

Your
Mental Health
Report
31st August 2022

Mental Health Score:
65%

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This report will discuss about your **current** mental health status, from a holistic standpoint, along with the necessary suggestions.

Let's Look at Your "Emotional Distress" Levels.

The below chart is based on your responses.

Your 'Top 7' Concern Areas are highlighted:

You're Suffering From: (An Understanding of Possibility)

General Anxiety & Overthinking	40%
<i>Intrusive Thought Patterns & Compulsive Behaviours (OCD Tendency)</i>	23%
<i>Fear of Future</i>	0%
Unhelpful Past Memories	88%
<i>Lack of "Self-Confidence, Maturity & Responsibility"</i>	20%
Fixed Mindset	36%
<i>Overly Sensitive</i>	33%
False, Unhelpful Beliefs & Habits	85%
<i>Anger Issues</i>	0%
Operating from Défense Mechanisms	50%
<i>Isolation & Loneliness (Depression Tendency)</i>	8%
<i>Dissatisfaction From Your Life's Overall Progress</i>	9%
A Feeling of Discontent from Your Friends, Family & Society	50%
Lack of Meaningful & Healthy Romantic/Intimate Relationships	50%
<i>Issues with Your Health & Fitness</i>	33%
<i>Lack of Happiness from Your Work & Profession</i>	27%
<i>Unsatisfactory Financial Situation</i>	33%

**Overall
Emotional
Distress:**

35%

**(Moderate
Condition)**



What's Not Working?

**(FOCUS & Improve
these Areas of Yours,
which are currently
troubling, stressing you)**

- *I often miss opportunities in my personal life because of my over thinking.*
- *I often miss opportunities in my professional life because of my overthinking.*
- *My unwanted & unnecessary thoughts make me suffer from anxiety & stress.*
- *I often exaggerate things in my mind and make it unnecessarily complex.*
- *Many a times, my mind focuses on unwanted & unproductive thoughts.*
- *Often, I experience disturbed sleep patterns.*
- *I have a habit of focusing on the negative and overlooking the positive.*
- *I often have a habit of putting my own self down as failure, worthless or useless.*
- *I often have a habit of listening too much to my negative gut feeling, instead of looking at the objective facts.*
- *I often have a habit of taking an event or someone's behaviour too personally.*
- *I frequently connect my present situations with my past memories.*
- *Frequently I feel stuck in my life, because of my past memories.*
- *I find difficult to gel with people because I associate them with my past memories.*
- *I have made many bad decisions, because of my habit of linking my present with my past.*
- *I frequently suffer from my past memories.*
- *I often transfer my past feelings to my present life situations.*
- *I suffer from my bitter, shameful, embarrassing, painful memories of my past.*
- *I often push myself to be someone whom I do not want to be.*
- *Sometimes or often, I compromise my integrity for others' happiness.*

- *I do not believe there is right or wrong. So, I always do whatever I feel like in a given moment, without thinking too much about the consequences.*
- *I frequently feel threatened by the success of others.*
- *I have a strong desire to always remain the same and never change.*
- *I frequently assume things and situations, based only on my perceptions.*
- *I frequently judge people, based only on my perceptions.*
- *I mostly avoid taking on new challenges.*
- *I am frequently affected, negatively, with others' opinions of my life and my work.*
- *I need everyone I know to approve of me.*
- *I always try to avoid being disliked by others.*
- *I believe that I should always succeed in everything I do.*
- *It is not okay for me to make mistakes.*
- *The reason of my present attitude & behaviours are my past events.*
- *I believe my future outcomes will be as same as my past outcomes.*
- *Many a times, I feel my own beliefs restricts & limits me and my growth.*
- *I find it difficult to remove my unhelpful beliefs from my mind.*
- *I am mostly self-critical.*
- *I often like to predict the future, instead of waiting to see what exactly happens.*
- *I often jump to conclusions about what other people are thinking about me.*
- *I often bury the unhelpful memories in my mind, repressing them.*
- *I often take out my frustration on someone else.*
- *When I am with others, I am mostly not my real & comfortable self.*
- *I am unaware of the areas of my life, which are working well for me.*
- *My social & family circle provides me with the space, so that I can be myself (DISAGREE).*
- *I often feel influenced by my parent's/family members' anxious behaviours.*
- *I often feel influenced by my parents'/family members' anger & violence.*
- *I often feel influenced by my parents'/family members' depression.*
- *I have close friendship with people, with whom I can be myself (DISAGREE).*
- *I get along with my neighbours and the people in my neighbourhood (DISAGREE).*
- *I am truly satisfied with my intimate and romantic relationships (DISAGREE).*
- *I have a poor & improper digestion.*
- *I feel fulfilled in my current work environment (DISAGREE).*
- *I truly look forward to going to work each day (DISAGREE).*
- *My work environment is truly positive and supportive (DISAGREE).*
- *I have enough money to meet my current wants (DISAGREE).*
- *I know what my exact monthly savings are (DISAGREE).*

What's Not Working?

(FOCUS & Improve these Areas of Yours, which are currently troubling, stressing you)

The Way Forward...

Call To Action (CTA)

Your Suggestions & Recommendations

You are SUGGESTED to seek help & support in the below “TOP 7” Concern areas, which are possibly creating an “Emotional & Mental Distress’ in you.

- *Unhelpful Past Memories (88%)*
- *False, Unhelpful Beliefs & Habits (85%)*
- *Operating from Défense Mechanisms (50%)*
- *A Feeling of Discontent from Your Friends, Family & Society (50%)*
- *Lack of Meaningful & Healthy Romantic/Intimate Relationships (50%)*
- *General Anxiety & Overthinking (40%)*
- *Fixed Mindset (36%)*

Use this below information for your reference.

‘From Whom’ & ‘When’ to Seek Help & Support?	
>=80%	Psychologist or Psychiatrist
>=55% and <=79%	Psychologist
>=40% and <55%	Behavioural Counsellor or Self-Help
<40%	Self-Help

When to Consult a "Psychologist"?

If someone you care about is undergoing lots of stress and shows signs of anxiety and depression, it is best to consult a psychologist. Psychologists will take them through mental therapy sessions to ease their troubled mind.

When to Consult a "Psychiatrist"?

Psychiatrists are best consulted when a person is undergoing severe cases of mental illness. This is evident through extreme fluctuations in mood, behaviour, and an unusual pattern of disruptions in daily living due to mental health issues. The psychiatrist will be able to diagnose the issue and provide the best medications to help control their mental state.

In addition to the above, you can also take help & reference of the below highly useful & effective **“Self-Therapy” Articles.**

• https://livingvirtuously.in/articles/f/john-locke-your-experience-leads-to-your-ideas	<i>Fear of Future & Unhelpful Past Memories</i>
• https://livingvirtuously.in/articles/f/are-you-holding-on-to-a-memory-anchor	
• https://livingvirtuously.in/articles/f/6-questions-which-reveals-how-present-is-your-past	
• https://livingvirtuously.in/articles/f/make-peace-with-your-past-using-the-johari-window	
• https://livingvirtuously.in/articles/f/dont-let-transference-affect-your-present-negatively	

• https://livingvirtuously.in/articles/f/practice-critical-thinking-and-become-innovators	<i>False, Unhelpful Beliefs & Habits</i>
• https://livingvirtuously.in/articles/f/platos-allegory-of-the-cave	
• https://livingvirtuously.in/articles/f/the-monkey-see-monkey-do-effect	
• https://livingvirtuously.in/articles/f/dont-be-a-victim-of-these-14-totally-irrational-beliefs	
• https://livingvirtuously.in/articles/f/is-your-perception-of-reality-the-reality	
• https://livingvirtuously.in/articles/f/circus-elephant-story---how-limiting-beliefs-are-born	
• https://livingvirtuously.in/articles/f/cognitive-bias-living-with-a-false-perception-about-reality	
• https://livingvirtuously.in/articles/f/16-implicit-assumptions-of-nlp-that-you-should-reflect-upon	
• https://livingvirtuously.in/articles/f/reflect-on-these-deep-wise-famous-quotes-on-mindfulness	

You can always check our many other available **“Self-Therapy Articles”**, which are absolutely free of cost. You can browse various topics, related to the field of mental & emotional health. You will find various information, knowledge, techniques & tools, which can enable you to find a sustainable solution for your various areas of mental & emotional health concerns.. **Link: <https://livingvirtuously.in/articles>**

Some Essential Know-How’s

If you are living in INDIA, you can always contact the below organisations for "Help", i.e., related to any situations of severe, major or high emotional distress.

PLEASE NOTE: The below listings are provided with a pure intent and purpose of providing "Useful Information" for awareness and knowledge. NONE of the below listings and contents are endorsed or advertised.

AASRA

Website: www.aasra.info

24x7 Helpline Number: 022-27546667,

Email: aasrahelpline@yahoo.com

iCALL

(School of Human Ecology, Tata Institute of Social Sciences)

Website: <https://icallhelpline.org>

Helpline Number: 9152987821

Email: icall@tiss.ac.in

(Availability of Helpline: Monday To Saturday --> 10 AM to 8 PM)

PARIVARTHAN

Website: <https://parivarthan.org>

Helpline Number: +917676602602, 080-25298686, +918050003136, +916366302425

Email: information@parivarthan.org

(Availability of Counselling Helpline: Monday To Friday --> 1:00 PM to 10 PM)

COOJ MENTAL HEALTH FOUNDATION

Website: <https://cooj.co.in>

Distress Helpline Service: 63 6161 2525, also +91 98225 62522

Email: coojtrust@yahoo.co.in

SNEHA (Society for Nutrition, Education and Health Action)

Website: <https://www.snehamumbai.org>

Helpline Numbers: +91 89769 94777 (Mental Health), [9892278287](tel:9892278287), 022-24100511

Email: Mentalhealthmatters@snehamumbai.org

SAMARITANS MUMBAI

Website: <https://www.samaritansmumbai.com>

Helpline Numbers: +91 84229 84528, +91 84229 84529, +91 84229 84530

Email: talk2samaritans@gmail.com, samaritans.helpline@gmail.com

(Availability of Helplines: All Days --> 5 PM to 8 PM)

BEFRIENDERS WORLDWIDE

Website: <https://www.befrienders.org>

(In "Find a helpline by Country:", select INDIA to know & learn about other Indian Organisations, i.e. member of BEFRIENDERS, offering "Suicide Prevention Helplines". You can also select a "Specific Location" to further narrow down your search results). By Default, the closest help centre will get displayed when you open site.

If you are truly honest and you sincerely focus on these ‘points of recommendations & suggestions’, your mental & emotional health is bound to improve and get better 😊

Afterall it's your life, so only you can make this effort...All the Best 👍

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Follow us on Website: <https://livingvirtuously.in/>

Connect on WhatsApp: +91-7307344718

Connect via Email: livingvirtuously.contactus@gmail.com

Follow us on LinkedIn: <https://www.linkedin.com/company/livingvirtuouslycompany>

Follow us on Facebook: <https://www.facebook.com/Aniket.LivingVirtuously>

Subscribe our YouTube: https://www.youtube.com/@AstroMind_Wellness

Follow us on Instagram: <https://www.instagram.com/astromind.aniket/>
