

Human minds are important in our everyday lives. We used our mind to work, to think positively and negatively. That's why we should keep our mind healthy and avoid unnecessary factors that will lead to mental unhealthiness.

1. The Secret of Becoming Mentally Strong

I learned that the first video is to get rid of bad habits in order to become mentally healthy. We should stop comparing ourselves to others, since, every person is different from one another. What we should do is to compare ourselves to our previous selves, and instead of thinking "what went wrong", we should think about "what things could I improve". We should stop expecting that the world will return good things to us if we also do good things. Life is naturally unfair, there are things that have given to us that we didn't see because they are not what we expect. No matter how we do good things in our lives, we will not gain equal return. We should accept and appreciate everything that we have even though they are small or big. I've learned that small habits or small bad habits can cause a lot maybe not today but in the future.

2. Mental Toughness: Think Differently about your World

Thinking differently is hard to do, it needs mental toughness in order for you to change your mindset. In the second video, I learned that changing mindset is difficult, especially accepting failures. People get frustrated, down, and feel stress if they experience failures. Not being able to accept failures can lead to unsuccessful life. Being able to accept failure no matter how big they are or no matter how bad they are, and making them as your strength to grow, means you are tough enough to deal with negative results. I also learned that ability is not the key to success, it is the belief that result is determined through effort not with ability, because if people will believe that ability is the key to better results, they will get down and frustrated especially if they don't have that certain ability. I learned that we should work with our feelings not against them, and always look for the bigger picture. The tendency is that if we face challenges, pain, and failure, our negative feelings get bigger until it consumes us, and the only thing that we always see is the failure. Working with feelings is that accepting your negative feelings and transforming them into positive one, and to transform them into positive needs you to see the other side or the brighter side of your negative feeling or the brighter side of your failures.

3. How to manage your mental health

But thinking differently can also cause a mental problem, especially if we overthink things. It can still lead to stress and depression to a person. What I've learned in the third video is that aside from thinking positively, we should also act things, to things physically or do physical exercises or activities. I've learned that doing physical activities can reduce stress and depression, because your mind is focused on doing the physical activity. But doing physical

activity can be hard if we are not comfortable with that activity. I've learned from the video that we should also find our movement, we should find the right physical activity for us that will make us happy and comfortable. And if we find our movement, we should keep doing it. Keeping doing things can also lead to stress. I learned also that when we will down, stress, and depress in what we're doing, we should remember the reason why we do this activity, why we have our physical activity. If we do that we can maintain physical activity with a healthy mind.

We should have a strong and tough mindset, and we should know how to manage our mental health. People, as we are we want to have a peaceful and successful life, but in order to be a successful person we should also have a healthy soul, body and mind.