

The  
**10 PRINCIPLES**  
of  
Psychological Well-being

by

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# 1

## BE HONEST AND OPEN

The first requirement of any psychological illness is a hiding place within one's mind, where it can fester and ferment and grow.  
Don't offer it such a shelter..

Honesty and openness in one's life is like bringing a breath of fresh air and sunlight into one's mind. The more one takes steps towards this, the better one will feel. Without being open and honest about one's deeper issues and insecurities, they can never be gotten rid of. No pill can do it for you.  
Nor can secretly talking to a shrink do anything, if there is no openness.

Remember, deeper issues can be very easy to rectify. Often, the only thing that makes them difficult to rectify is that we are not forthright about them and stupidly offer these issues a hiding place in our own minds.

A little bit of courage is all it takes to keep your mind clean.

# 2

## GOOD COMPANY

Find people who make you feel good when you are with them. Such relationships will heal you just by their presence.

Often, a lot of people (including close family members) tend to sympathize with you, but they subconsciously need you to be in trouble so that they can feel good about themselves.

Such people can keep you locked within your mental states by blocking ways to get out of them. Often, they will do this subconsciously, without realizing it themselves. May not be their fault - everybody has their own problems.

But you need to hang out in good company.

The only way to tell is to ask yourself - do I feel good and happy and healthy with this person?

Make active efforts to cultivate the company of people who make you feel genuinely good about yourself.

# 3

## CONNECT WITH OTHERS

The more you connect with society, the lighter will be your burden.

Do not consider yourself different from other humans. We are all in the same boat, even if we have different seats.

By considering yourself different from others, you guarantee unique problems for yourself. Instead, consider the similarities between yourself and others, and find common ground, and that will help you connect better.

Connecting with other people at different levels is an assured way of lightening one's burden. But self-isolation is only bound to bring about problems into the psyche, just as a cancer cell isolates itself from the rest of the body and turns malignant.

# 4

## **EXPRESS THROUGH ART**

Draw. Paint. Sketch. Doodle. Sculpt. Dance. Express.

Whatever you are bothered about, express it through art.

Whatever is inside you, just put it outside of you. The more accurately you can do this expression of what you feel inside you, the better you will feel.

All trauma needs to be expressed, like all poisons need to be expressed ("Expression" is also a medical term for "putting something out of the system").

And keep in mind - the expression is what is important, not the aesthetic quality of the expression.

## LEARN SOMETHING

# 5

At all times, keep learning.

It does not matter what it is - it can be something as simple as learning to balance cards, or it can be as complex as molecular physics.

Just the act of learning evokes unused neural circuits in your brain. This creates additional space in your brain that is fresh and unaffected by your current problems.

And whatever you learn new, do it over and over again, so that it gets well internalized in your psyche.

# 6

## BE SELFLESS

Participate in selfless activities regularly.

The self can heal itself effectively, if the mind does not keep interfering with itself by repeating the same disempowering thoughts.

Hence, participation in activities which remove oneself as much as possible from one's personal problems (which surround the self) will enable this to happen.

Help those who are deserving and needy, without expecting anything in return.

Not even gratitude.

Not by giving money, but by putting your own effort into the act.

Help people directly and simply, when you can observe their need for help first-hand, rather than participate in some distant cause.

And remember - being selfless must always be by your own choice. Or its just not selflessness.

# 7

## PRAY EVERYDAY

Not necessarily to God.

Three simple aspects to praying -

- Say what you want.
- Say what you are doing to get what you want.
- Ask for help wherever you need help in doing what you want.

You don't have to be religious to do this. Just be sincere, thats all.

Pray to life, if religion & God put you off.

It doesn't matter what/who you pray to - just the act of praying invokes neural circuits that are connected with hope and a positive vision of the future. What this also does is that it lets you concretize what you want.

And the act of praying is an act of humility - which is directly an acceptance of reality.

Its also a good idea to write down a prayer everyday - either in the mornings when you get up, or in the night when you are about to sleep.

Spend the time for your well-being - its worth it.



# 8

## REGULAR BODILY HABITS

Eat on time. Everyday.

Crap on time. Everyday.

A lot of people don't pay attention to bodily cycles.

Not eating on time means your body doesn't learn to produce digestive juices when they are needed. That's bad.

Not crapping on time is going to build toxins in your body, which will affect you slowly and surely, without you realizing it.

Crapping on time is simply a habit, a conditioning - which can be built by sheer repetition. Just go and sit there on the potty at the same time everyday, and eventually the habit will form.

Form other regular habits - have your shower regularly, at the same time. Go to sleep and get up at the same time.

Nature is cyclic and regular. Follow its regularity to restore the natural balance of your body and mind

# 9

## BREATH RHYTHMICALLY

Whenever you get time, focus on your breath and do a few cycles of inhalation and exhalation while keeping inhalation time equal to exhalation time. Don't ever force yourself.

Remember, the body has a natural tendency to breath rhythmically by itself - its our own mind that makes it breath irregularly. So, after you do a few (say, 20) cycles of equal inhalation/exhalation, see if you can let the body breath by itself without you interfering with its naturalness.

Breathing is the one life-critical activity that is common to the voluntary and involuntary acts of the body - and it is fantastically real-time - in the moment. To regularize this act is to directly create harmony between the conscious and the subconscious - at the most vital point.

If it works for you, find a qualified yoga teacher who teaches the ancient science of breathing (Pranayama). Or Tai chi. Or whatever.

Just let there be regularity in your breath, and the regularity will enter your life.

## FOOD AND EXERCISE

# 10

Eat well and exercise regularly

Avoid processed and packaged food as much as possible.

No matter how much society and manufacturers pretend to know, we really don't know much about the effects of chemicals on the complex systems of our bodies. Try to avoid that stuff. This includes preservatives, additives and flavoring agents.

Eat balanced food.

Follow at least a light exercise routine - if necessary, consult your doctor on the subject.

## THE END

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