

Prajna Path Report

आपकी व्यक्तिगत मानसिक स्वास्थ्य यात्रा

नाम: Joshi

पेशा: Student

उम्र: 12

तारीख: 2026-01-02

Likely Assessment: General Mental Health

Main Symptoms

मुख्य लक्षण (Main Symptoms) / मुख्य लक्षण अत्यधिक अने मानसिक थाक (Overwhelming exhaustion) | अत्यधिक शारीरिक और मानसिक थकान चिह्नित हैं अने मूड स्वर्णि (Increased irritability) | चिंचितापन और मूड में बदलाव ऐकाग्रतामां घटाडो (Reduced concentration) | एकाग्रता में कमी रह अने प्रेरणा गुमाववी (Loss of interest and motivation) | रुचि और प्रेरणा की कमी सामाजिक ऐकांत (Social withdrawal) | सामाजिक दूरी

मुख्य लक्षण (Main Symptoms) / मुख्य लक्षण धटनानु वारंवार सुमरण के अनुभव थवो (Re-experiencing the event) | घटना का पुनः अनुभव टाइवु (Avoidance) | बचाव (सेहत के लिए टालना) नकारात्मक विचारो (Negative thoughts) | नकारात्मक विचार संजागतामां फ़ेरफ़ारो (Changes in arousal) | सतरकता में बदलाव

Actionable Advice

Ways to Reduce Post-Traumatic Stress Disorder

Ways to Reduce Post-Traumatic Stress Disorder

Myths & Facts

भ्रामक मान्यताओ (Myths) / भ्रामक धारणाएं सामान्य तथावने जीडी (GAD) मानवो (Thinking normal stress is GAD) | सामान्य तनाव को GAD मानना शारीरिक संवेदनाओं खो अरथात् (Misinterpreting body sensations) | शरीर की संवेदनाओं की गलत व्याख्या यति एवं विकार मानवो (Assuming worry = disorder) | चिंता को विकार मानना

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.

Prajna Path Report

आपकी व्यक्तिगत मानसिक स्वास्थ्य यात्रा

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.