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8 principles to achieve optimum mental health | Dan Banos | TEDxRockhampton

Dan runs us through 8 points that not only assist our physical health, but our mental health as well. Dan is a psychologist at Newstart Psychology & Counselling with expertise in adolescents, anxiety, child psychology, couples therapy, depression, HIV-AIDS, spirituality, stress, teenagers and more. He has ample experience administering psychometric tests to support the assessment of individuals cognitive and decision making capacity. This talk was given at a TEDx event using the TED conference format but independently organized by a local community. Learn more at ted.com/tedx

The Secret to Ending Mental Illness | Dr. Daniel Amen on Health Theory

JOIN THE IMPACT THEORY DISCORD - IMPACTTHEORY.COM/DISCORD There you will get direct access to Tom and the team PLUS exclusive content, offers, and so much more. Jump on in and get started on becoming legendary! This episode is sponsored by BetterHelp. Go to betterhelp.com/HT for 10% off your first month. BetterHelp is an online counseling company with the mission to make professional counseling accessible, affordable, and convenient. Daniel Amen wants to see the end of mental illness, and he may very well achieve his goal. The man called "America's favorite psychiatrist" is absolutely dedicated to improving everyone's brain health, eliminating the stigma surrounding mental illnesses, and reducing psychiatry's reliance on pharmaceuticals as a method of first resort. On this episode of Health Theory with Tom Bilyeu, Dr. Daniel Amen discusses his methods for healing the brain, the importance of intergenerational trauma, and things you can do right now to improve your mental health. SHOW NOTES: Daniel talks about the end of mental illness [1:31] Daniel believes the stigma surrounding mental illness comes from misunderstanding [2:34] Daniel discusses the impact of prayer on the brain [4:52] The first thing Daniel recommends is never pharmaceuticals [8:51] Tom and Daniel discuss meditation and neurofeedback [10:21] Your body responds to every single thought you have [13:28] Why is hypnosis so powerful? [14:44] Daniel explains how to use hypnosis effectively [16:24] Hypnosis allows you to deal with trauma in a place that's completely safe [20:11] Daniel believes that we carry memories from our ancestors [21:20] Daniel describes a good diet for brain health [27:41] Daniel explains why a hyperbaric oxygen chamber can help with brain health [28:22] Don't believe every stupid thing you think! [29:33] How to create good "tiny brain habits" [30:39] Daniel asks everyone he works with to start with the "one page miracle" [34:02] The end of mental illness begins with a revolution in brain health [35:40] Daniel describes some toxins that you might not be aware of [37:18] Of the 11 major risk factors for brain illness, being overweight includes five [39:25] Eating unhealthy food is not a reward. It's a punishment. [43:04] Daniel describes the number one thing we do to damage our health [45:14] FOLLOW DANIEL: WEBSITE: danielamenmd.com INSTAGRAM: bit.ly/32nHHdN FACEBOOK: bit.ly/2vcPfEe TWITTER: bit.ly/3c4NEkt IMPACT THEORY MERCHANDISE: Check out Impact Theory's Merch Shop: bit.ly/ImpactTheoryShop

Prayers For Mental Health | Prayer For Mental Illness Healing and Health

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5 Tips to Improve your Mental Health

#MentalHealthMatters #MentalHealthMatters #InnerEngineeringOnline Here are 5 simple and effective tips from Sadhguru to enhance our mental health. Take Charge of Your Mind And Emotions: Innerengineering.com #Sadhguru Yogi, mystic and visionary, Sadhguru is a spiritual master with a difference. An arresting blend of profundity and pragmatism, his life and work serves as a reminder that yoga is a contemporary science, vitally relevant to our times. Sadhguru Exclusive (Register Now) ✂ isha.co/ex-yt Sadhguru App (Download) 📱 onelink.to/sadhguru__app Official Sadhguru Website 🌐 isha.sadhguru.org Donate Towards Crafting A Conscious Planet 🌐 isha.co/sanghamitra-yt Offerings from Sadhguru in Challenging Times 🌐 isha.sadhguru.org/sadhana-support Guided Yoga & Meditations by Sadhguru (Free Online) 🌐 isha.sadhguru.org/5-min-practices 🌐 isha.sadhguru.org/IshaKriya Inner Engineering Online Program 50% off | FREE for COVID Warriors 🌐 isha.co/IEO-YT (Register Now) Official Social Profiles of Sadhguru (Subscribe) 🌐 youtube.com/sadhguru?sub_confirmation=1 🌐 facebook.com/sadhguru 🌐 instagram.com/sadhguru 🌐 twitter.com/SadhguruJV 🌐 t.me/Sadhguru

What is bipolar disorder - Helen M. Farrell

Explore the medical condition known as bipolar disorder, and learn about its symptoms, causes, and treatments. -- The word bipolar means 'two extremes.' For the many millions experiencing bipolar disorder around the world, life is split between two different realities: elation and depression. So what causes this disorder? And can it be treated? Helen M. Farrell describes the root causes and treatments for bipolar disorder. Lesson by Helen M Farrell, animation by Uncle Ginger. Sign up for our newsletter: bit.ly/TEDEdNewsletter Support us on Patreon: bit.ly/TEDEdPatreon Follow us on Facebook: bit.ly/TEDEdFacebook Find us on Twitter: bit.ly/TEDEdTwitter Peep us on Instagram: bit.ly/TEDEdInstagram View full lesson: ed.ted.com/lessons/what-is-bipolar-disorder-helen-m-farrell

Psychological Disorders: Crash Course Psychology #28

Want more videos about psychology every Monday and Thursday? Check out our sister channel SciShow Psych at youtube.com/scishowpsych! ***SUBBABLE MESSAGES*** To: Lola From: Daddy You are the best, I love you. *** To: Future Lia From: Mom and Dad Remember that learning isn't just useful, but also really fun! *** In this episode of Crash Course Psychology, Hank takes a look at how the treatment for Psychological Disorders has changed over the last hundred years and who is responsible for getting us on the path to getting us here. -- Table of Contents: Defining Psychological Disorders 00:10:09 Perspectives on Mental Illness 03:16:10 Diagnosing Disorders with the DSM 07:09:09 DSM is Constantly Evolving 07:42:12 -- Want to find Crash Course elsewhere on the internet? Facebook - facebook.com/YouTubeCrashCourse Twitter - twitter.com/TheCrashCourse Tumblr - thecrashcourse.tumblr.com Support CrashCourse on Subbable: subbable.com/crashcourse

How Do Negative Thoughts and Emotions Affect Physical and Mental Health | Sadhguru

Sadhguru answers this fundamental question: How Do Negative Thoughts and Emotions Affect Physical and Mental Health? He explains that in most cases of depression, a person is simply generating negative thoughts and emotions that are working against them and that in many ways, 70% of all illnesses are self-created. ★ Background music and binaural beats frequency created by Sync Mind Team. Chapters: 00:00 - Intro 00:30 - Anxiety — 70% of all illnesses are self-created. 09:35 - How Do Negative Thoughts and Emotions Affect Health? — Self Improvements Tips ► This audio session combines eye-opening speeches with binaural beats technology. Designed to inspire, motivate, and help people to reprogram their minds. 🌐 Benefits of this session: 5.5 Hz (Theta Waves) ► Moving beyond knowledge to knowing (total knowing), ► Clarity of vision of needed growth and direction, ► Inner guidance and readiness to evolve spiritually; ► Enhanced intuition. 🌐 Works better when Listening Before Falling Asleep. ► Please use headphones and Listen Carefully. For maximum effect, we suggest replaying it for at least 21 days in a row. ► Subscribe to our channel here: 🌐 youtube.com/c/SyncMind ► FOLLOW US: 🌐 Instagram: instagram.com/syncmindaudio/ ► About Sadhguru: Sadhguru, a yogi, mystic, poet, and visionary humanitarian, is a spiritual master with a difference. His life and work are a possibility for each individual to experience the peace and joy that pervades the core of every human being. Sadhguru's speeches and vision are that everyone receives one drop of spirituality (Isha Kriya), allowing them to transform their lives and take their destiny into their hands. 🌐 Link: isha.sadhguru.org/global/en 🌐 Link: innerengineering.com/ 🌐 Sync Mind Audio has the owner's authorization to use this video on any distribution or channels – offline and online – and monetize them as well. ★ Support Our Channel! ► Reprogram your Mind - The Secret Key to Manifestation 🌐 syncmindglobal.com/reprogram-mind-key/ ► Free 60 Minute Alpha Waves - Improve Your Memory 🌐 syncmindglobal.com/sync-mind-free-bonus/ #sadhguru #syncmind #binauralbeats #sadhguruspeech #anxiety #sadhguru latest

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3 Signs The Holy Spirit Is Speaking To You (This May Surprise You)

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