

Prajna Path Report

आपकी व्यक्तिगत मानसिक स्वास्थ्य यात्रा

नाम: kjb

पेशा: Student

उम्र: 66

तारीख: 2026-01-02

Likely Assessment: General Mental Health

Main Symptoms

अत्यधिक शारीरिक और मानसिक थकान चिह्नों के साथ अनेक घटनाएँ (Increased irritability)

घटना का पुनःअनुभव टाइप (Avoidance)

Actionable Advice

Ways to Reduce Post-Traumatic Stress Disorder

Ways to Reduce Post-Traumatic Stress Disorder

Myths & Facts

सामान्य तनाव को GAD मानना शारीरिक संवेदनाओं खोदने के लिए अशृंखला (Misinterpreting body sensations)

4. Routine & Mind Techniques Maintain a fixed daily routine
Do not fight the thoughts Tell yourself:
"These are just thoughts, not reality"

Diet & Routine

3. Food Habits Eating a balanced diet supports brain health and emotional regulation. Foods rich in vitamins and minerals help reduce stress and fatigue. Omega-3 rich foods improve mental clarity and emotional stability. Limiting caffeine and sugar helps prevent anxiety and restlessness. Drinking enough water keeps the body and mind well balanced.

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