

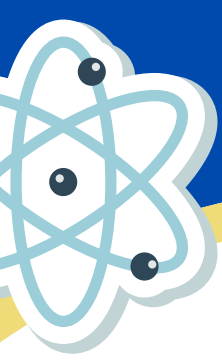


Academy of Language Studies
UiTM Cawangan Pulau Pinang

e-Lingua

2/2024



**MAY
2024**

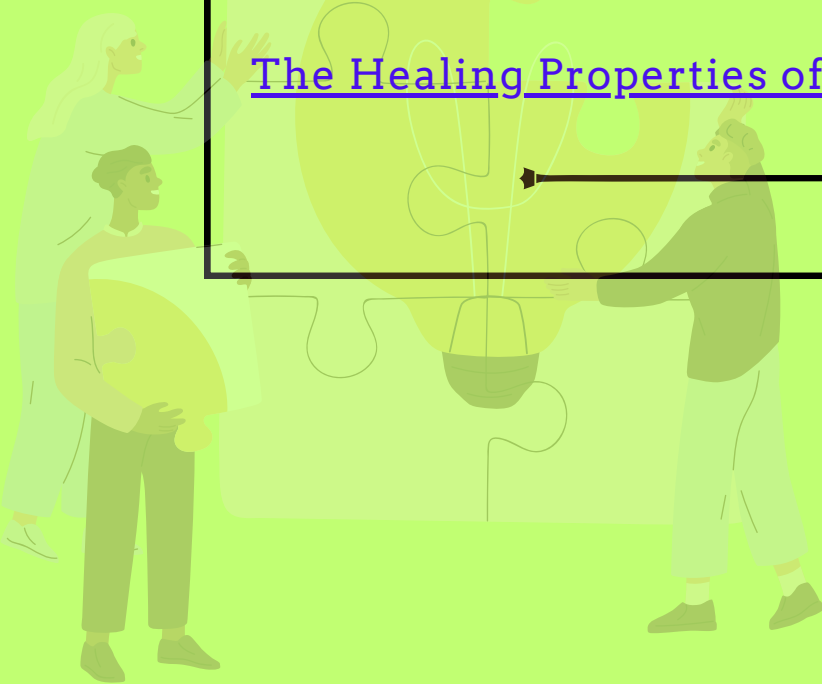
- 
- 
- ✓ Chief Editor's Desk 2 
 - ✓ News & Reports 3
 - ✓ Heads Over Meal 24
 - ✓ Art & Culture 30
 - ✓ Lecturer's Contribution 37
 - ✓ Creative Corner 48
 - ✓ The Team 52



Lecturer's Contribution



<u>Mental Health: Subconscious Mind</u>	<u>38</u>
<u>Uplift Your Momentum</u>	<u>40</u>
<u>The Holistic Living</u>	<u>41</u>
<u>Last Christmas...</u>	<u>42</u>
<u>Sambil Menyelam Sambil Sulam Ukhuwah di Laut Sanur</u>	<u>44</u>
<u>Haiku</u>	<u>45</u>
<u>Ayat-ayat Lucu Memikat</u>	<u>46</u>
<u>The Healing Properties of Essential Oil</u>	<u>47</u>



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!



References

- Ahmad Razali Ishak, Nor Ashila Adnan, Mohd Yusmaidie Aziz, Siti Nurshahida Nazl, Siti Aisyah Mualif, Seri Mirianti Ishar, Noor Asyikin Suaidi, Muhammad Yusran Abdul Aziz (2022). Malaysian Journal of Medicine and Health Sciences, 18(8), p. 43-49. Doi:10.47836/mjmhs18.8.7
- Gilmour, A. (2023). The Power of your Subconscious Mind. Vitality Unleashed Psychology. <https://www.vitalityunleashed.com.au/the-power-of-your-subconscious-mind-2/>
- Kush, J.M., Badillo-Goicoechea, E., Musci, R.J., & Stuart, E.A. (2022). Teachers' Mental Health during the Covid-19 Pandemic. Sage Journal, 9(51). Doi: 10.3102/0013189X221134281
- Nur Shakila Ibharam, Junaidah Yusof, Divya Rose Peter (2021). Perceived Stress among University Students during COVID-19 Outbreak. Jurnal Psikologi Malaysia 35(3) p.95-102.
- World Health Organization (2022). Mental Health.

