

# Achieving Your Goal of Mental Health

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A healthy body won't get you very far in life if you don't have the added advantage of robust mental health. Keeping your mind strong and healthy should parallel a priority of maintaining a healthy body plan of exercise and eating a proper diet.

Today, when you see a doctor for a physical checkup, you may experience an assessment of your mental acuity too. Patients and doctors are more aware of how daily stress and situations can affect your overall health and put you at risk for mental problems such as dementia and Alzheimer's disease.

If problems do surface during a doctor's visit, there are proven ways to combat the threats to your mental health. Your health care provider can suggest methods – and this report also contains some suggestions you may want to try.

You'll also find helpful information about what's in store for the future regarding mental health issues. There are some new and advanced twists on some methods you may already know – and also some interesting gadgets and solutions you can look for in the coming years.

## **More Patients and Doctors Are Focusing on Mindset**

The need for achieving a mindset that helps you meet challenges and realize success isn't being swept under the rug anymore by patients or physicians. More healthcare providers are realizing that their patients often need help in dealing with daily challenges and stresses that may affect your health – and your mindset.

We all experience times in our lives when it's difficult to focus or maintain a tenacity to meet challenges. Stress triggers occur every day, but the trick is to be able to subdue or get rid of them and go on with our lives.

You may not be used to talking to your doctor about problems in your life such as stress and other issues. But unless you have physical symptoms that point to mental problems (such as high blood pressure), it's often difficult to diagnose if you're not up front with your doctor.

Unless you're honest about your feelings and emotions, you may miss a good opportunity to define what's wrong and find solutions to improve your mental health. When your problems and the stress in your life become so difficult that it causes health problems, it's especially important to communicate with your doctor.

Most of us wrestle with situational depression from time to time, but when depression becomes a major factor in how we spend our days, it's time to make some changes. Those people who understand their feelings and how they happen are usually aware of how to cope with them.

More research and testing is being done than ever before to help people cope with the rising mental health issues in our society. Hands-on tools are the newest innovations in the technological realm of mental health.

Tools such as Spire and Pacifica are now being used by mental health professionals to determine when and how a person may be able to manage their anxiety and depression. They come in the form of mobile apps and wearable devices that can instantly pinpoint when thoughts and actions begin to spiral downward.

More research is also being done with older methods such as Yoga, aromatherapy and Tai Chi. These may be ancient forms of coping with problems and negative mindset, but they work in many cases to help people overcome hurdles in their lives and go on to success.

An aging population has triggered research in keeping a positive mental attitude as we age and face monumental changes in our lives. Death of a loved one and loss of physical abilities are all being taken into consideration by physicians and researchers and ways to cope are being studied.

Achieving a positive mindset will be in the forefront of future scientific and medical research to help people deal with fast-paced and sometimes terrifying problems that affect our world today.

Catching mental health problems early – such as in children – is another way that researchers will focus on helping ward off depression and negativity that may follow us through our lives and prevent us from achieving all we can.

Your mindset can change in an instant by certain situations in your life. For example, losing your job, the death of a loved one or a divorce can trigger a downturn of mental health and render you incapable of coping with even the simplest of tasks.

Even situations in your life that are considered happy occasions can disrupt your health and make you feel anxious or sad. Getting married, getting a job promotion, the birth of a baby or a child leaving for college may be so stressful that you lose focus and find it difficult to cope.

When these situations begin to affect your mental ability to focus, remember things or function properly, they're also likely beginning to affect your physical health. High blood pressure, stomach issues such as ulcers or changes in appetite and many more symptoms may occur if you ignore it.

Finding methods to cope with stress can help ease these symptoms and get you back to enjoying life once again with a clear mind so that you're able to meet life's challenges. Strive for a balanced lifestyle by finding relaxation methods to put you at ease no matter what challenges and stresses enter your life.

A healthy mindset can help you reap the rewards you desire in life – a healthy body, relaxation and the ability to think clearly when you need to and the resilience you must have to keep life in perspective.

### **Diagnosing Your Previous Mental State**

When you feel unbalanced, find it difficult to focus on daily business or have trouble getting enough sleep, it's time for a diagnosis of your present mental state. You can find some clues in looking at your past mental history.

Perhaps you're under a great deal of stress and need to either reduce your workload or other stress triggers or find new or tried and true methods to cope with it. If the usual methods of reducing stress don't work, you should see a doctor for a possible medical diagnosis.

Not being able to focus on work or other daily factors in your life are signs that you need to reassess your mindset and make positive changes. The first thing you need to do is figure out if you're in a growth or stagnant mindset.

A growth mindset sets you on the right track for success and can provide the motivation and even energy you need to move forward. Your mind keeps track of what's happening in the present moment and should automatically discern what to do next.

Sometimes the interpretations of the mind cause us to see things differently than they really are and react emotionally. When that happens, feelings may become exaggerated and anxiety and depression may occur.

Ask yourself if your mind is providing the right signals as to what is happening now and assess your reactions. When your internal monologue focuses on putting yourself down, your mindset is fixed and your feelings and reactions to situations may be skewed.

A growth mindset also provides you with signals, but the internal monologue focuses on action rather than judgment. The situation may be positive or negative, but a growth mindset sees it as a lesson for progress.

Achieving a growth mindset will help you become more effective in setting and achieving goals and will replace the old mindset that kept you down. Your previous mindset had you listening to the voices that put negative thoughts in your head.

You can recognize those thought processes by how they make you feel. Put downs such as, "I'll surely fail," or "I don't have the talent to do that," are common thoughts for those with a fixed mindset of failure.

When you begin to recognize those voices for what they are (lies), you'll be better able to make a choice of choosing to believe it or to challenge those voices by positive thoughts.

Learn how to use positive affirmations to combat the negative thoughts that run through the mind on a regular basis. Eventually, a growth mindset will take over and you'll find yourself happier and with more energy to get things done.

You'll likely have some setbacks and you won't always be able to rise to the challenge of combating the negative thoughts in your mind, but with practice, you can learn and improve.

Journaling is a good method to learn about your mindset history. You can easily look back and see what your mindset was during various situations in your life and how you reacted to them – negatively or positively.

You may want to talk to your counselor or health care provider about some of the innovative new gadgets available that can help you gauge and get feedback on your mindset issues.

Wearable devices such as the Fisher Wallace Stimulator and the Pacifica app that can be downloaded to your mobile phone are just two of the incredible headways into achieving positive mindset that are on the market today.

Both provide feedback to help you overcome hurdles that arise on a daily basis and train your thought patterns to focus on positive rather than negative ways to cope with problems.

You'll gain lots of insight into how to handle future problems similar to what you went through in the past. What worked to get you back on track in

the past? You may realize that you over-reacted to a certain situation or problem or that there was a physical reason for your reaction.

Whatever is keeping you from the mental health and mindset you need to achieve success, taking a serious look at your past history is a good way of planning the future and your goal of glowing mental health.

### **Proven Stress and Anxiety Solutions You Can Try**

Stress and anxiety can wreak havoc on your mental state and eventually cause physical problems. If you haven't been diagnosed with a deeper mental health problem such as depression or bi-polar disorder, you may want to try some proven solutions to gain a more positive mindset.

Solutions include meditation, CDs (guided imagery), Yoga, Tai Chi, music and reading positive books or articles. Hypnotherapy and acupuncture have also been used successfully in helping calm the body and mind.

Yoga works to relieve stress and anxiety by conditioning your body through poses or postures. It helps you become aware of certain aspects of your body and the energy passing through it and helps you breathe in a more relaxed state to gain healing oxygen.

The more you practice Yoga, the more you're able to focus on relaxing your body and mind. Modern-day medicine experts agree that the ancient practice of Yoga can improve brain function and strengthen the body and bone.

Visualization is another way to achieve your goal of mental health by learning to relax and clear your mind so you can focus and learn. You can use any technique using diagrams, mind images or animation to communicate positive ideas.

Visualization has been used at some point by almost everyone who has achieved great success. They use the ability to imagine themselves in successful situations or overcoming problems such as stage fright (fear of speaking in public) and sports challenges (used by Olympians).

A winning mindset often begins by visualizing how it would feel to achieve a big success or complete a goal you've been working on for a long time. It's a psychological method that can provide the needed confidence and motivation you need to gain a positive mindset and flourishing mental health.

Tai Chi is another technique now used all over the world to bring about the calm and inner peace needed to achieve goals – both physical and mental. Tai Chi is often referred to as “meditation in motion.”

It uses gentle physical exercise and stretching techniques combined with mindset strategies to bring about fitness, flexibility and to reduce pain and anxiety associated with depression or stress.

Muscle strength, mood elevation, more energy, improved focus and lower blood pressure are added benefits of Tai Chi. The popularity of Tai Chi has risen over the past few years and you can find classes in almost every town or city. Online guidance is also available.

Floatation Therapy (Isolation Tanks) is a fairly new method of achieving a calm mind and more energized body. Isolation tanks were originally thought of as deprivation tanks because they're void of light or sound and used as a form of alternative medicine, but the new name of Floatation Therapy sounds more positive.

Although the health benefits have been widely touted by some, the full medical assessment is still out on Flotation Therapy. Many now seek Floatation Therapy treatment for such conditions as chronic pain, arthritis and muscle tension.

Some claim that Flotation Therapy helps them cope with stress and anxiety and prepare for major mental hurdles such as speeches or stressful personal situations. You can purchase small, personal Flotation devices online or check with your local healthcare provider to find commercial locations in your area.

Hypnotherapy is another method used for generations to increase mental acuity and solve problems that may be preventing you from achieving

success. Low self-esteem is a mindset that can keep you from success – and hypnotherapy is a known method to help raise your opinion of yourself.

Negative thoughts that run through your mind and decimate your courage and strength can be turned around by communicating with yourself in a hypnotic way. Hypnosis is safe and can help you relax and refocus your attention to empowerment rather than negative self-thinking.

You may choose the method of aromatherapy among the many ways to achieve positive mindset. Essential oils, herbs and spices can be used to reverse negative energy and set up your mind for positive thoughts and energy.

Certain aromas from plants and herbs such as lavender, sandalwood and cedarwood can get your mind back on track. Essential oils from these plants produce healing aromas that help us feel more stable and powerful. It's an easy, inexpensive and pleasant way to improve the mindset.

### **Advances You Can Look for in the Coming Year**

Next year will be a year of advances in many areas. One is the restoration and continuity of positive mental health. Scientists are making huge advances in methods to reduce stress and keep mental health on an even keel so you can concentrate on the future.

There will also be some twists on tried-and-true solutions, a few gadgets and new theories to put into action. The year 2017 will see strides in telemedicine for mental health just as 2016 experienced successes in telemedicine for other types of health care.

Statistics point out that one in five adults has mental health problems – and poor youth mental health is becoming an epidemic. While more Americans have access to health services, most insurance won't cover mental health issues.

Pacifica is a downloadable app that is especially designed to help with anxiety issues and is growing rapidly in popularity as more become aware of this innovation. This mobile app uses therapeutic technology and cognitive behavioral therapy to break the vicious cycle of anxiety.

By getting rid of the unhealthy feelings and thoughts that come with anxiety, you'll be able to develop a healthier outlook – and a healthier body. This mobile app helps you relax and successfully manage stress and what it does to ruin our lives.

Another innovative device – the Fisher Wallace Stimulator – is a neurostimulation gadget that's approved by the FDA and has been proven to help decrease anxiety, depression and insomnia.

It's a headband that's worn over the temples that simulates the release of serotonin and dopamine in the brain. These two chemicals help to reduce stress in everyday life and stimulate feelings of happiness and well-being.

You'll need a prescription for this device from your healthcare provider, but it's a great move upward from having to use other antidepressant treatments such as drugs. The Fisher Wallace Stimulator is painless and relaxing to use.

Along with Fitbit and other devices that have made a difference in how we monitor our physical health, there are new wearable devices that can detect feelings and emotions that may send us into downward spirals of depression unless we counter attack.

The Spire is a wearable device that can detect your mood before you even know it's happening by assessing breathing patterns and other physical signs. You'll get feedback when you begin to experience negative emotions and suggestions about how to improve your mood.

All you have to do is clip the device to a bra or belt and the Spire will begin detecting your moods without you having to make entries in an app. Since chronic stress and anxiety can negatively affect your immune system and lead to dire physical problems, the Spire can make an impact on your physical health as well as your mental wellness.

Another technological innovation that should make an impact on mental health in 2017 includes 1DocWay. It's a telepsychiatry program that's making headway with its modern and innovative program to reach those who live in remote areas and also those who find it difficult to travel for help.

You're able to meet one on one through a communication device such as a computer or phone and speak freely to a mental health specialist in the privacy of your own home. Most patients prefer telepsychiatry to the problems involved with waiting for an appointment or making long commutes.

Technology is booming within the mental healthcare community and more positive outcomes are available from the methods now being used and developed that can change human behavior patterns.

Healthcare providers are finding that boosting their patients' mental health produces the added benefit of a boost in physical well-being. Besides the technological advances that are sure to make a difference in 2017, other innovations in the way we live our lives are also being discussed.

It's now a known fact that getting enough sleep, combined with the proper amount of social interaction, proper diet, giving to others and stress management leads to a lifestyle that is balanced. Studies are being conducted about how to help both children and adults gain positive mental health by conforming to a balanced lifestyle.

More attention will also be given to diet and the state of the food we eat. Rather than empty calorie foods, which spike our blood sugar, focus will turn to foods which sustain us throughout the day - such as healthy fats and proteins.

Multi-tasking and working 24/7 will become a thing of the past as more people realize that socializing and making time to "play" is restorative to both mind and body. Focusing on others by volunteering or becoming

involved in a cause will also become a popular way to look beyond ourselves to find real peace within.

An overhaul on how we think of mental health issues is going to be in focus during the coming months and year and more ideas and innovations will be tested. Positive thought patterns will also be researched – giving us hope for a robust and happy quality of life.



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