

# Lecturer's Contribution

## Can we be the masters of our minds?

by Emily Jothee Mathai

Mind is the most powerful possession of an individual. It can make you or break you miserably. Controlling one's mind is crucial towards controlling oneself. Sounds easy, doesn't it? Well, easy when met with simple obstacles in life but in difficult situations, the mind could go on a roller coaster and without realization – you may lose control of yourself.

Our brain is likened to a rubber band. It can be stretched to a certain limit. If overstretched beyond its limitation, it snaps and there goes an erupted band. On a similar note, if you drain your brain round the clock (worrying about something), it will snap and lose the ability to take control of your body – if you know what I mean!

Generally, the mind-body connection is the communication between your thoughts and your feelings. The way you feel influences the way you think and vice versa. Imagine a scenario in which you are pretty much affected by a trauma. It is just normal to be in melancholy and to need space for ME time but negative emotions if left unattended for a long period will lead to destruction – depression!

Depression reared its ugly head on me twice. First was in 2010 when a shocking unexpected incident kept my mind working nonstop. I started to have shivers and lost my inner peace with sleepless nights. Little did I know that I was slowly slipping into depression. Fortunately having a doctor in the family, he gave me the 3-steps advice: firstly, to be on medication only for a fortnight, then attempt new activities of interest and finally take control. I realized then that only I can help myself. So, I took charge, made the change, and broke free from it.

Nevertheless, any triggers in life can lead the way towards depression again. The recent death of my beloved mother in April this year was a trigger. Having ceaseless emotions and flashbacks got my mind out of track again. Realizing it myself, I quickly took control of the situation.

I used to think that depression is a mild and uncomplicated matter. Me being myself, I am always bountiful with giving advice to students especially regarding depression. Many, including I myself thought it could be easily managed. Only upon experiencing it myself, I realized it is not as simple as it looks but can be tackled. By rule of thumb, take control of your mind before the opposite happens. It is not easy – nothing is easy anyway. Others can offer generous advice but ultimately the owner should take control of the mind just like a captain being in command of a ship.

In short, mind control is essential towards leading a meaningful life. When the storms hit you, remember you are the master of your mind. Take charge like a captain of a ship and adjust the sails. So, can we be the masters of our minds? Absolutely yes – the ball is in your court!

