



LIFE ON THE FAST TRACK. BUILDING
EMOTIONAL WEALTH & EMOTIONAL EQUITY.



DR HARISH SHETTY.

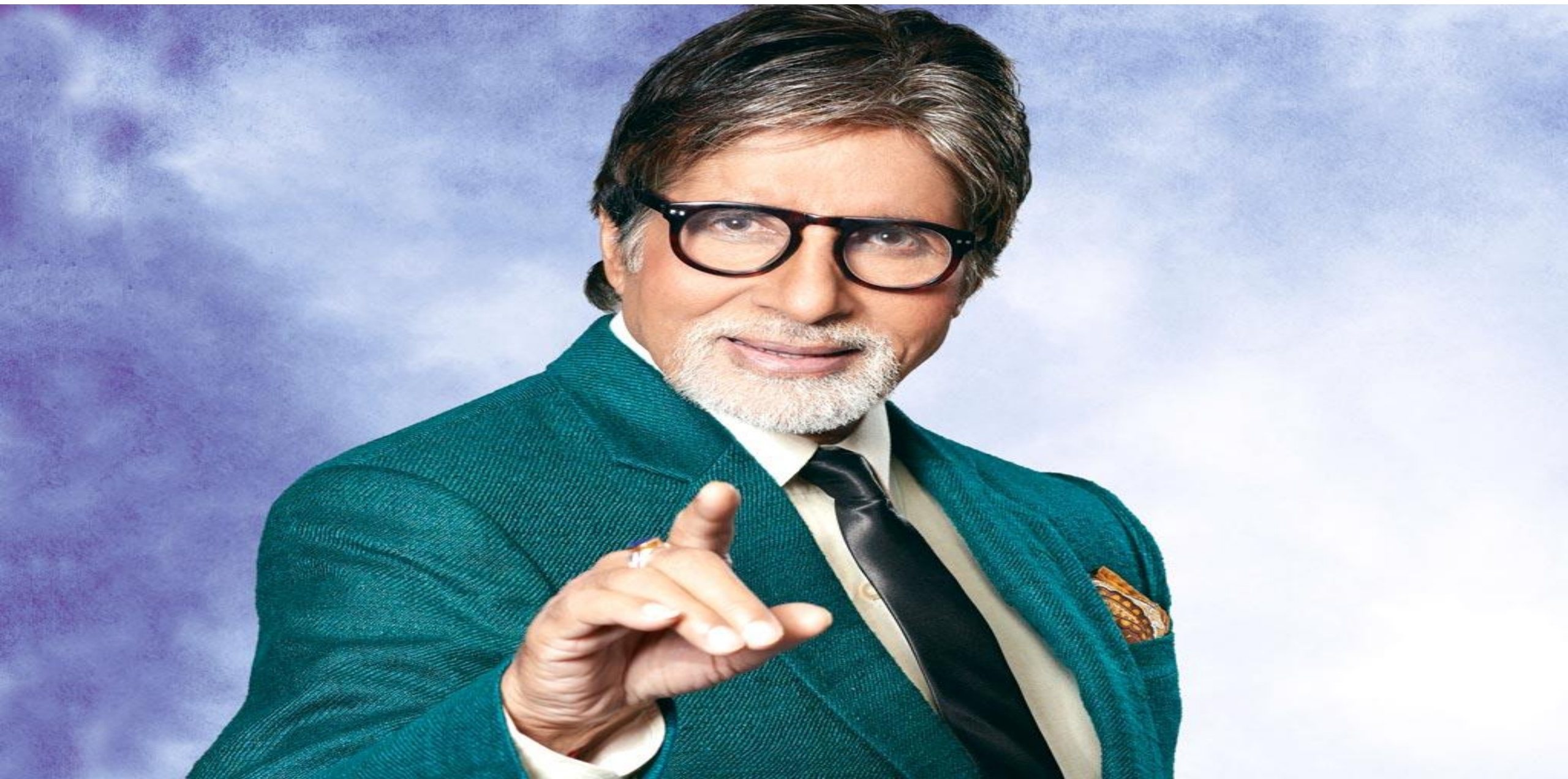
Smile is a
sign of ...



Respect



It is neither awe



Nor it is fear



Feelings...Acknowledge, Identify, Accept , Express & Exhaust.



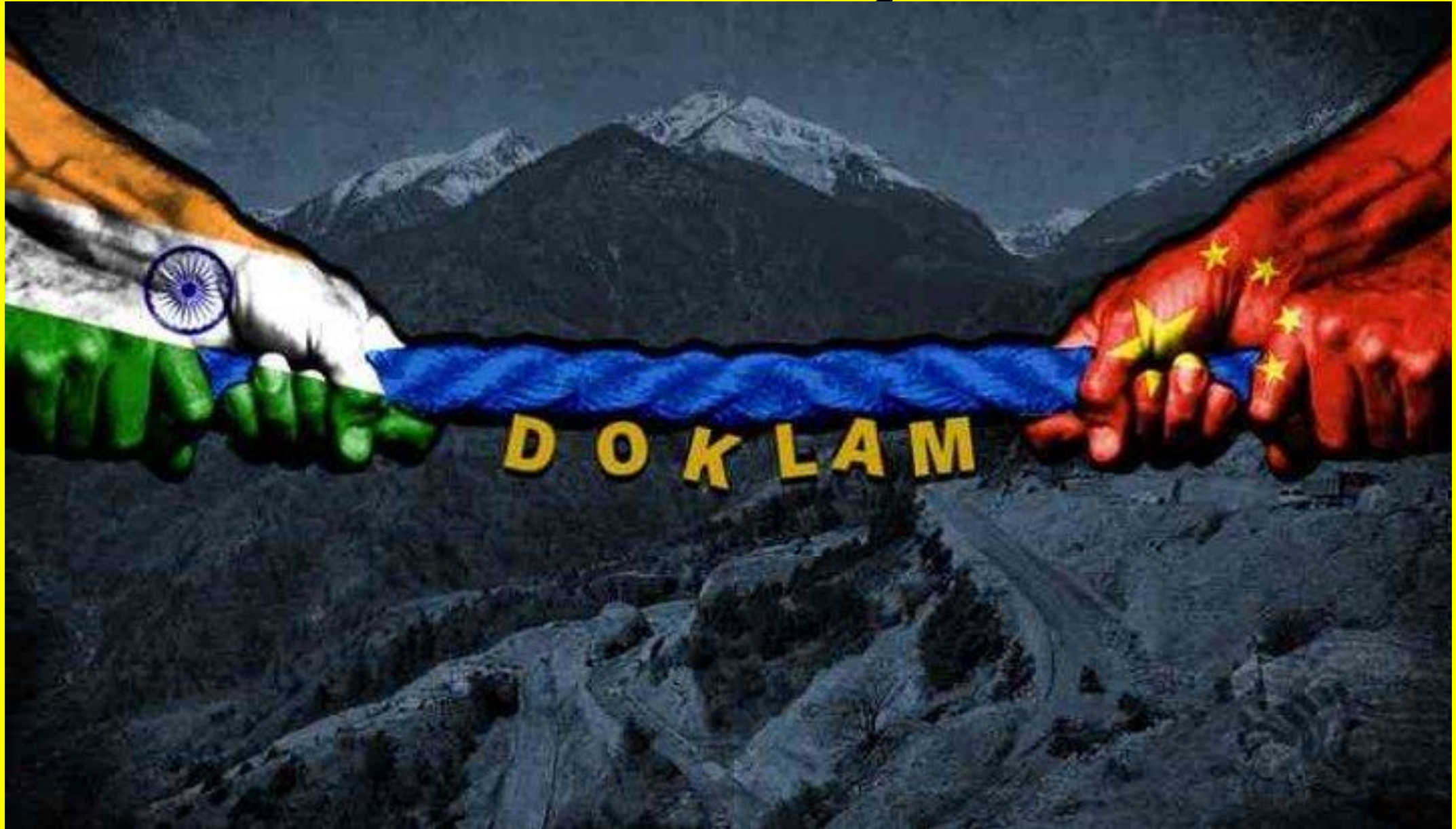
ANGER



Resentment



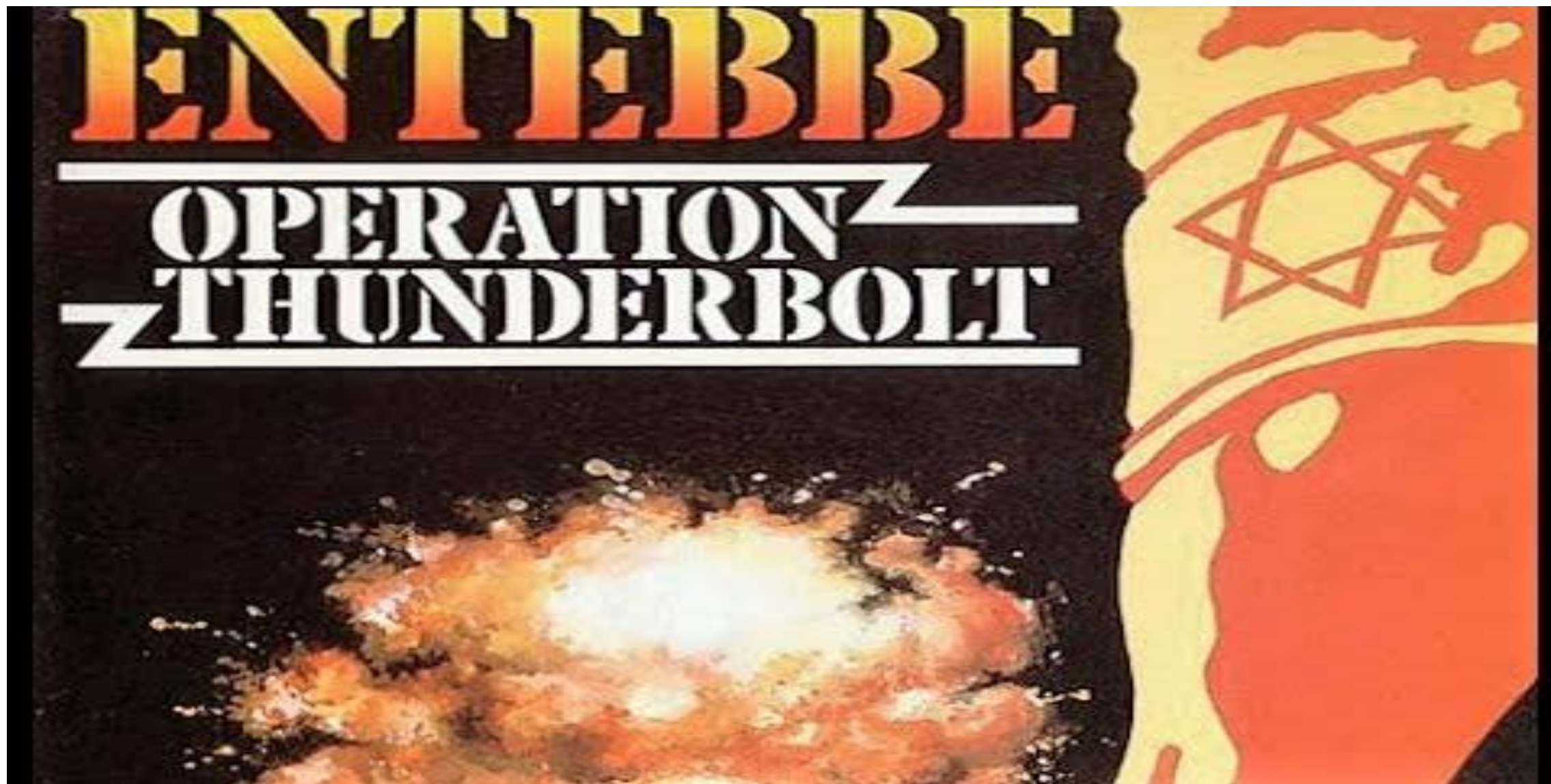
Hostility



Hate



Revenge





SADNESS



Sadness is
a
positive
emotion,
while
Depression
is a
negative
state.

Dr Harish Shetty

**SOLITUDE IS
A GOOD
PLACE TO
VISIT,**

**BUT A
BAD
PLACE TO
STAY.**

DR HARISH SHETTY

Jealousy





FEAR

JOY



LOVE



GUILT



SHAME



The Cambridge Analytica Files



DEALING WITH FEELINGS





FEELING

ADJECTIVE

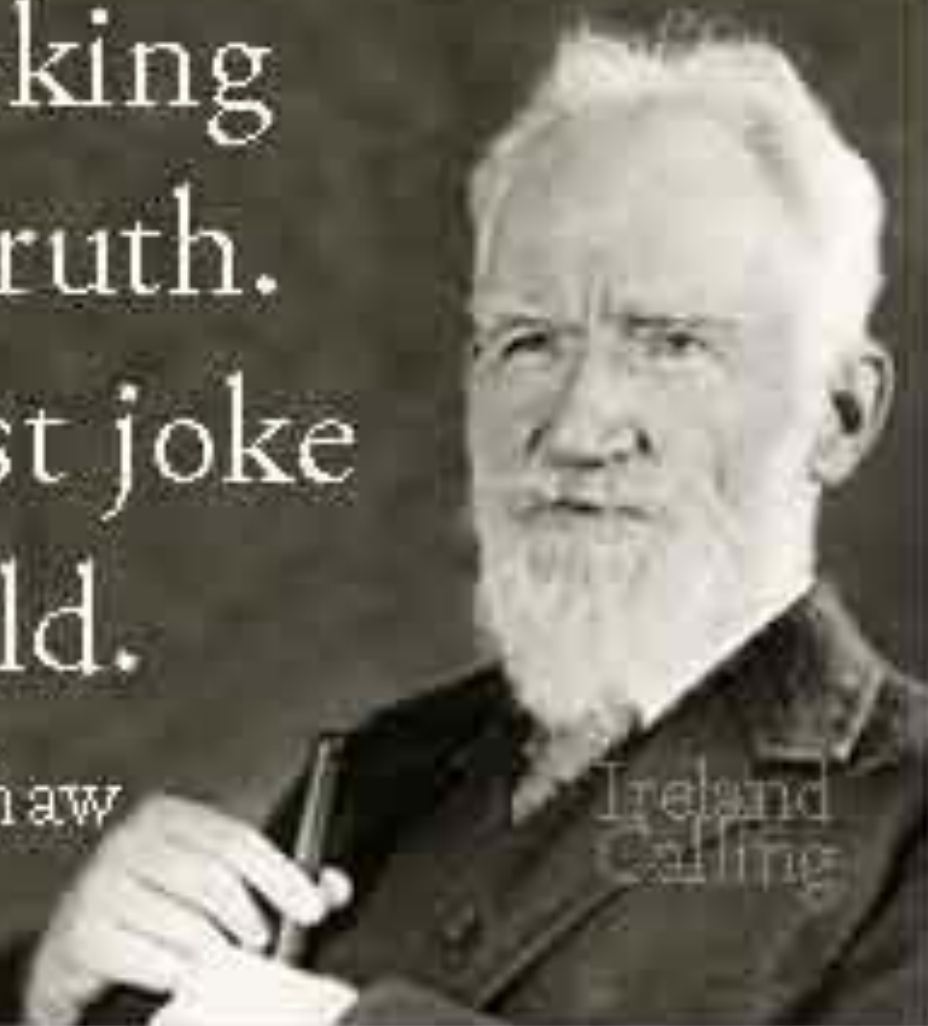


SARCASM

My way of joking
is to tell the truth.
It's the funniest joke
in the world.

George Bernard Shaw

irelandcalling.ie

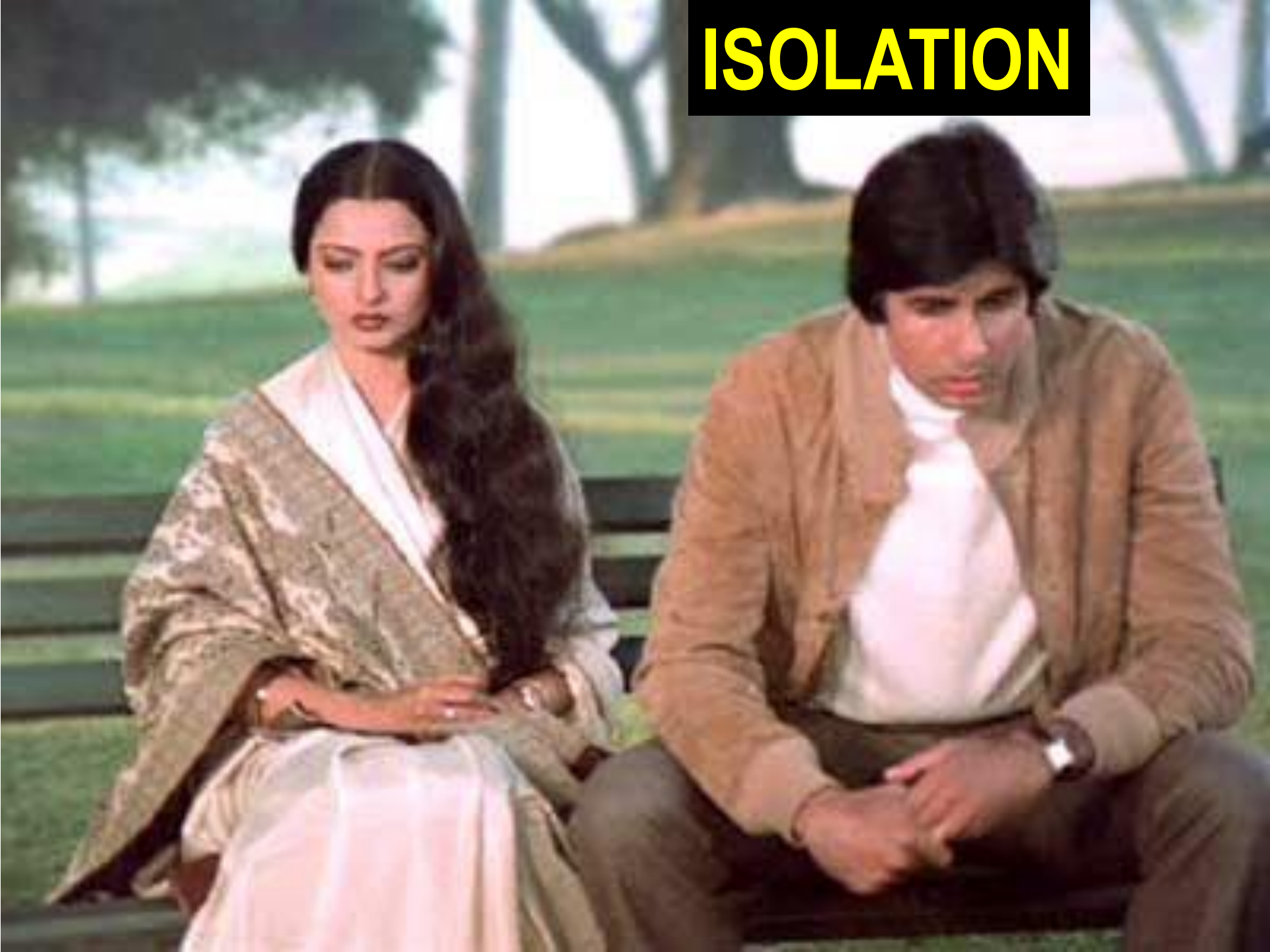


Ireland
Calling

BLOCK & LOCK



ISOLATION



Cricketer Rayudu Slaps Senior Citizen



IRRITABILITY

INSOMNIA



INFERTILITY





IMPULSIVITY

IMPOTENCE

TheMaveSite.Com



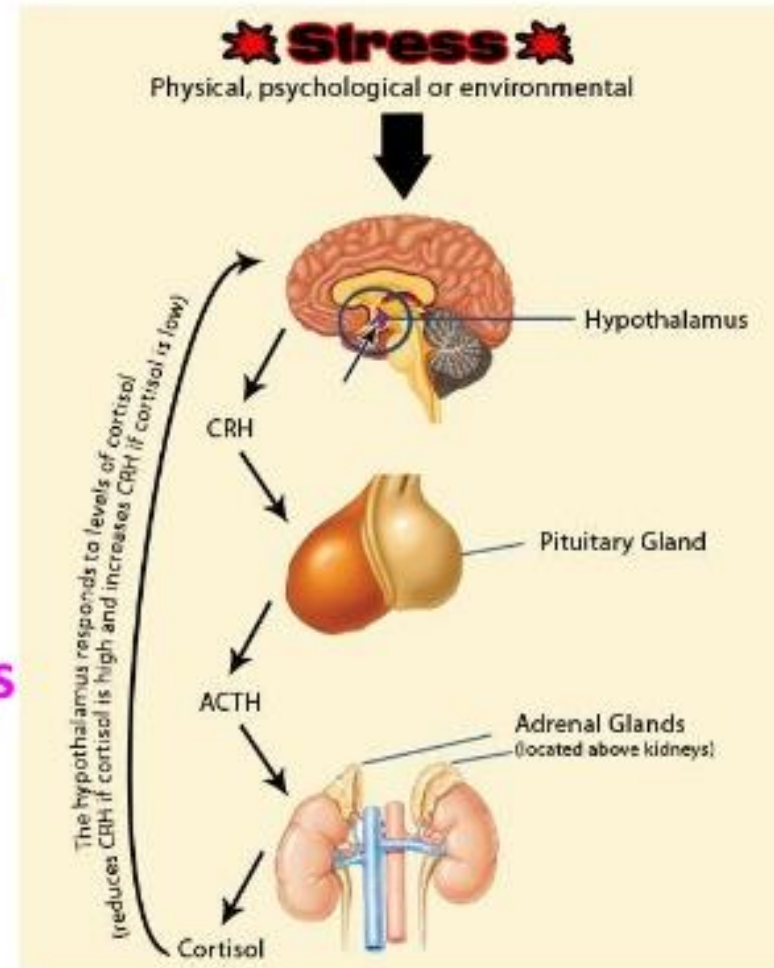
MISTRUST



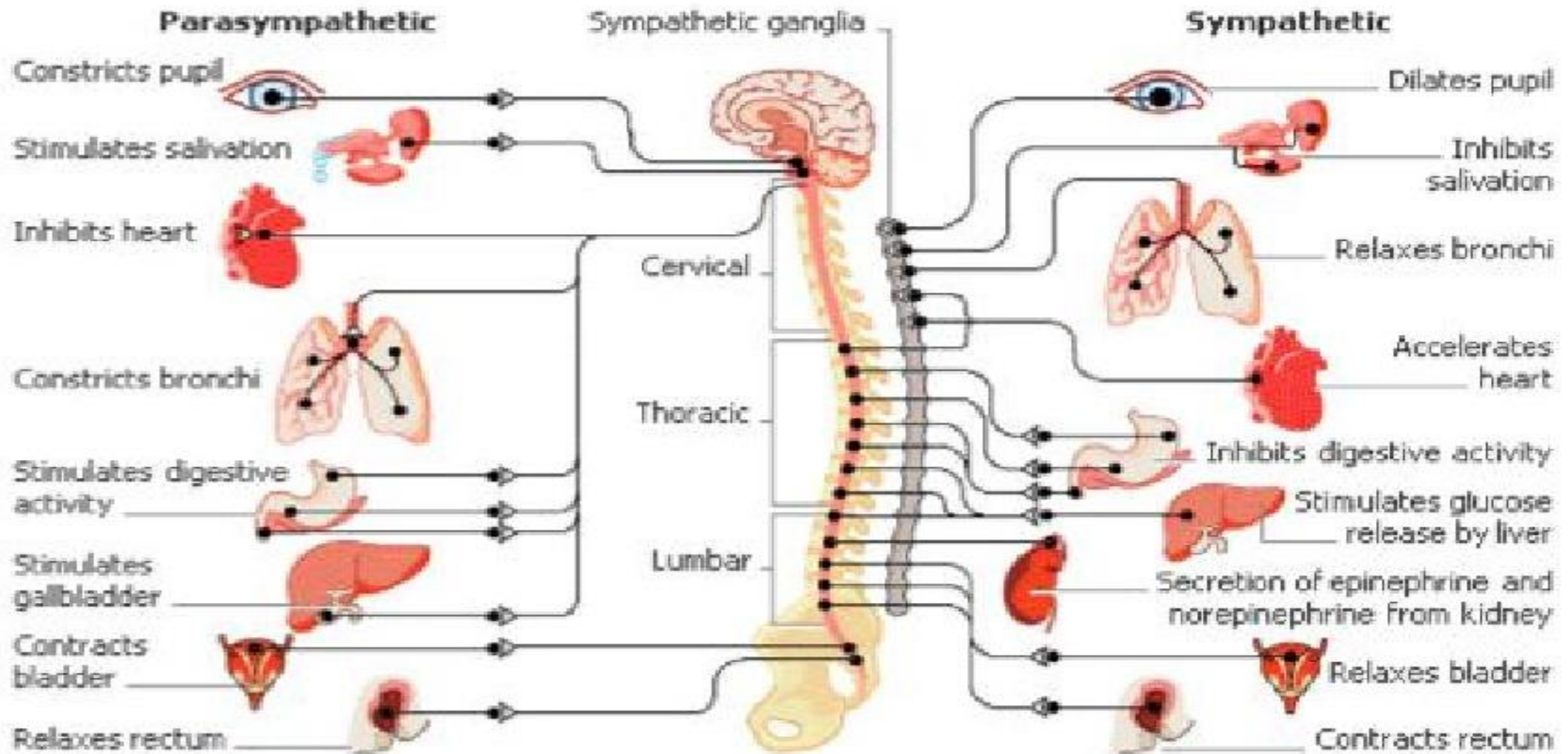
तुला नवरा वर भरोसा नाही का ?

HPA axis

- **Hypothalamus** triggers the release of
- **CRH** (Corticotrophin releasing hormone) which activates the
- **Pituitary Gland** which releases the hormone
- **ACTH** (Adrenocorticotrophic hormone) which is carried by the blood to the
- **Adrenal gland** which releases stress hormones
- **Cortisol/ Adrenalin and Noradrenalin**
- **To assist the body deal with the stressor**

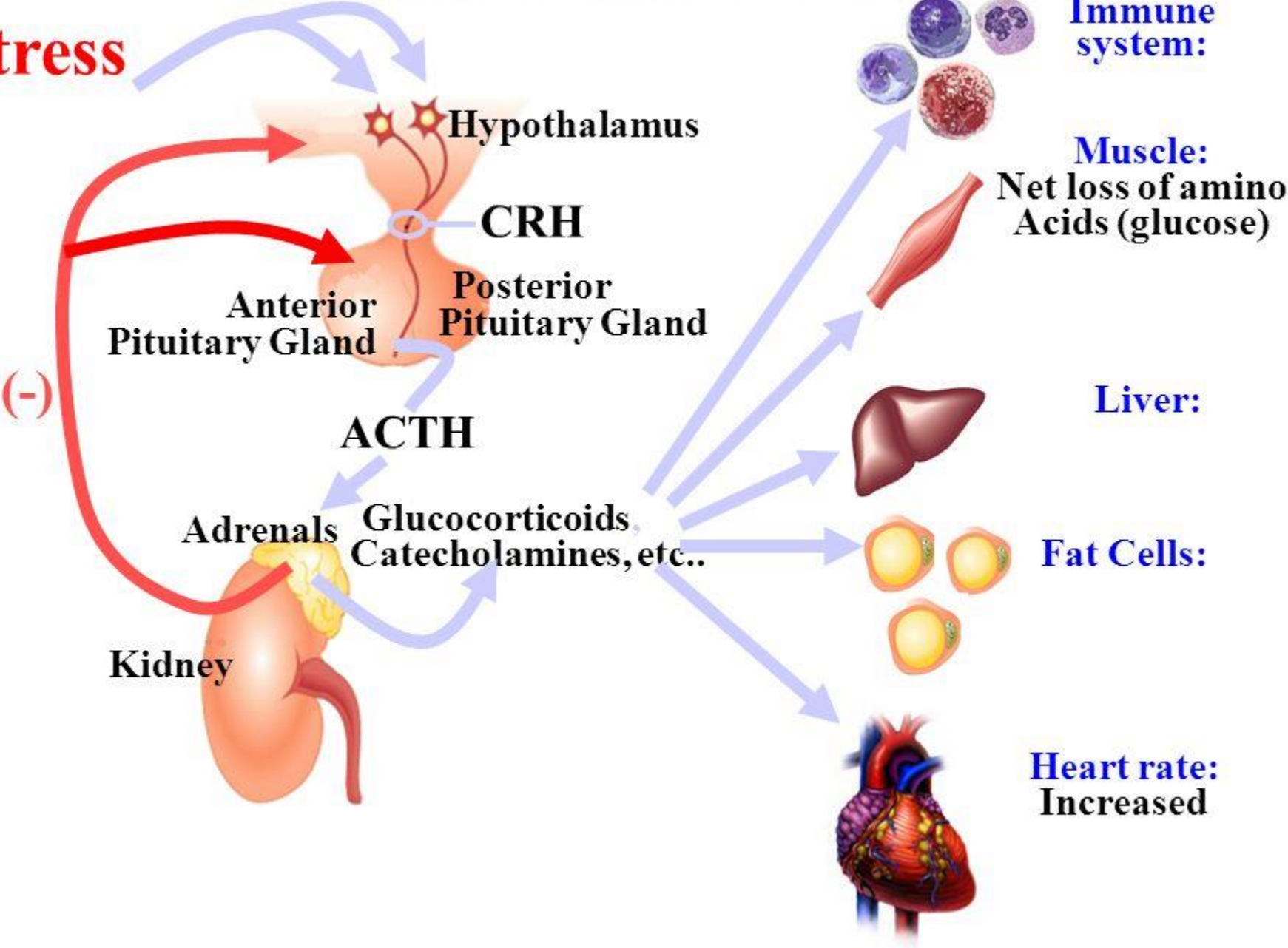


Physiological Stress Response



Glucocortical Stress Hormones

Stress





**ANTICIPATING
WORRY**



ANTICIPATING GLORY



**ANTICIPATING
ROUTINE**



**ANTICIPATING
CONSPIRACY**



**ANTICIPATING
JOY**



ANTICIPATING SYMPATHY AND PITY

ANTICIPATING PEACE



Work , Life ... Balance is a myth.

DR HARISH SHETTY.



**INDIAN FOOTBALL TEAM
WINS THE WORLD CUP.**



Imbalance is
the truth.

DR HARISH SHETTY.

Finding **BALANCE** in **IMBALANCE** is **LIFE**

DR HARISH SHETTY.

NEWS

AIR INDIA CREATES HISTORY

In a world first, Air India crosses Saudi airspace to Israel



What are your Mood Shifters And Mood Lifters ?



DR HARISH SHETTY.

Natural mood lifters



Natural mood lifters



Natural mood lifters



A large, hand-drawn red 'X' mark is centered on the page, crossing over the text. The 'X' is composed of two thick, slightly irregular red strokes that meet at the center. The text 'ANXIOUS MOOD' is written in a black, serif font, centered horizontally and partially obscured by the 'X'.

ANXIOUS MOOD

1. Temperament .
2. Childhood Trauma.
3. Mentor – Mentee Issues.
4. Professional issues.
5. Life issues.



Day to Day.

- Micro-Pranayams - Micro Breaks.
- Vipassana.
- Aana - Pana.
- Conversations.
- Walks.
- Inclusive Assertiveness.
- Feelings.

Tough Days.

- Huddle
- Cuddle
- Muddle
- Brainstorming
- Bites and Bytes
- Open Channels
- Dine , Wine and Shine

Stress is caused by
being 'here' but wanting
to be 'there'.

-Eckhart Tolle

Depression is very cunning...
It comes in many disguises



Dr Gin Malhi

Suicide is not about ...



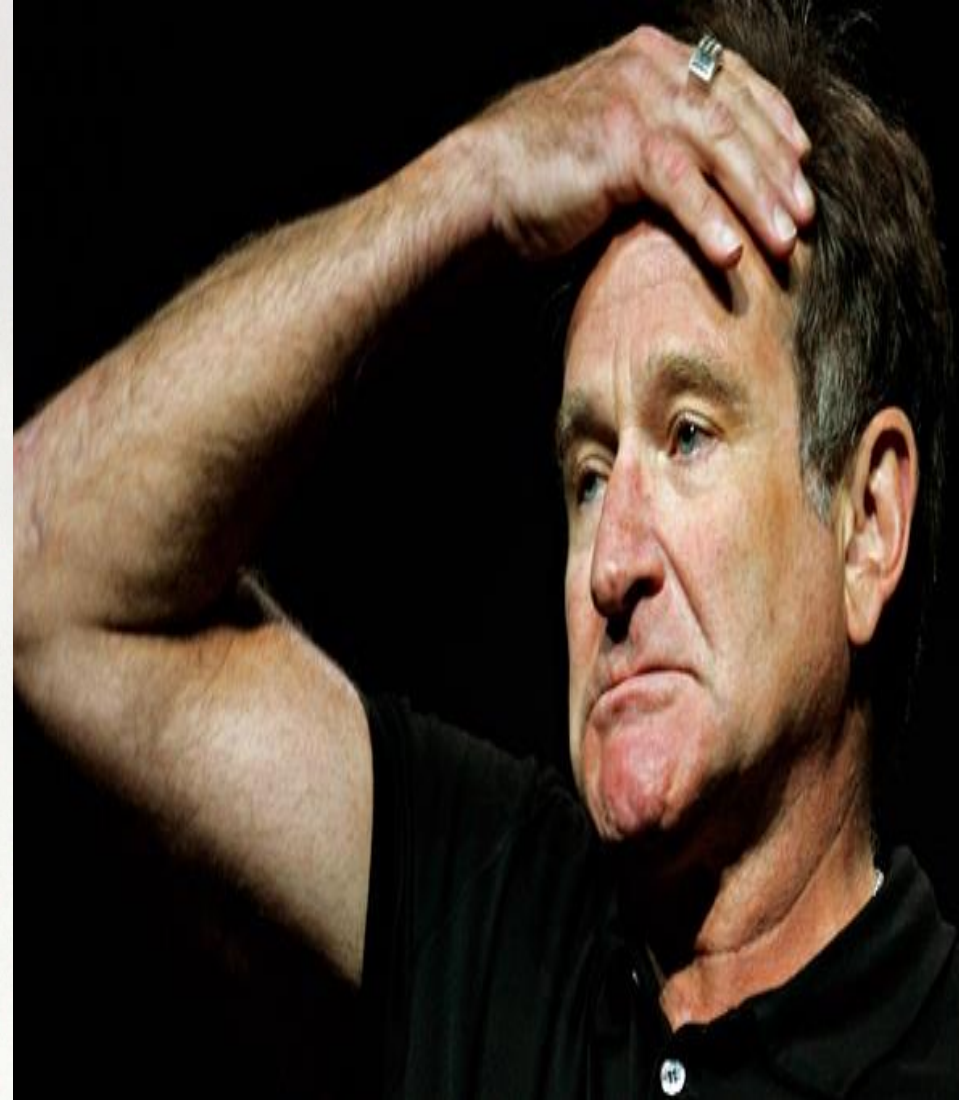
COURAGE

OR

COWARDICE



SUICIDE IS ABOUT THE MENTAL STATE



SPRAIN OF THE MIND



FRACTURE OF THE MIND



Depression is fracture



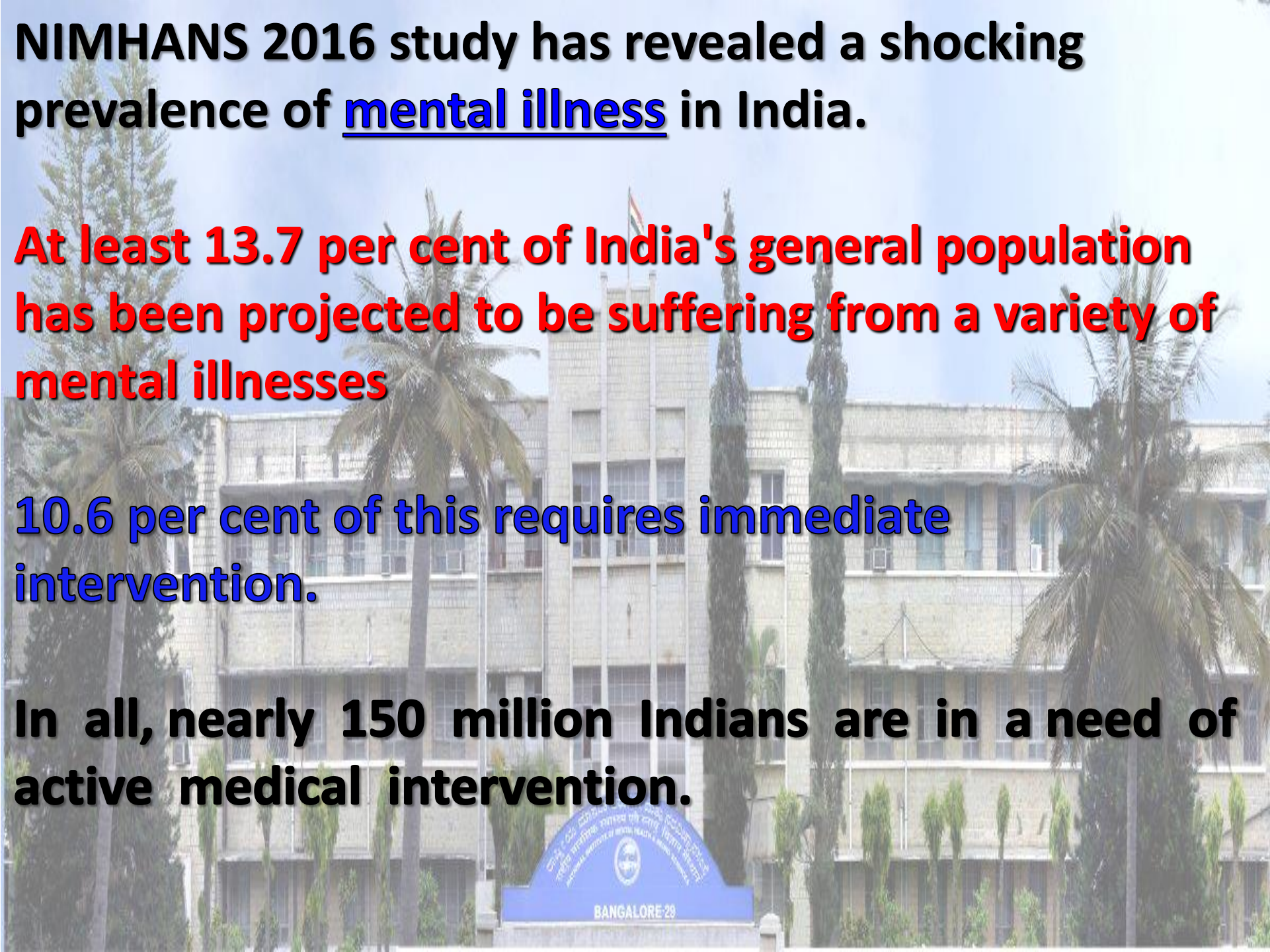
of the mind.

NIMHANS 2016 study has revealed a shocking prevalence of mental illness in India.

At least 13.7 per cent of India's general population has been projected to be suffering from a variety of mental illnesses

10.6 per cent of this requires immediate intervention.

In all, nearly 150 million Indians are in a need of active medical intervention.



20% of depressed Indians are
pregnant or new mums: Nimhans
study

TNN | Updated: Nov 5, 2016,



PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? — or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

SCREEN EVERYONE FOR DEPRESSION!



**BUILDING EMOTIONAL WEALTH &
EMOTIONAL EQUITY.**



DR HARISH SHETTY.