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## Mindfulme: Technology Based Mental Health Intervention

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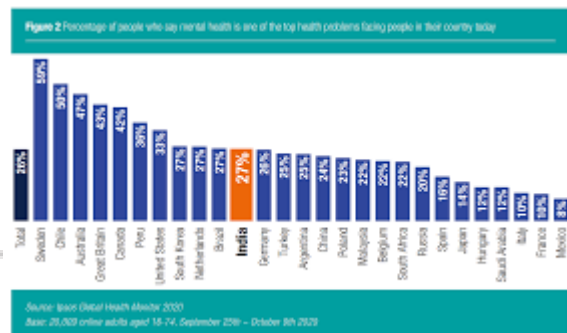
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**Abstract**—Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Although the terms are often used interchangeably, poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.

**Keywords**—Mental illness, Social well-being, Mental health, Psychology, Diagnosed

summer of 2019, things began to unravel. Ipsos' Global Happiness Survey 2020 found that, by August 2020, only 66% of Indians described themselves as 'very happy' or 'rather happy', down 23 percentage points from 2011, and 11 percentage points lower than 2019.



### I. INTRODUCTION

There is growing recognition of the importance of mental health in India. Meanwhile, its mental health sector remains severely under-resourced. Thus, it becomes now opportune to explore the paradigm of mental health awareness as a means of combating stigma, enhancing prevention, ensuring early recognition, and also stimulating simple and practical interventions within the community. There are a few studies which have measured mental health literacy in the Indian context. One study found mental health literacy among adolescents to be very low, i.e., depression was identified by 29.04% and schizophrenia/psychosis was recognized only by 1.31%.

Stigma was noted to be present in help-seeking. These findings reinforce the need to increase awareness of mental health. Indians used to record some of the highest scores in global happiness ratings, but from the

### II. URBAN PRESSURES

While increased prosperity has benefitted many Indians, the number of people moving to work in cities has increased traffic congestion, noise and pollution, resulting in raised anxiety levels. A report from 2018 also revealed that demanding bosses meant Indian employees were missing out on sleep, exercise and a chance to unwind. Evidence is beginning to surface that indicates that the urban population shows a stronger brain response to stress, and stronger cognitive impairment under stress.

#### 1. Brain Gym

Exercise benefits our brain in many ways. When we exercise, our brain gains more oxygen as our heart rate increases. Educational kinesiology (or brain gym) is a motion led program, which is set on the idea that movement generates enhanced learning. In other

words, by doing simple exercises, you can improve your quality of learning. Brain gym improves whole brain learning through some basic yet fun movements. These can make learning easier and release stress and anxiety. In our society today, we often see the body and the mind as separate and that movement has nothing to do with learning. Many parents and teachers find physical activities “too simple” and “too good to be true” to actually make a difference in learning challenges or concentration. Hannaford says, “If a program is not hard, time-consuming and costly it appears to have less value. But, as we are able to step past our limited thinking, we are finding out that simple common-sense solutions often produce the most profound results.”

Target: Areas of the Brain	Target: Area of Education	Target: Movement Purpose	Brain Gym Example
Laterality	Auditory, taking notes, Speech, retention, critical thinking, problem solving, creativity	Midline Movements	Cross Crawls
Centering	Focus, attention, fidgeting, following directions, listening to the teacher, executive functioning	Energy Exercises	Brain Buttons
Focus	Anxiety, anxiousness, tantrums, meltdowns, sensory overload, stress	Lengthening Exercises	Hook-Ups

## 2. Music Interventions

High stress levels have shown to be strongly associated with many physical and emotional problems, such as cardiovascular disease, chronic pain, anxiety disorders, depression, burnout, and addictions. Even though people are aware of this negative impact of stress, it seems to be particularly difficult to understand the destructive impact of stress on our daily life experiences. Music interventions can be considered non-pharmacological intervention, as music has been used to provide calmness and relaxation for many decades, all around the world. In the past decade, music listening and music making have been associated with a broad range of positive health and well-being outcomes, resulting in music being increasingly used as a therapeutic intervention to reduce stress in a variety of health care settings.

Music can have a profound effect on both the emotions and the body. Faster music can make you feel more alert and concentrate better. Upbeat music can make you feel more optimistic and positive about life. A slower tempo can quiet your mind and relax your muscles, making you feel soothed while releasing the stress of the day. Music is effective for relaxation and stress management. Research confirms these personal experiences with music. Current findings indicate that music around 60 beats per minute can cause the brain to synchronize with the beat causing alpha brainwaves (frequencies from 8 - 14 hertz or cycles per second). This alpha brainwave is what is present when we are relaxed and conscious. To induce sleep (a delta brainwave of 5 hertz),

a person may need to devote at least 45 minutes, in a relaxed position, listening to calming music. Researchers at Stanford University have said that "listening to music seems to be able to change brain functioning to the same extent as medication." They noted that music is something that almost anybody can access and makes it an easy stress reduction tool.

## 3. Anonymous Venting

Feeling upset, frustrated, or overwhelmed is a typical part of the human experience. But when these feelings gain control of what you say, the message can sometimes be too harsh and may end up hurting someone's feelings. But bottling up challenging emotions is not the answer and can lead to an even bigger outburst. Instead, releasing the pressure by talking out your feelings but not necessarily with the person you're upset with can be a solution. Feeling unheard, stifled, or stuck can heighten your stress levels, and a buildup of stress can lead to an emotional response that may be disproportionate to the problem. Ultimately, this can make it more difficult to communicate easily and problem-solve.

Venting or talking it out can help clear stress so that later you can find an easier path toward a solution. However, venting directly may potentially cause problems with others in your personal life or workplace. Anonymously venting online can help release stress and frustration with fewer chances of a backlash. Anonymous venting – talking openly and honestly under a hidden or anonymous internet identity – can be a powerful coping mechanism for tough emotions.

Venting anonymously won't actually solve the problem by itself, though. But it might help you move one step closer to confronting the problem with a clear mind, either with a mental health professional or with the source of your frustration.

Benefits of anonymous venting include:

- relieving stress
- providing a safe environment to share true feelings • preserving personal relationships
- keeping work relationships intact

## 4. Laughter Yoga

Laughing yoga, also known as laughter yoga, involves a series of movement and breathing exercises to promote deliberate laughter. It's used as a remedy for physical, psychological, and spiritual ailments, as advocates believe that intentional (simulated) laughter can provide benefits equal to those of spontaneous laughter (e.g., laughing at a joke). Though laughing therapy has been used for decades, laughing yoga was discovered by

Dr. Madan Kataria, a family physician in Mumbai, India, in 1995. Dr. Kataria claims that laughing yoga will help lift your mood, reduce stress, strengthen your immune system, increase energy levels, improve your quality of life, and help you better manage hardship. First, laughing releases endorphins and “happy” hormones like dopamine and serotonin. Plus, it suppresses stress-hormones like cortisol. These effects are linked to a better mood, reduced pain, lower blood pressure, a stronger immune system, and lower stress levels and rates of depression. Many researchers believe that the body cannot distinguish between fake (simulated) or real (spontaneous) laughter, meaning you can benefit by simply forcing yourself to laugh.

#### 4. Therapist Recommendation

Therapy can be an effective treatment for a host of mental and emotional problems. Simply talking about your thoughts and feelings with a supportive person can often make you feel better. It can be very healing, in and of itself, to voice your worries or talk about something that’s weighing on your mind. And it feels good to be listened to—to know that someone else cares about you and wants to help.

While it can be very helpful to talk about your problems to close friends and family members, sometimes you need help that the people around you aren’t able to provide. When you need extra support, an outside perspective, or some expert guidance, talking to a therapist or counselor can help. While the support of friends and family is important, therapy is different. Therapists are professionally-trained listeners who can help you get to the root of your problems, overcome emotional challenges, and make positive changes in your life. You don’t have to be diagnosed with a mental health problem to benefit from therapy.

Many people in therapy seek help for everyday concerns: relationship problems, job stress, or self-doubt, for example. Others turn to therapy during difficult times, such as a divorce. But in order to reap its benefits, it’s important to choose the right therapist someone you trust who makes you feel cared for and has the experience to help you make changes for the better in your life. A good therapist helps you become stronger and more self-aware.

#### CONCLUSION

Mental health is one of the major factors that affect society security, development rate, and stability. Ensuring mental stability of citizens is one of the important aspects of the health system of any country. People should be aware of the consequences of mental illness and must give utmost importance to keeping the mind healthy like the way the physical body is kept healthy. Mental and physical health cannot be separated from each other. And only when both are balanced can we call a person perfectly healthy and well.

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