Mental Health Consciousness Points.

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* It is crucial for people to get their feelings out.
  + If people don't, either these feelings grow into external anger and violence that can be directed at close people – spouse, children, parents, friends, etc. – and/or at the community and/or
  + The feelings work internally. When the feelings are directed internally, they can cause physical illness, frequently quite severe, and also can cause a large variety of psychological reactions including anxiety, guilt, depression, and even psychosis.
* Psychological reactions to any sort of events, particularly events that threaten the physical and/or psychological wellbeing of a person or someone close are *normal* and *not pathological*. Thus, we should speak of *post-traumatic reactions (PTSR)* *rather than disorders or illnesses (PTSD)*. This is very important in terms of stigmatization and the way that that people and their environments react to the reactions. It takes education and thinking and feeling to get through this.
* Many people have guilt and shame about their psychological reactions. As mentioned, there is no reason for such shame or guilt, as these reactions are normal human ways of dealing with traumatic events.
* In this context, it’s very important to remember that each person is doing the best s/he can at any given moment, given background, what is happening to the person at that moment, and the reactions of people around the person. Thus, there is no reason to feel inadequate. These issues of poor self-image can lead to depression and even suicide.
* As mentioned above, it’s very important to get the feelings out. This can be done in a number of ways.
  + Talking to someone else, either individually or in a group, formally or informally, is an excellent way.
    - Groups can be very useful, as people come together and see that they are not alone in their feelings. People in a group can encourage one another and assist one another to work things out.
    - People also can talk to themselves, either by looking in the mirror or by talking to a voice or video recorder on a phone or computer. This also helps considerably.
  + Writing also is an excellent way. Writing helps to make concrete that which a person is feeling and allows the person to see it on a page or in a computer. The person then can edit it and complete it. This becomes an interaction with the person him/herself, which leads to healing and more self-respect.
  + Still another way of getting your feelings out is through art, that is, drawing, painting, sculpture, etc. Very frequently, hidden feelings come out this way.
  + Music is still another way of getting feelings out. It is not only the actual notes but also the loudness, intensity, speed, etc. of the way that the music is played that assists in expressing the feelings. It is good to record the music when it is played.
* It is important to find the original source of the trauma and the feelings and work on resolving those. Thus, people should go deep.
* Trauma and feelings and reactions are very easily transmitted from one person to another and between generations. It is very difficult to stop this transmission but it is possible to identify it and realize where it’s coming from and deal with that.
* Working with mental health issues and traumatization of various sorts is not a quick process. The client and the therapist both need to be patient and persistent.
* Listening and facilitating are the most important skills and processes that the person working with people can use. It is for the client to work out his/her issues and the solutions to them. The “therapist” provides a regular safe unbiased space where this can happen.