our problems and failures are in our minds, that is, thinking negative results instead of thinking positive outcomes all the time.

Always find and stay away from negative people who do not boost, improve your life, or contribute anything towards your destiny. Such negative people are like poison or weeds, shrubs, and rocks in soil around you. They are going to strangle your growth or contaminate your environment ((Arlin Cuncic, MA, 2023).

Explore and associate with people with bigger visions, dreamers, people that will push you forward, and when you are down will pull you up onto the road of success. Life is too short to rub shoulders with negative people!

8. How Do You Increase Resilience – Therapy

In mustering resilience as a therapy, there are numerous *tactics or techniques* to learn and practice, that relate to maintaining a balance on our mental, physical, and spiritual life dimensions for survival. In maintaining this balance in life, we are deliberately increasing our resilience.

Among others, I am going to talk about the following tactics or techniques of increasing resilience in our lives:

8.1 The Food Mood Connection –Tactics or Techniques

Can the right diet benefit the brain as well? Emerging science and clinical experience suggest that the answer is a resounding YES! For instance, SUGAR is poisonous to the mind and body.

We think of mental health problems like stress, depression and anxiety as chemical imbalances that require medication only. However, the most powerful way to change brain chemistry is through food because that is where brain chemicals come from in the first place.

Among others, eat a lot of saturated fat from animals, fish, and birds including olive oil, coconut oil and avocado oil to produce ample *cholesterol* that is food for your brain.

All other oils and fats not mentioned are unhealthy for our bodies. Do not worry about the so-called high cholesterol levels determined through blood tests. Because if cholesterol is detrimental to your body, why is your liver producing it to supplement the amount received from food. Cholesterol is a vital component of our bodies, and is needed to synthesize our hormones, to build cell walls, to make nerve cells and protect us against dementia and Alzheimer. Without cholesterol, we die period

Also, cut down on sugar consumption because sugar is considered the greatest modern-day poison! That is, stop using plain sugar in your coffee or tea, no fizzy drinks including the 100% juices, no sweets, no processed foods such as tomato sauce, baked beans in sauce, ice creams, biscuits, cakes, crackers, beer, and energy drinks. Instead go for 100% fat milk only; drink a lot of water and less alcoholic drinks. It is advisable to prepare your own fruit and/or vegetable juices at home.

Definition of SUGAR!

- ✓ Sugar in a baby's brain is called *attentive-deficit/hyperactivity disorder* (ADHD).
- ✓ Sugar in your eyes is called *glaucoma*.
- ✓ Sugar in your teeth is called *cavities*.
- ✓ Sugar in your sleep is called *insomnia*.
- ✓ Sugar in your blood is called *diabetes*.
- ✓ Sugar in your skin is called *aging*.
- ✓ Sugar in adults' brain is called *dementia* and *alzheimer*.
- ✓ Excess sugar in your system is called *cancer*.

Regarding carbohydrate food, it is advisable to limit it to fifty grams per day. Eat a lot of green vegetables and some fruits; eat all nuts; eat meat especially organ meat, poultry, fish. Avoid processed meats. According to nutritional experts, you are what you eat and drink.

This brief account of what to eat and drink resonates with the so-called *Keto Diet*. This is the low carb, high fat (LCHF) food regime recommended by evidenced based nutritional research. As opposed to the high carb and low fat (HCLF) traditional food regime that began in the seventies in the USA and evaded the entire world up to date. This is the diet-heart hypothesis and calories-in, calories-out (CICO) model of obesity, which holds that people are fat and have diabetes, because they eat too much and move too little (Noakes & Sboros, 2017). Whereas evidence-based research is available from clinical

trials demonstrating the efficacy of LCHF diets compared to Mediterranean-style of, low fat, and low-GI diets (Noakes & Sboros, 2017).

To wrap up, it is significant to note that evolutionary human beings are carnivores that survived on meat diet and fat only and lived longer, that is, beginning in millions years ago than the current races. In other words, despite the long list of foods that are recommended above, in terms of the latest research from nutrition experts, it is revealed that human beings could survive, live longer and healthier just by eating foods according to this table.

Table 1: Biological Functions of Three Dietary Micronutrients – Adapted from *The Eat Right Revolution* (Tim Noakes & Marika Sboros, 2021)

CARBOHYDRATES	versus PROTEIN	versus FAT
Source of energy only (as glucose)	Source of energy and others (as glucose, amino acids)	Source of energy and others (as glucose, ketones & free fatty acids)
	Synthesise enzymes and antibodies	Vitamin absorption (A,D,E,K)
	Maintain acid-based balance	Structural material (cells, tissues and cell membrane)
	Repair and maintenance of tissues (hair, skin, eyes, muscles and organs)	Hormone production
	Hormone production	Chemical messengers between cells
	Transport of molecules (as haemoglobin)	Prostaglandin formation (role in inflammation, pain, fever and blood clotting)
	Messenger (transmits signals to coordinate biological processes)	Preserve the integrity of blood barrier (omega 3)
		Insulation

According to Table 1, all that carbohydrates can do is provide energy for the body. Since all they provide is an energy source, they cannot build muscles, bones, brain, liver or heart. All they can ever do, other than provide energy, is make us fat. Nothing more, nothing less. Therefore, carbohydrates are not the most important dietary nutrient for humans. Because proteins and fat provide enough glucose and ketones from which the body could draw its energy source (Tim Noakes & Marika Sboros, 2021).

9. How to Laugh Your Way to Better Well-being – Therapy

Let us look at the Impact of laughter on well-being, particularly stress, burnout and mental health. I suggest that a person's signature strength is humour.

Laughter is an evolutionary play signal. It is a social signal, a bonding, a social emotion. Moreover, laughter is just being yourself, and relaxing in that your own natural sense of humour comes out when you are more relaxed. Thus, laughter is a motive behaviour. It is an outcome, which is usually the result of humour.

Laughter produces a contagion effect. People just simply do not need to know why somebody is lost in laughter to want to join in. Human beings are neurobiologically hardwired to want to join in laughter for its physical and psychological benefits (Hatchard & Worth, 2021). Thus, it is impossible to be stressed or anxious when you are laughing. It breaks the cycle. It is a fantastic circuit breaker of rumination.

Truly, laughter is medicine. You are urged to creatively organise laughing sessions with family, friends and co-workers.

10. Listen to Music and Singing –Therapy

Music is used as a tool of healing since ancient times.

After World War II, a new profession entered the arena, namely, music therapy. With far-reaching benefits and in a variety of settings, the types and methods of music therapy have had a profound impact. Used in conjunction with traditional therapies, positive psychology, and even as a stand-alone intervention, music therapy offers a variety of benefits (Heather Craig, 2022).

Among others,

- ✓ Music therapy reduces anxiety and physical effects of stress.
- ✓ It improves healing.
- ✓ It can help manage Parkinson's, dementia and Alzheimer's diseases.
- ✓ Music therapy reduces depression and other symptoms in the elderly.
- ✓ It helps to reduce symptoms of psychological disorders including schizophrenia.

11. Cheap “Medicines” Not Always Found in Pharmacies!

- ✓ Exercise is Medicine
- ✓ Fasting is Medicine
- ✓ Organic food is Medicine
- ✓ Laughter is Medicine
- ✓ Vegetables are Medicine
- ✓ Sleep is Medicine
- ✓ Sunlight is Medicine
- ✓ Loving someone is Medicine
- ✓ Being loved is Medicine

- ✓ Gratitude is Medicine
- ✓ Letting go of offence is Medicine
- ✓ Mindfulness and Meditation are Medicine
- ✓ Sex is Medicine
- ✓ Music is Medicine
- ✓ Good Friends are Medicine and
- ✓ Avoiding strife and conflict is Medicine,

Taking enough of the cheap “medicines”, you will seldom visit doctors and pharmacies period!

We have seen some tremendous medical breakthroughs in our generation. We have seen “miracle drugs” developed that can conquer many kinds of sickness and disease.

But, you know, in the many years I have been a believer, I have discovered another, much more effective, kind of medicine: the Word of God. There has never been a miracle drug that could equal it. God’s medicine is the answer to every need. It is life. It is health. It is the power of God. And if you put it in your heart and act on it, you will be healed.

Sometimes people ask, If God’s medicine works every time, why are there so many believers who are still sick? There are two reasons. No. 1, because they do not take the time to plant the Word concerning healing deeply into their hearts. And No. 2 because they do not do what that Word tells them to do.

Proverbs 4:22 says God’s Words are life and health to you. So do not wait until you get sick to start using them. Start now. Begin to put God’s Word in your heart in abundance and it will be hard for you to get sick. That Word within you will constantly be keeping God’s healing power at work in you. And do not worry. There is no limit to the amount of God’s medicine you can take. You cannot get an overdose. The more you take, the stronger you get. Jesus is Lord.

12. Concluding Remarks

I have found a simple solution of turning all things and situations around.

For instance, no matter how bad a mood I am in, I have found it helpful to treat others with *Kindness, Compassion, Respect and humility.*

Moreover, that, invariably, has a positive effect on those around me, which, as I have seen, has a positive effect on my mental and physical health.

Moreover, my mood changes for the better! I encourage you to **PUSH** to achieve your *Effective Way to Free Your Mind of Stress and Negativity* consistently, namely to:

P – Persist

U – Until

S – Something

H – Happens!

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