

Wellness Path Report

Your Personalized Mental Wellness Journey

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Generalized Anxiety (GAD)

Main Symptoms

Excessive worry
Restlessness
Fatigue
Difficulty concentrating
Sleep disturbance
Self-diagnosing from internet
Occasional bad memory

Social Activities

Talking openly with family and close friends helps reduce emotional burden and fear.
Participating in group activities provides a sense of belonging and emotional safety.
Joining support groups allows individuals to share experiences and feel understood.
Engaging in community or volunteer work diverts attention from traumatic memories.
Reducing isolation through healthy social interaction improves emotional stability.

Exercise

Regular physical exercise helps release stress and tension stored in the body.
Yoga and stretching exercises promote relaxation and emotional balance.
Aerobic activities like walking or jogging improve mood and reduce anxiety.
Breathing exercises help control panic reactions and calm the nervous system.
Consistent exercise improves sleep quality, which is often disturbed in PTSD.

Food Habits

Eating a balanced diet supports brain health and emotional regulation.
Foods rich in vitamins and minerals help reduce stress and fatigue.

Disclaimer: This report is for informational purposes only and does not replace professional medical advice.

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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.

Daily Routine

Maintaining a fixed daily routine provides structure and a sense of control.
Regular sleep and wake times help stabilize mood and energy levels.
Planning daily activities reduces uncertainty and mental overload.
Including relaxation time in the routine helps manage stress effectively.
A disciplined routine supports long-term recovery and emotional strength.

Social Activities

Healthy social interaction helps develop emotional stability and self-confidence.
Sharing feelings with trusted people reduces emotional pressure and confusion.
Participating in group activities improves interpersonal skills and personality balance.
Positive social support helps control mood swings and emotional reactions.
Avoiding isolation promotes emotional growth and psychological well-being.

Exercise

Regular physical exercise helps regulate emotions and reduce stress.
Yoga and meditation improve self-control and emotional awareness.
Physical activity releases endorphins, which enhance mood and positivity.
Exercise helps reduce anger, anxiety, and emotional tension.
A physically active lifestyle supports a balanced and healthy personality.

Food Habits

Balanced nutrition supports brain function and emotional regulation.
Foods rich in vitamins and minerals help stabilize mood and energy levels.
Omega-3 and protein-rich foods improve emotional balance and focus.
Limiting junk food, caffeine, and sugar reduces emotional instability.
Proper hydration helps maintain mental clarity and calmness.

Daily Routine

A structured daily routine provides emotional security and self-discipline.

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Regular sleep patterns help maintain emotional control and mental balance.
Planning daily activities reduces impulsive behavior and emotional chaos.
Including relaxation time in the routine supports emotional recovery.
Consistent routines strengthen personality development and emotional maturity.

Depression

Main Symptoms

- Persistent sad, empty, or hopeless mood
- Loss of interest or pleasure
- Lack of energy and fatigue
- Changes in appetite and sleep
- Feeling worthless or guilty

Myths

- Mild sadness
- Laziness
- Work exhaustion
- Mood swings
- Self-analysis

Obsessive-Compulsive (OCD)

Main Symptoms

- Obsessions
- Compulsions

Interference with daily life

- Loss of control despite logic

Myths

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Preference for order and cleanliness

Specific worries

Normal irrational thoughts

Social Activities

Do not stay alone; talk with family or friends

Join group activities: yoga, walking groups, meditation

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Reduce social media usage; it may increase OCD thoughts

Exercise

Walk daily for 30–40 minutes

Yoga and Pranayama

Anulom–Vilom

Bhramari

Light Kapalbhati

Gentle stretching relaxes the mind and body

Food Habits

Eat a balanced diet

Green vegetables and fruits

Pulses and lentils

Nuts like almonds and walnuts

Omega-3 foods like flaxseed, walnuts

Reduce tea and coffee

Avoid junk and processed food

Drink enough water

Daily Routine

Do not fight the thoughts

Tell yourself: “These are just thoughts, not reality”

Shift attention to another activity

Journal for 5–10 minutes daily

Practice mindfulness or meditation for 10 minutes

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Post-Traumatic Stress (PTSD)

Main Symptoms

- Re-experiencing the event
- Avoidance
- Negative thoughts
- Changes in arousal

Myths

- Immediate grief

Stress & Burnout

Main Symptoms

- Overwhelming exhaustion
- Increased irritability
- Reduced concentration
- Loss of interest and motivation

Myths

- Temporary fatigue
- Temporary loss of interest
- Negativity

Autism Spectrum

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Main Symptoms

Difficulty understanding social cues
Challenges in communication
Lack of flexibility in rules