

moments of joy!!!

DISCOVER THE 5 MINUTES MAGIC TO
HEAL AND REVITALIZE YOUR MENTAL
HEALTH



**"The Visible is Complete, the Invisible is also Complete. From
the Infinite Rises the Infinite." (Isha-Vasya Upanishad, Verse 1)**

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Author's Note

*“As I looked at the skies,
I saw a sea of stars. Stars decked up with shimmers of hope.
As I looked at the stars,
I saw faith burning bright. Yet, within the white dots, I saw a vast
expanse of darkness.
As I looked into the darkness,
I sensed silence. Heaps of stories untold, emotions waiting to unfurl.
And as I looked into my own eyes,
I saw rains. Whether dancing in the rains gleefully or getting
drenched just to wipe my tears....
This story is mine, this story is yours. This story belongs to every
heart wanting a warm corner to rest and rejuvenate.”*

Penning down this book had been worth the wait. Because without the cascade of life experiences and learnings that came along the way, the book would never have been able to touch lives. “Moments of Joy” is a discovery of one’s hidden healing potentials. With varied reflections and techniques, it imparts several paths that lead to healing your pains, struggles, questions, stress, apprehensions, doubts and everything that literally stops you from spreading your wings and breathing free. It also highlights holistic psychological and nature-cure interventions to help you promote your emotional and mental health on a daily basis. “Moments of Joy” is dedicated to Healing and Rejuvenating tired minds and seeking hearts.

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CHAPTER ONE

THE POWER OF YOUR BREATH

Gasping for breaths, as I looked into the mirror, I saw a 'Weak Me', a 'Shaken Me', a 'Fearful Me', a 'Forgotten and Forbidden Me'.

Gasping for breaths, as I looked into the mirror, I promised myself to become a 'New Me'.

As you read through these lines, try connecting with the silent whispers of your breaths. What do they say? Have you tried speaking with your own breaths? There's a different feeling when you start resonating and listening to the hums of your breaths. Each and every bubble of air that you take within yourself resonates with the way you are feeling in and around you. If you are feeling panicky, restless, or simply in a relaxed state, try this 5-minute **“Breath-Internalisation Technique”**:

You may wish to sit or lie down in a comfortable position. Try listening to a soft instrumental music in the background. Place your hands on your chest and feel the rhythm of your breaths for 5 minutes. While you feel the rhythm, try to follow the 3-2-3 Method. Inhale slowly and deeply with the count of 3, hold your breath for 2 seconds and then exhale slowly with a count of 3. This describes one cycle of circular breathing. For better effectiveness, the cycle can be repeated 4-5 times. In addition to the breath counts, try visualising being healed and protected by a

Bright White Light in your heart. That Bright White Light is listening to you, understanding your deepest roots, cleansing all your inner toxins and rejuvenating you from the core.

“Every new breath is your new untold story. Create a masterpiece out of it”.

The Breath Album:

Your breaths are your memory figments too. When in distress, these figments tend to make our breaths rush with a lot of worries and restlessness. It can leave you more perplexed and fatigued. Try using ‘The Breath Album’ technique to replenish yourself and boost the warrior-spirit in you. With each breath that you take, try remembering the moments in your life when you stood up for yourself, made beautiful and happy memories in and around you, the fresh air, the lively breeze, the magnificence of Mother Nature, a goodnight kiss...looking into different Mental Breath Albums as you gradually flip the pages of your life.

This exercise might make you feel teary, emotional or elated and jovial. If you feel so, it is okay to let those emotions flow out without any inhibitions.

“Your breaths have the power to create meaningful and larger-than-life mental albums. Just believe in yourself and sail ahead”.

Affirmation for You:

Dear Me,

There might be times when I would fall and fail, cry and shout, become silent and blanket myself from the rest of the world. During those testing times, when my wings fall weak, just remember that I will breathe for myself and the Infinity within me. Let me rise from the ashes and blossom to my fullest potential. Let me embrace the “New Me” with the Liveliest Breaths that I would have ever taken.

I deserve to be happy, healthy, blissful, kind and soulful.

CHAPTER TWO

THE POWER OF “NOW”

*Holding sands of time in my hands, I see moments - junctures and moments
which got slipped away in pain, terror, tears, trauma and vicissitudes
unfathomable...*

*Holding sands of time in my palms, I promise to transform the crystals of quartz
into Golden Moments of Exuberance... Here and Now!*

It's said that time is a relative thing and we need to grab each and every opportunity before time slips away. But, beyond this particular belief there might be times when we simply feel like pressing the pause button of our lives. It is perfectly okay to prioritise the pause button at your work, office, home, toxic environments or anything that churns you. It is okay to take some time to freeze various moments, rejuvenate yourself and march ahead.

*“Away from the din and bustle of life, there are sunsets waiting to embrace your
essence”.*

The essence of pressing the pause button and the using Power of “Now” in your life is to unleash those moments that can turn the tide of events altogether. Here's how to achieve the same:

Building Sub-Conscious Resilience:

Many researchers as well as practitioners have supported the idea and strength of our sub-conscious mind. According to them, it is our sub-conscious mind that propels our conscious self towards powerful and meaningful actions. Therefore, the hack is to set our sub-conscious mind on a “Power On” mode. In this regard, *Visualisations in Present Manifested Forms* tend to work best. It works on a cellular level, enabling each and every biopsychological framework of your body and mind to attune to health and bliss. *Visualisation in Present Manifested Forms* calls for meditating or visualising those things or aspects in a way that they have already started happening at the present juncture. For example, if you want to get cured from a disease, you need to visualise yourself in such a way that you have already gotten rid of the disease, you are healthy and blissful. Try this hack at least 2-3 times each day for 5 minutes.

Elimination-Prevention-Facilitation:

Do you know that your diet, nutrition and lifestyle play a significant role in preventing a lot of mental health issues or problems? Certain functional foods are magical in preventing and dealing with mental health issues. For instance, Vitamin B12, minerals like Selenium and Sodium; even certain carbs like Oligosaccharides have potential “Psychobiotic Properties” that heal mental health problems and also prevent the same, when incorporated in daily diet.

There might be days when you won't feel like taking a walk or following your regular workout regime. After you are done taking your break, take time to pamper yourself for all the "Successful Workout Days". Even if it is done for 5-7 minutes, each and every physical fitness regime or workout shall rejuvenate the best version of you!

Affirmation for You:

Dear Me,

There might be days when moments of life might have gotten swept away in stress, strains, frustrations, lethargy, moody days, feeling low, tired, in pain and suffering. From this moment, I choose to transform my tears into triumphs. I choose to take challenges as opportunities in championing the power of "Now" in my life. I take this affirmation to my heart, as a Promise...A call to action to use this moment from now onwards to transform trials and tribulations into triumphant actions. No matter how big or small, I shall bring ripples of positive change within me...Here and Now!

CHAPTER THREE

THE POWER OF RELEASING AND SETTING FREE

“As I oscillate in the turbulent storms of pent-up emotions, traumas, apprehensions, and relentless questions about people, situations and everything else, I see my “Shredded Self”. Parts of me sliced into broken pieces, waiting to be heard, respected and loved. Parts of me waiting to be embraced with a sense of warmth that feels “Home”.

From this very moment, I promise myself to release all my pains into the embrace of the macrocosm. I promise to set myself free from all the negativities that are clouding my true potentials and the “True Me”.

There might be parts of life and days where we feel like being bottled up or choked. Even if we just want to share it all, we still might find it difficult to communicate or express, simply because we couldn't find an appropriate vent in the form of a person or a safe space to do so. Researches and anecdotes of life experiences reveal that not releasing those pent-up emotions might be the causal factors for many psychosomatic as well as core psychological issues. They might also be the aggravating factors for passive and directed aggression, eating disorders, insomnia, mood disorders, strained relationships, body pains, decreased work/academic performance, lack of concentration and a host of other health conditions. If you have ever felt the same way or related with any of these, then these 5-minute DIYs can help you:

Venting Paper Strips:

Keeping small, pocket-sized paper strips or chits for handy use are an important requirement for this DIY technique. Use these paper strips to write just the cue words for the most hurtful or deep-seated thoughts or emotions that are bothering you. If it is repetitive in nature, you can use multiple strips to write. Counting the multiple strips would enable you to know the frequency of the thoughts on any given day and the resilience required to deal with them. More so, this particular technique adds an easy and quick vent to our pent-up emotions, feelings, issues, concerns, and facilitates a sense of physical and mental balance.

Thought-Stop Method:

Once you have worked on the Venting Paper Strips method and have identified the potential triggers as well as the frequency, try using the 5-minute Thought-Stop method. In this technique, whenever you encounter a negative thought or hurtful emotion, you need to close your eyes, take a deep breath, hold it for a few seconds and mentally shout the word “STOP”. Once you have done this mental articulation of the word STOP, you need to gradually exhale very slowly and steadily. Repeat the cycle 4-5 times until you feel at ease. This neuropsychological hack holds the potentials to keep many instances of mental strains, agonies, apprehensions, depression and similar conditions at bay.

Affirmation for You:

Dear Me,

Come, let's take a walk in the beach of Life. When some patches of the sands might bury part of my legs into its pits, yet, I know that even if some parts of me are invisible, I am still complete in my own unique ways! My 'Whole' Self is enough to empower me. I feel more strong, resilient and empathetic that I am now the torch-bearer of becoming the support system for my own self and for those in need.

Dear Me...I Love You. And it is a Forever Promise that I shall truly behold.

CHAPTER FOUR

THE POWER OF HEURISTICS

When I think about myself and my situation, at times it really feels numb and overwhelming. I simply can't imagine that I had to go through such distressing conditions. I keep on asking uncountable times, "Why Me"? I feel like I'm a crumbling deck of cards. I had my life plans, dreams and aspirations almost ready and rolling. But those setbacks seem like unending blocks. From now onwards, I promise Myself to believe in myself... I promise to gather all my strength as well as courage to try and resolve my problems, jump over the road blocks and sail ahead. I know that it is okay to seek external help. We all need it at some or the other point in time. I reign my life...From this very moment.

Right from my childhood, I've been told or I've even read that, 'there's a solution to every problem'. So, whenever I encountered any problem, I used to think where's the solution? Where can I find answers to my unending questions? There were times when I could actually hit the bullseye and resolved my life's problems in no time. But again, there were times when I used to be stuck up, thinking, overthinking and not getting anywhere at all. It felt like being stuck in a cobweb. I would not deny that I did not try to seek help from my friends, mentors or people whom I trusted. However, there was always a burning desire deep inside me, to resolve all my problems by myself.

Battling through these crossroads of emotional and mental blockages, I finally found my Eureka moment when I discovered the Power of Heuristics. The Power of Heuristics simply means to apply our previous learnings as tools for problem-solving. So, in the perspective of healing ourselves, facilitating our mental health and dealing with all the obstacles along the way, the following 5-minute techniques might be helpful:

Insight Building:

Well, creating moments of joy requires a deeper sense of insight and acceptance. When we try to accept a particular situation or person, it becomes easier for us to gain insight regarding the nature of that particular event or issue at hand. But it sounds like easier said than done, right? For building a stronger and deeper insight, you may try to close your eyes, focus on the area in between your eyebrows on your forehead, take a deep breath and visualize that particular person or situation that is bothering you. Try to mentally communicate with that person or situation, delve deeper into what could be an alternative, yet positive and healthy ways to resolve that situation. Try to visualise understanding the person from their perspective. This helps to build an insight on why a person is behaving in a certain manner. So, once you get a particular insight, it actually destresses a lot of hassles. It opens the complicated strings that tend to complicate our understanding. With this method, in less than 5 minutes you

would have actually known almost all the reasons responsible for a particular situation or person, who might be creating challenges or troubles in your life.

Decision making or Taking Relevant Steps:

Many a times, we tend to face scenarios that block us from resolving our problems. It is because we might not be feeling confident enough to take decisions that would be potentially powerful as well as relevant. These challenging scenarios might be in the form of financial obstacles, social maladies, stereotypes, the fear of stigma, discrimination and so on, to name a few. If you are caught up in these situations when your level of confidence sort of dwindles or shakes in terms of decision making, then under these circumstances it is important to work on your *Self-Belief*, your sense of Autonomy, and your right to be the Sole Decision-Maker in your own life.

To put it straight, in order to overcome the obstacles that stop you from taking your decisions, you need to deeply internalize that you have all the rights to take relevant and appropriate decisions in your life. It is you who can do every justice to your life rather than anybody else. There might be times when your decision might not fit best in a particular situation. In this aspect, what can be done is to take these situations sportingly, face them confidently, refine your decisions, and strengthen your sense of heuristics. Embrace the spirit of a warrior and move ahead towards more stronger decisions and even stronger resolutions.

Affirmation for You:

Dear Me,

Let me remind you of my success stories, the times when I smiled and walked with my chin high. If I did it then, I can do it now.

Dear Me, I am proud of you for transcending and cruising ahead of the thick and thin of life. I'm a realistic, confident, courageous individual, capable to resolve the odds of life... I take charge of my life. From this very moment.

CHAPTER FIVE

THE POWER OF CREATION

“Done and dusted exclamation! Isn't that easy to say? However, the one who goes through those hellish experiences actually knows the number of thorns endured in this path. It feels as if the whole world is standing against me. No one is able to understand me and I am lonely, standing at the other face of the moon. Dear Me, I call it quits now. From now on, I quit those aspects that come to shatter me. From now onwards, I declare to my own self that I can change chaos into charisma and creation.

Changing chaos into creation is only possible through consistency, courage and commitment.”

Well, creating Moments of Joy in your life is actually dependent on someone and something. That ‘someone’ is you, and that ‘something’ is your Power to Create...

Starting from hobbies, outings, learning new skills and so on, there are numerous ways to create our Moments of Joy and enjoy a blissful as well as balanced mentally healthy life. However, one of the best 5-minute hack is the technique called Positive Self Affirmations. These are the positive sentences or statements that you need to tell yourself in the present tense of English language or the language that is native to you. For example, I am Healthy, I am Wealthy, I am Important, I am blissful, I'm good, I am accomplished and so on. Positive self-

affirmations can also be done by looking into the mirror also. All you need is a mirror in which you can see your reflection and say out loud those positive self-affirmations to your own self.

Affirmations for you:

Dear Me,

Let me be honest about something. It feels tiring to go through so much or having to do so much. It's said that it is OK to feel so. But, do you know something more??? I finally realized that I am the creator of everything that I think and do. I now truly believe in myself and the Universe more than ever. I know that I can significantly contribute to greater good. I know the waves of times do change. During all testing times from now onwards, I create my own empowered internal space to grow, cope and hope. Because I strongly believe that although my wings can get weak or torn out, I can create a "New Me"- Now and Here.

Dear Me, let's do this. We got this! Are you Ready?
