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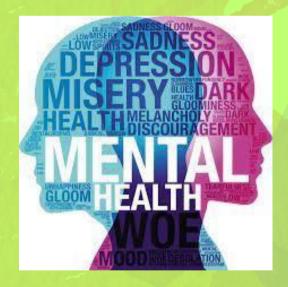


MENTAL HEALTH: SUBCONSCIOUS MIND

By Emily Jothee Mathai

According to the World Health Organization (WHO, 2022), mental health is a state of well-being in which an individual realises his/her own abilities, can cope with the 'normal stresses' of life, can work productively and fruitfully, and can contribute to the community. The word' normal stress' is somehow very subjective. What may seem normal to someone may seem excessive to the other.

Principally, after the onset of COVID-19, the issue of stress has escalated among people from all walks of life around the globe; university students are one of them! According to Nur Shakila Ibharim et al. (2021), students from institutes of higher learning were highly affected primarily due to campus closures, the shift to virtual classes, and financial constraints. A study carried out by Kush et al. (2022) in the United States of America in which the mental health status of teachers and professionals in other occupations were compared found that teachers reported a greater anxiety level compared to those in other professions. More closely, a local study carried out by Ahmad Razali Ishak et al. (2022) on 391 teachers revealed that the COVID-19 pandemic has resulted in depression, anxiety, and stress among Malaysian teachers.



No doubt Covid-19 has somehow dampened now, and life is back to normal. Nevertheless, the impact created during the pandemic should not be left unnoticed. The stress experienced during the pandemic is carried forward subconsciously, which results in many facing mental health issues.



People, in general, are unaware of the power of the subconscious mind. They often associate the mind with the brain, which they are not! They are two separate entities altogether. The brain is the physical organ filled with neurons that form the nervous system, whereas the mind is non-physical and is made up of the conscious and subconscious mind (Gilmour, 2023). The conscious mind is functional, which one is aware of and is involved in analyzing and decision-making in our daily lives, whereas the subconscious mind is the storehouse of all traumas and thoughts, both positive and negative (Gilmour, 2023). The subconscious mind generally controls humans! Therefore, to be positive at the conscious level, one must change one's beliefs at the subconscious level (Gilmour, 2023).

It sounds easy, but it is challenging to practice, especially when you are unaware of what is happening in the subconscious mind. It takes an experienced clinical psychologist to set free the beliefs and traumas that keep one in psychological struggles: anxiety, low self-esteem, depression, and the list goes on. If these issues are not tackled as soon as possible, it could lead to long-term negative effects!



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