POWERFUL THINKING

After reading this book, you will get a new perspective of life. This book is the essence of 10 powerful books of the world, during a recent research, researchers have found that 80 out of 100 people are in depression and anxiety, which is a This plays a big role in keeping a person unsuccessful. Due to depression, anxiety or social media, today's youth cannot take decisions about their career. This is the reason why there are so many unsuccessful and unemployed people.

Index

Reason of depression and anxiety

▶ Experiencing traumatic or stressful events, such as physical or sexual abuse, the death of a loved one, or financial problems. Going through a major life change, even if it was planned. Having a medical problem, such as cancer, stroke, or chronic pain. Taking certain medications.

▶ Depression and anxiety can stem from a complex mix of factors including genetics, brain chemistry imbalances, life experiences like traumatic events, significant losses, chronic stress, social isolation, and even physical health issues; essentially, when these elements combine, they can disrupt the brain's natural balance, leading to feelings of persistent sadness, hopelessness, excessive worry, and physical symptoms like fatigue, impacting a person's daily functioning and overall well-being

Depression is characterized by a low mood or loss of pleasure or interest in activities for long periods of time. This is different from regular mood changes and feelings about everyday life. Depressive episodes last most of the day, nearly every day, for at least two weeks.

Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future. Anxiety is a natural human response when we feel that we are under threat. It can be experienced through our thoughts, feelings and physical sensations.

Solution of depression and anxiety

▶ Medications and psychotherapy are effective for most people with depression. Your primary care doctor or psychiatrist can prescribe medications to relieve symptoms. However, many people with depression also benefit from seeing a psychiatrist, psychologist or other mental health professional.

▶ If you have severe depression, you may need a hospital stay, or you may need to participate in an outpatient treatment program until your symptoms improve.

▶ Here's a closer look at depression treatment options.

▶ If a family member has responded well to an antidepressant, it may be one that could help you. Or you may need to try several medications or a combination of medications before you find one that works. This requires patience, as some medications need several weeks or longer to take full effect and for side effects to ease as your body adjusts.

Inherited traits play a role in how antidepressants affect you. In some cases, where available, results of genetic tests (done by a blood test or cheek swab) may offer clues about how your body may respond to a particular antidepressant. However, other variables besides genetics can affect your response to medication.

Don't stop taking an antidepressant without talking to your doctor first. Antidepressants aren't considered addictive, but sometimes physical dependence (which is different from addiction) can occur. Stopping treatment abruptly or missing several doses can cause withdrawal-like symptoms, and quitting suddenly may cause a sudden worsening of depression. Work with your doctor to gradually and safely decrease your dose.

Social media is reason for our failure

▶ While not the sole reason for failure, excessive or poorly managed social media use can contribute to failure in various aspects of life by causing distractions, hindering focus, promoting unrealistic comparisons, fostering anxiety, and sometimes leading to poor decision-making due to the constant influx of information and social pressure.

▶ Social media, with its constant stream of curated perfection, often becomes a breeding ground for self-doubt and comparison, leading to a distorted perception of reality and a sense of inadequacy, which can significantly hinder our ability to achieve goals and contribute to feelings of failure; the constant need to present an idealized version of ourselves online can distract us from focusing on genuine personal growth and accomplishment, ultimately leading to a cycle of dissatisfaction and missed opportunities in real life.

Social media is a digital platform that has transformed the way people communicate and share information. Popular platforms like Facebook, Instagram, Twitter, and LinkedIn have made the world a smaller place, enabling instant connections across the globe. Social media has immense benefits, particularly for students.

The more time spent on social media can lead to cyberbullying, social anxiety, depression, and exposure to content that is not age appropriate. Social Media is addicting. When you're playing a game or accomplishing a task, you seek to do it as well as you can.   .

Viewing posts from friends and family across the world can be a way to make you feel more connected. However, social media use has a dark side. Social media can negatively impact our overall wellbeing by fueling anxiety, depression, loneliness and FOMO (fear or missing out).

How to take right decisions

▶ To make a good decision, you can use a logical process to gather information, consider your options, and evaluate the outcome. You can also try to avoid overthinking and manage your emotions.

▶ We are all susceptible to decision-making biases and mistakes. Symptoms of poor decision-making may include impulsiveness, excessive risk-taking, lack of reflection on one's knowledge and on the decision-making process and unintended negative outcomes.

▶ Difficulty in making decisions can be caused by several factors, such as a fear of failure and a lack of confidence or information. Indecisiveness can also be a symptom of mental health conditions, such as attention deficit hyperactivity disorder (ADHD), depression, and post-traumatic stress disorder (PTSD).

To make the "right" decisions in life, focus on understanding your values, thoroughly evaluating options by weighing pros and cons, considering long-term consequences, seeking advice when needed, and learning from past decisions, while trying to minimize emotional influence on your choices.

Basically, the Rule of 70% is that we should make a decision when we're 70% confident. This is based on the following insights and assumptions: There is a fundamental trade-off between accuracy (how correct is our decision) and speed (how quickly do we make the decision).

To make the "right" decisions in life, it's crucial to clearly define the problem at hand, gather relevant information, weigh all available options by considering both pros and cons, align choices with your personal values and long-term goals, and manage your emotions to avoid impulsive decisions; sometimes, seeking advice from trusted individuals or taking time to reflect can also help you make informed choices that best suit your situation.

Try   not   to   overthink

Every decision should come with some thinking as you weigh the pros, cons, consequences and all the available options, but overthinking can keep you from being able to make a final decision. It's important to be able to come to a conclusion without too much time spent evaluating everything.

The only thing you can do is ask yourself what you want, and which option will most likely take you closer to your values. Then decide. Your choice might take you closer to what you want and it might not. Some choices might align completely, somewhat, or not at all, but that doesn't make them right or wrong.

How our decisions create problem

▶ Our decisions, even seemingly small ones, have the potential to create problems by triggering a chain of events, often due to a lack of foresight, impulsive choices, or prioritizing immediate gratification over long-term consequences; this can lead to issues ranging from personal conflicts to societal challenges, as individuals may neglect important considerations like ethical implications or potential negative impacts on others when making choices.

▶ Our decisions can create problems when they are based on incomplete information, personal biases, impulsive actions, a lack of consideration for potential consequences, or when we rely too heavily on mental shortcuts, which can lead to poor judgment and negative outcomes in various aspects of life, including personal relationships, careers, and finances.

Difficulty in making decisions can be caused by several factors, such as a fear of failure and a lack of confidence or information. Indecisiveness can also be a symptom of mental health conditions, such as attention deficit hyperactivity disorder (ADHD), depression, and post-traumatic stress disorder (PTSD).

Making the right decisions can lead to a healthier and happier life. However, making the wrong decisions can lead us into situations we do not want to be a part of, and can negatively impact our well-being

Every decision problem has a finite input that needs to be specified for us to choose a yes/no answer. Each such input defines an instance of the problem. A decision problem has an infinite number of instances. (Why doesn't it make sense to study problems with a finite number of instances?)

Decision Making Can Lead to Stress and Fatigue

We've found that stress can impact our ability to make decisions. However, it also seems that the opposite is true: The more decisions we make in a day, the more stressed out we become.

In conclusion, one choice can have a significant impact on your life, as it can determine your career path, shape your relationships, affect your health, impact your personal growth, and change the course of your life.

Story

Tracking Screen Time Is Ruining Your Life

A few years ago, I was sitting with my friends from high school one night when the topic of our tracked screen time came up. Unlike me, they both have full-time jobs that have nothing to do with the internet. They barely use social media and have never once tweeted. "Man, my screen time is way up," one of them said. The other agreed. I did too; I was also spending more time on my phone, and it was concerning. But when I asked what their alarming new averages were, both told me with concern that their screen time was up to three hours, from their usual two.

This sent me into a spiral. While they were worried about a meager three hours, I was spending seven hours a day looking at my phone. I spent the following weeks actively trying to bring the number down.

I deleted social media apps off my phone, but I just ended up looking at my account using my phone's browser instead. Then, I deactivated the apps entirely, but I just ended up replacing my social media habit with other forms of mindless browsing. I spent hours reading Reddit threads I didn't care about. I turned my phone to grayscale, I charged it outside of my bedroom at night, I downloaded apps to keep me from opening other apps.

Nothing really worked, obviously. Instead, when I used my phone I would just end up scrolling through everything I missed feverishly. Over time, I realized that worrying about reducing my screen time made me feel crazier than when I wasn't paying attention to it at all. I had created a problem that didn't exist. I stopped my phone from tracking my screen time in 2019 and have not thought about it since. I've also opted out of digitally tracking almost any of my habits in any quantifiable form. Since then, life has improved, my screen time has likely stayed the same, and I learned an important lesson: The amount of time you spend on your phone doesn't actually matter, and you're better off keeping those numbers a mystery.

Apple introduced Screen Time as a built-in app in 2018 with the release of iOS 12, after major investors requested a tool that would help the company consider the effects of screen time on children's mental health. Much of the data studying the impact of screen time looks at the harm it inflicts on children and teenagers. A 2018 study, for example, concluded that children and adolescents who were exposed to "excessive and addictive use of digital media" were more likely to be in poor physical and mental health. But for all the research into the effects of prolonged screen time on young people, it's not so easy to find data on how this impacts adults. One 2017 study did find that spending over six hours a day on a computer or watching TV could lead to higher rates of depression in adults, but it did not examine other factors that could have contributed to this, like participants' social relationships or family histories. In fact, there doesn't seem to be any official guideline from experts on how much screen time is considered excessive for adults. If you search for answers online, most sites helpfully point out the obvious.

They assert that screen time before bed is bad because staring at a bright light right before you want to fall asleep will make it harder to fall asleep, or that too much time on your phone could lead you to forgo physical activity and thus contribute to your risk of obesity. What they don't tell you is where exactly to draw the line between healthy phone use and screen time so excessive it will ruin your life.For me personally, worrying about screen time had more to do with feeling shame about being too online than wanting to stay fit or improve my sleep hygiene. If you're online as much as I am, you likely have an idealized version of an offline person in your mind. This sanguine luddite doesn't cite flash-in-the-pan pop culture moments in conversation or start sentences with "Did you see that video?" They tell you about a news story you saw weeks ago that has since been debunked. They lead a blissful life, concentrating on one thing at a time or not knowing what it means when there's a "main character" on Twitter that day. Their offline-ness is a draw for potential romantic partners too, I'd imagine, an endearing quirk and show of self-control. They're fine with being out of the loop because they have more wholesome things to keep them occupied. While I, the token "online" friend, was keeping track of some stupid shit online, they were probably going for a peaceful walk.

The desire to limit screen time fits neatly into the broader trend of needing to quantify and measure every aspect of our lives, from sleep to steps taken. Certain numbers can either make you feel like you are doing well in life or like you're falling short of what's actually an arbitrary goal. Ultimately, tracking these behaviors is about the aspiration to preserve the illusion of control and believe that virtuous behavior is within reach. The tracking shows you there's a problem, like not being physically active enough or spending too much time on your phone, but it does not provide steps towards a viable solution. You can make it so that Instagram notifies you when you've spent "too long" on the app, but it's easy to ignore the notification. Your phone cannot stop you from being on your phone—if that were the case there wouldn't be dozens of apps promising to curb phone use. The problem is far bigger than any individual phone addict, and treating it like something you can solve on your own is like sticking a bandaid on a gaping wound.Still, divesting from tracking my life has liberated me from living with an overwhelming sense of digital guilt. I will always feel some self-reproach when I spend all day being unproductive or avoidant, but those days would exist with or without my phone. Being "bad" is just a part of being alive.

Factors that affect thinking

▶ Several factors can influence a person's thinking, including age, physical health, mental state, stress levels, education, cultural background, life experiences, sleep quality, substance use, environmental factors like air pollution, and even the current emotional state, all of which can impact how we process information and make decisions.

▶ Thinking is a complex process influenced by a combination of biological, psychological, social, and environmental factors, all interacting to shape how we perceive, analyze, and respond to information.

▶ While thoughts are shaped by life experiences, genetics, and education, they are generally under conscious control. In other words, if you are aware of your thoughts and attitudes, you can choose to change them.

Not only can negative thinking adversely affect our mental health (by worsening anxiety and depression), but it can also affect our physical health (by raising blood pressure and making it more difficult to recover from illness). These are just a few examples of how mindset and health are connected.

Thinking distance varies from driver to driver, and can be influenced by a number of factors, including driver fatigue, distraction and visual impairment.

Reading regularly: Reading exercises your brain muscles like any other muscle, and the more you read, the faster you might be able to process information. Playing brain games: There are many brain-training games and puzzles that can help improve your processing speed.

How to think in right direction

▶ It can be as simple as regular activities every morning to get your mind in the right place to start the day. You might also use the evenings to reset your mental state. Whatever routine you choose, keeping it consistent will help put you on the right track right away.

▶ The reality is, we don't have control over our thoughts. Random thoughts pop into our conscious awareness all the time. Most of the time, we dismiss these thoughts without giving them much attention and forget about them quickly. Sometimes these thoughts are unpleasant - they make us feel sad or scared.

▶ Brain fog can be a symptom of a nutrient deficiency, sleep disorder, bacterial overgrowth from overconsumption of sugar, depression, or even hormone dysfunction, such as a thyroid condition or perimenopause.

Positive thinking pros and cons

Positive thinking has many advantages, including better mental health, increased productivity, and improved coping skills. However, it can be difficult to break away from negative thoughts.

The health benefits of positive thinking

Lower rates of depression. Lower levels of distress and pain. Greater resistance to illnesses. Better psychological and physical well-being.

The tendency to oversimplify complex emotions by urging people to "just think positive" or "look on the bright side" without acknowledging their genuine struggles. Toxic positivity can make people feel guilty or ashamed for experiencing normal human emotions like sadness, anger, or frustration.

Positive emotions such as joy can also activate the prefrontal cortex, reduce levels of the stress hormone cortisol, and make it easier to reflect and become aware of your thought processes. Research has shown that this activation may stimulate creative thinking, problem-solving, and mental productivity.

Research shows that how we think about what happens to us affects our physical health. By thinking in a positive way, you may be more able to care for yourself and handle life's normal ups and downs. This may help you cope with stress, anxiety and depression.

It's important to take time regularly to consider both our own negative tendencies and those of others. Developing a solid plan, and sticking to it, to overcome these tendencies can lead to a happier, healthier life. By maintaining a positive outlook, we can contribute to making the world a better place.

Negative thinking pros and cons

► While generally considered detrimental, negative thinking can have a few potential pros, including helping identify potential risks, prompting better planning by considering obstacles, and encouraging setting boundaries; however, the cons significantly outweigh these, as excessive negativity can lead to anxiety, depression, low self-esteem, and hinder decision-making by focusing too much on potential downsides.

► We don't have to feel guilty or at fault when negative emotions arise. We can accept them as just a part of life. They also allow us to appreciate the positive aspects of life more fully.

► The term "pros and cons" is short for the Latin phrase pro et contra, which translates to "for and against." It's used to outline the positive (pros) and negative (cons) aspects of a particular issue, decision, or scenario.

Negative thinking helps you look at yourself and others more realistically. Persisting in a chosen career or personal path in spite of difficulties is a good thing—except when it isn't. Sometimes it makes sense to give up unrealistic ambitions and hopes and put your energy into a new endeavor.

Our negative thoughts often carry more weight than our positive ones. Negative bias can leave us anxious and full of self-doubt; it can work against our best interests. Understanding negative bias is powerful in gaining control over our thoughts and beliefs.

Negative thoughts can contribute to problems such as social anxiety, depression, stress, and low self-esteem. The key to changing your negative thoughts is to understand how you think now (and the problems that result), then use strategies to change these thoughts or make them have less of an effect.

The researchers discovered that negative people communicate better, think more clearly, make fewer mistakes, are less gullible, and are better at decision-making. Negative thinking isn't superior to positive thinking, but neither is positive thinking the panacea for all your workplace ills.

How to control our screen time

▶ To control your screen time, you can set limits, track your usage, and avoid using your devices when you're distracted. You can also try to create device-free spaces and take breaks from your screen.

▶ One of the most effective ways to reduce screen time is to set clear and realistic limits. Define how much time you want to dedicate to screen activities each day and stick to that limit. For example, you can establish a personal rule of no more than one hour of social media or television use per day.

▶ 7 ways to reduce screen time for adults.

▶ Keep track of your screen time.

▶ Avoid video fatigue.

▶ Leverage technology.

▶ Take regular breaks and stretch.

▶ Stand up, sit less.

▶ Pay attention to your posture.

▶ Don't eat in front of a screen.