



What do they
THINK AND FEEL?
what really counts
major preoccupations
worries & aspirations

Feels difficult to plan and accomplish tasks

Undergoes Mental and Behavioural changes

Feels distracted and disorganized while doing any work

Faces difficulty in walking and talking

Sudden Outbursts

Suggestions to overcome

What do they
HEAR?
what friends say
what boss say
what influencers say

Ignorance towards them

Sympathy

What do they
SEE?
environment
friends
what the market offers

Loneliness

Sleep Problems

Feeling like a burden to the society because of others' opinions towards them

Checks the website

Consulting the doctors and take medicines

What do they
SAY AND DO?
attitude in public
appearance
behavior towards others

Indulging in Various Activities

Asking friends and researching more

Unable to Socialize

PAIN
fears
frustrations
obstacles

GAIN
"wants" / needs
measures of success
obstacles

Anxiety

Depression, Stress

Hard to focus

Balanced Food Diet

Yoga/ Exercises to keep the body FIT

Developing Positive attitude