

Reflection: Beautiful Brain (2)

21st March, 2016

As I close my eyes and drift away to a land where there is love, health, peace and blessings. I wanted to take the time to think and reflect upon my previous reflection entitled Beautiful Brain 16th march, 2016. The truth is that I am grateful that I will be able to continue with my courses, it will simply just be a matter of working harder.

As the mountain climber who looks to the top of the mountain it's not about counting the steps to reach the goal - It's about I am at the top of the mountain, I know I can, and I know I will. This is what it takes. The actions are the necessary steps that are required. It is the mindset and the determination. The thoughts that push, and propel us towards the goal. There may be setbacks along the way, but the key is to never stop believing, never stop trying.

Mental health or mind health affects us all. Knowingly or unknowingly. Maybe we had this experience but don't openly talk about it. Many of my undergraduate research papers and projects were focused with the exploration of mental / mind health. I turn my attention specifically to Post Traumatic Stress Disorder (PTSD) or any type of human experience that has resulted with the trauma label. I am thinking about patient cases. Sometimes memories are so difficult that it becomes a struggle to live in the present moment. Patients are often prescribed with Paraponal. This is a medication that numbs the memories. Making individuals forget their experiences. Whilst these can serve as a positive. I'm thinking is it ethical? Is it ethical to provide individuals with these types of medications when practitioners and researchers know that they will attach to neurons, altering the brains chemical state. It will alter behavior, and may even make an individual forget the good memories. Maybe the severity of the memories requires an exploration?

As I think about these questions I am thinking about emotions themselves. Housed in the limbic system of the brain, the Amygdala producing the response to the memories. Why not try to work through these memories? Work through them to release the anguish and the pain through alternative, and holistic mechanisms. Whilst these maybe more costly and require more effort. The results are more effective on the long - term. Some recommendations are as follows:

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- Mindfulness Meditation
- The Somatic Movement Practice
- Yoga
- Walking
- Exercise
- Engage in any activity that you believe that you are ready for
- Be one with nature, re-claim your mind, touch trees
- Listen to music
- Writing - Write about the experiences, this will help the brain to stop renumeration of the continuous thoughts
- Engage with an artistic practice
- Allow the emotion to pass through, acknowledge and embrace it
- Be patient with the self
- Find a trusted friend to share your thoughts with

As I end my thought, I remind myself of my words.

My thoughts to invite and inspire, with love and kindness.

Quote:

We are all broken - Shazia

Life does not come with an instruction manual.

Notes: Please note that all the thoughts contained in this writing are not referenced to any being, they are simply a reflection of my previous thoughts, also derived from my learning.