

Background. I have been in therapy and seeing a psychologist for 23 years now. I suffer from Anxiety, and i am very easily stressed and overwhelmed. I have embraced my Attention Deficit hyperactivity Disorder, major depressive Disorder, obsessive compulsive disorder, and use all three as a form of unorthodox coping skills. As for my masking, I could make it its own post, but that would be for a different board.

Without further ado, here are my tips for making a change in your life that I have done in my own. This list is simply my subjective methods and understanding that I have used to manipulate myself into better mental health.

It requires introspection to descending into the deepest recesses of your consciousness and unconscious mind. You can not truly understand others Until you understand yourself.

It requires you to acknowledge when you are wrong, so that you can grow through change. Life is a cycle, and all cycles are about changing from one phase to the next.

It requires you to endure suffering. Until you understand the darkness you can never fully appreciate happiness beyond the fullest.

It is about willpower, and the accountability of doing what you tell yourself you will do. If you cannot be honest with yourself you will never be honest with others.

It is about our relationships. Both romantic and platonic, as another persons subjective perspective is key to understanding from a different perspective.

It's about Moderation, as anything done in excess will leave you unbalanced. Balance is key to stay upright, and when. Your balance is lost, leaning on others for support is how you ease yourself back up. If you fall over again, you will have someone to catch you.

It's about moving out of your comfort zone. You don't have to get out of bed and go outside, simply sitting up in the bed is a step forward. You don't have to make yourself overly uncomfortable, you simply need to resist the comfort to ease yourself out of it.

It's about context and understanding that your subjective experience is only a miniscule fraction of the objective reality. Being the benevolent hero from your own perspective means that you are the malevolent villain to at least one other individual. To consciously exist is to embrace the oscillating superposition of states.

We are all Good, and we are all evil. We are all smart and we are all dumb. We are all aware, but we are all unaware. The bliss of ignorance is a mental burden that one is not always ready for. However there is wisdom in knowledge that will lead you truth.

