

Prajna Path Report

आपकी व्यक्तिगत मानसिक स्वास्थ्य यात्रा

नाम: kjb

उम्र: 66

पेशा: Student

तारीख: 2026-01-02

Likely Assessment: General Mental Health

Main Symptoms

अत्यधिक शारीरिक और मानसिक थकान यडियडिपथुं અને મૂડ સ્વગિ (Increased irritability)
घटना का पुनःअनुभव टालवुं (Avoidance)

Actionable Advice

Ways to Reduce Post-Traumatic Stress Disorder
Ways to Reduce Post-Traumatic Stress Disorder

Myths & Facts

સામાન્ય તનાવ કો GAD માનના શારીરકિ સંવેદનાઓનું ખોટું અર્થઘટન (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.
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.