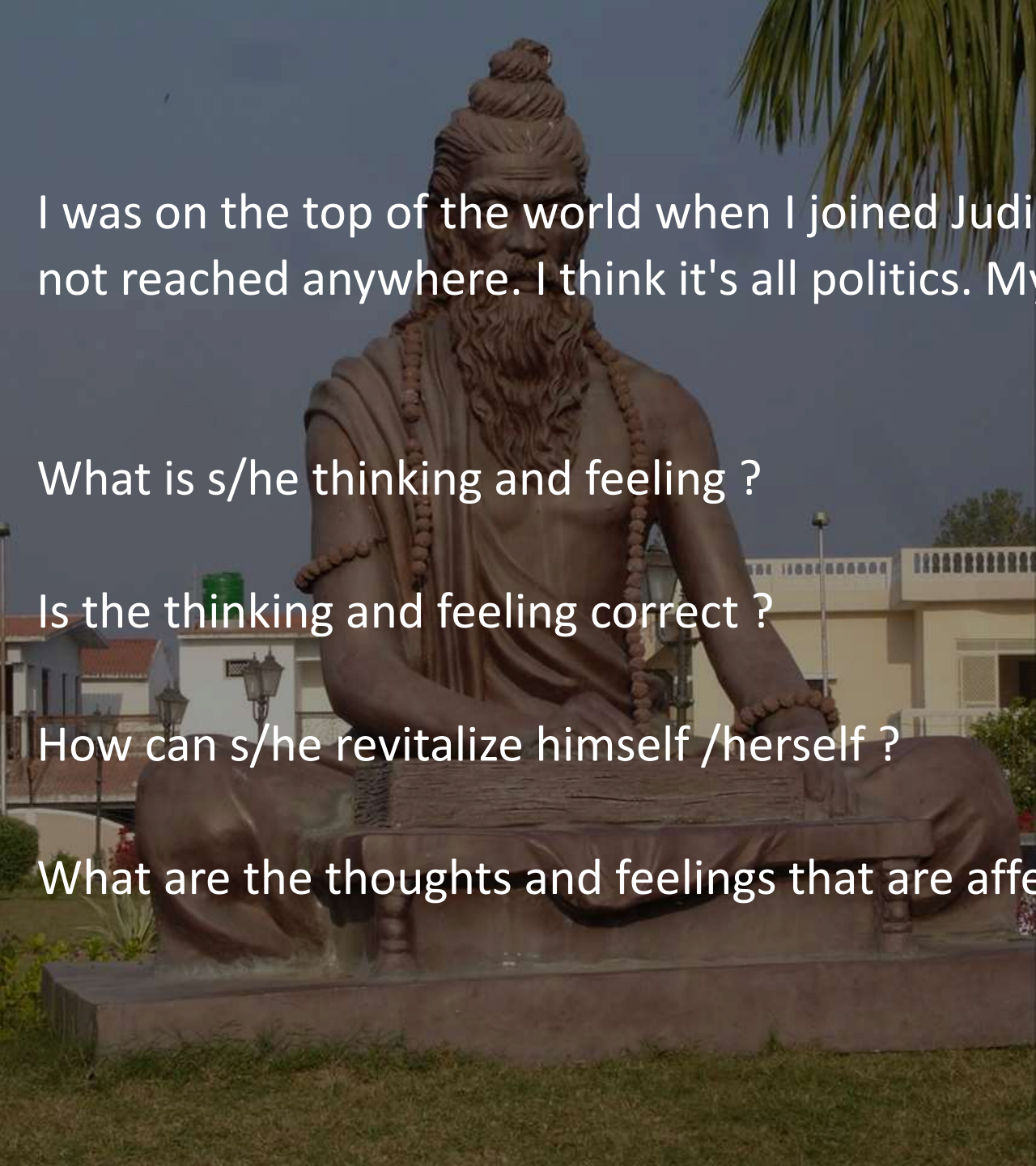




MID LIFE CRISIS & LIFE BEYOND DIAS

- Dr. Harish Shetty



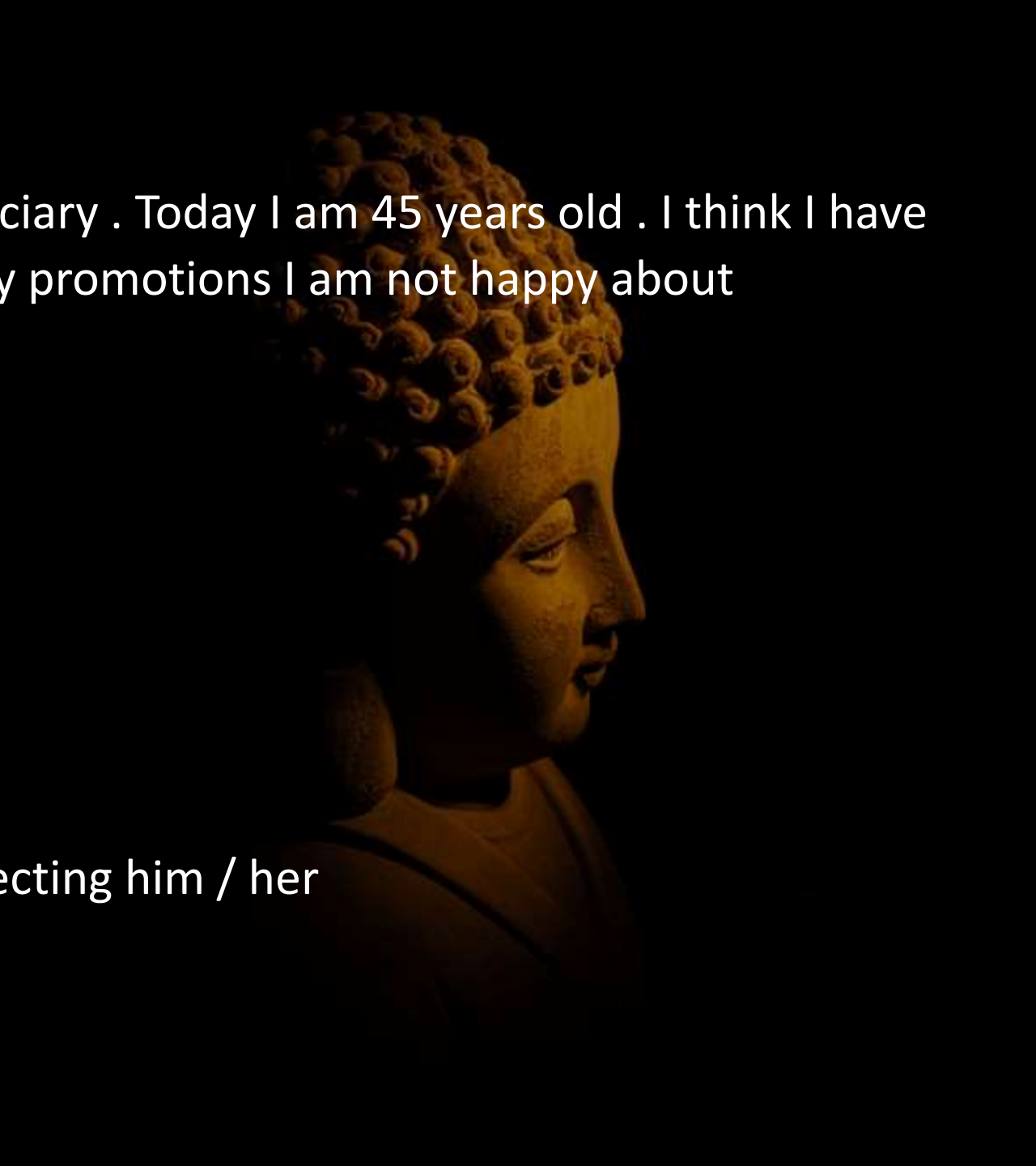
I was on the top of the world when I joined Judiciary . Today I am 45 years old . I think I have not reached anywhere. I think it's all politics. My promotions I am not happy about

What is s/he thinking and feeling ?

Is the thinking and feeling correct ?

How can s/he revitalize himself /herself ?

What are the thoughts and feelings that are affecting him / her





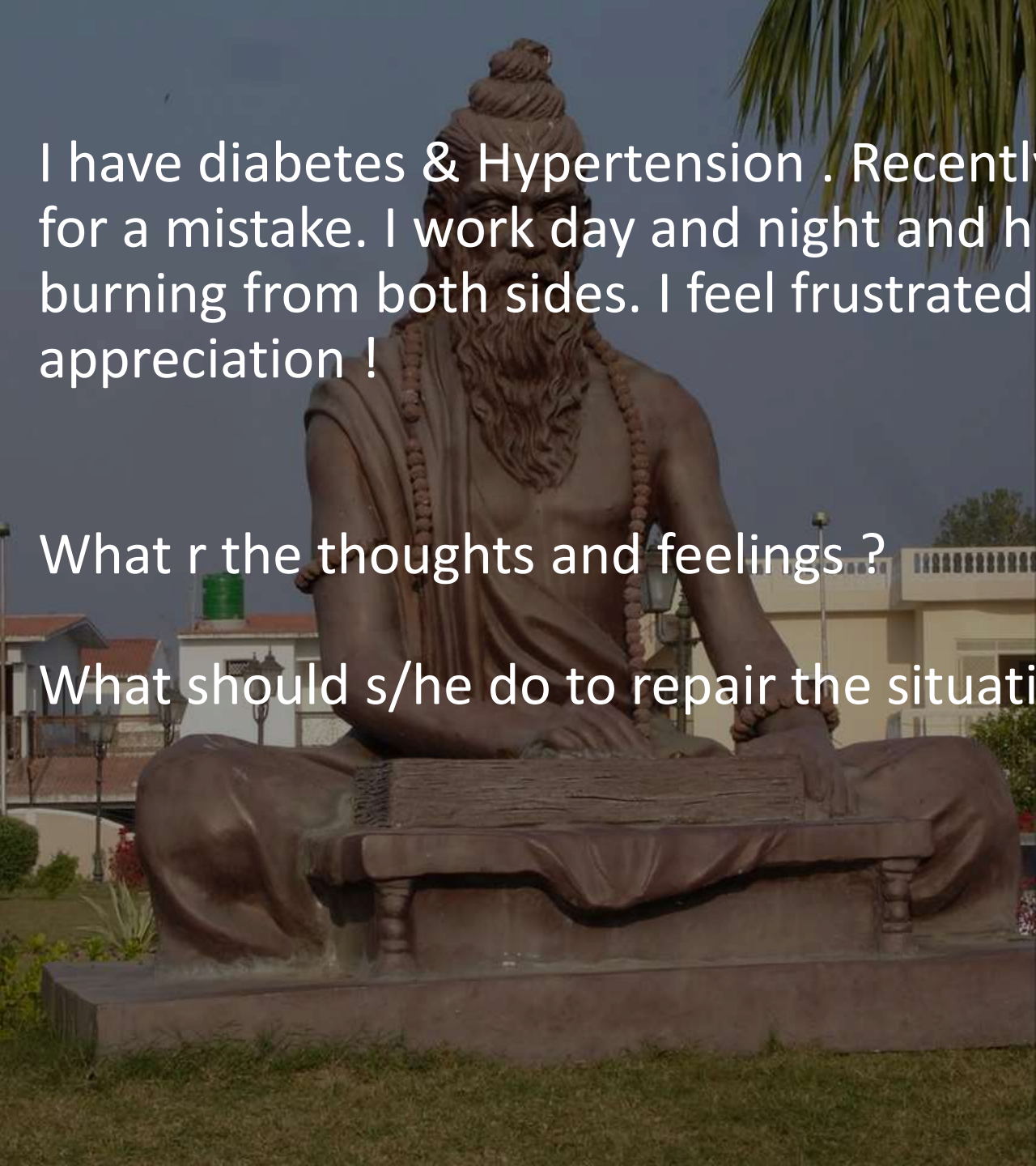
Confidence vs Complexes

Contentment vs Criticism

Courage vs Conformity

Compassion vs Cruelty

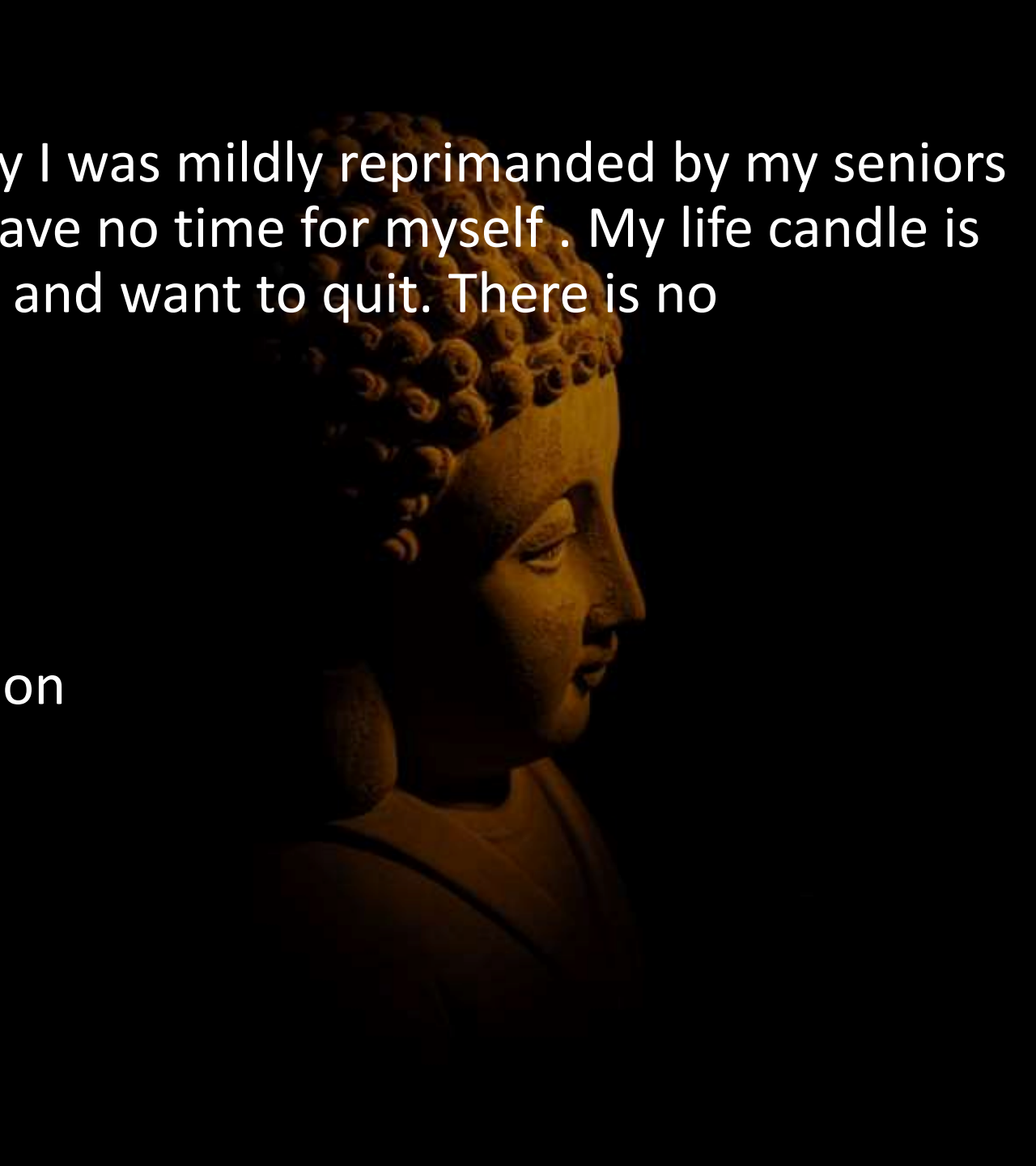


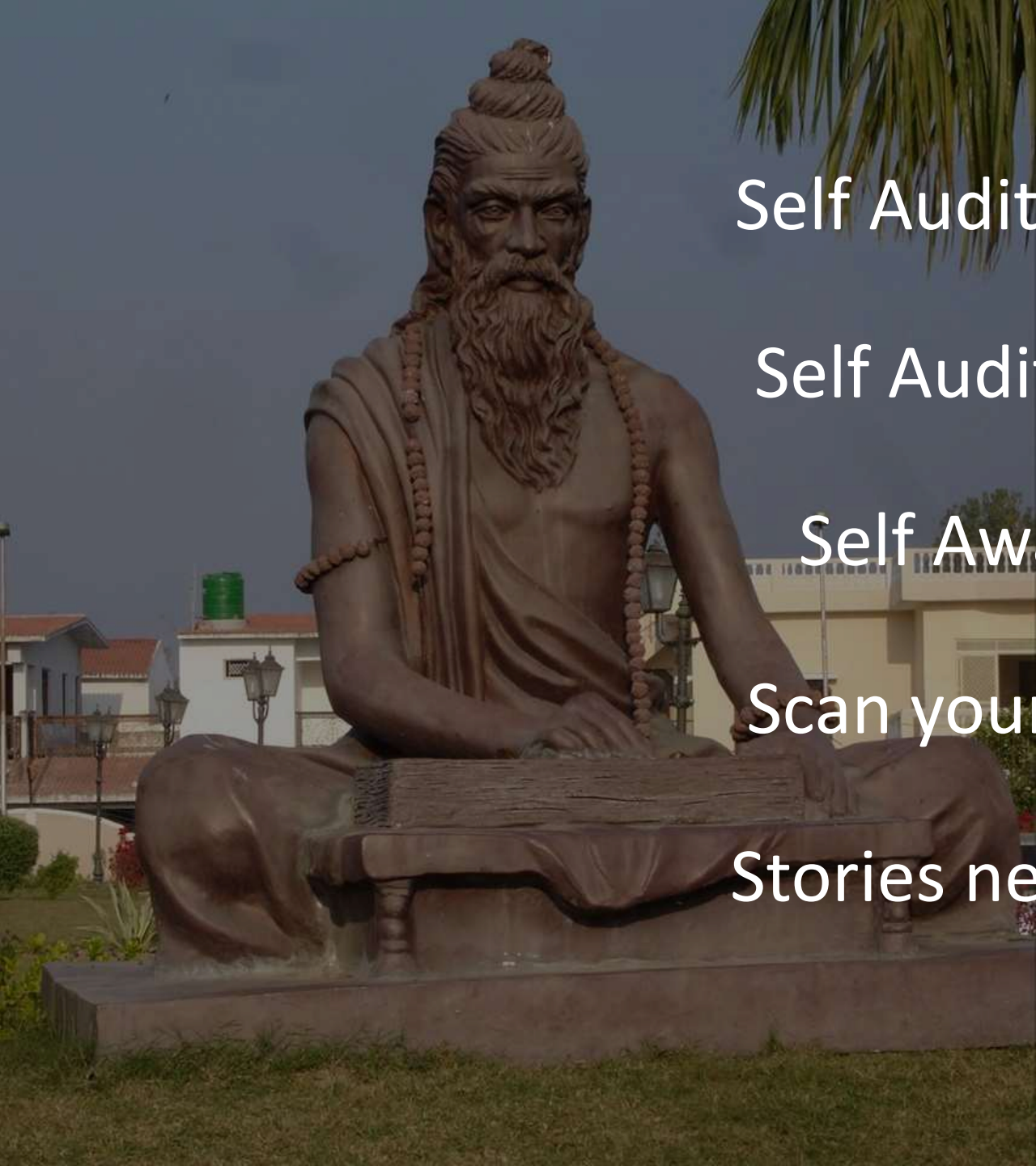


I have diabetes & Hypertension . Recently I was mildly reprimanded by my seniors for a mistake. I work day and night and have no time for myself . My life candle is burning from both sides. I feel frustrated and want to quit. There is no appreciation !

What r the thoughts and feelings ?

What should s/he do to repair the situation





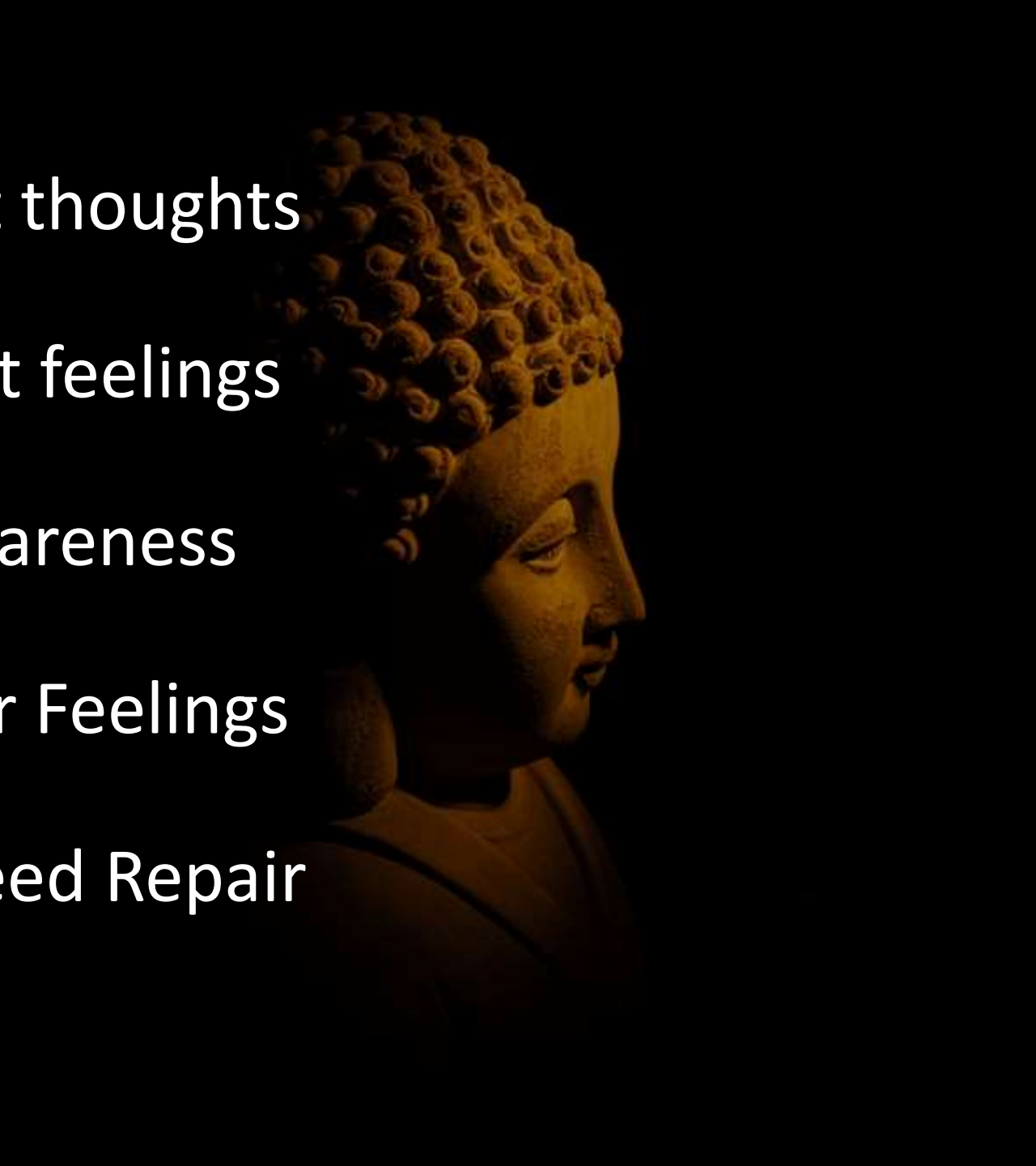
Self Audit thoughts

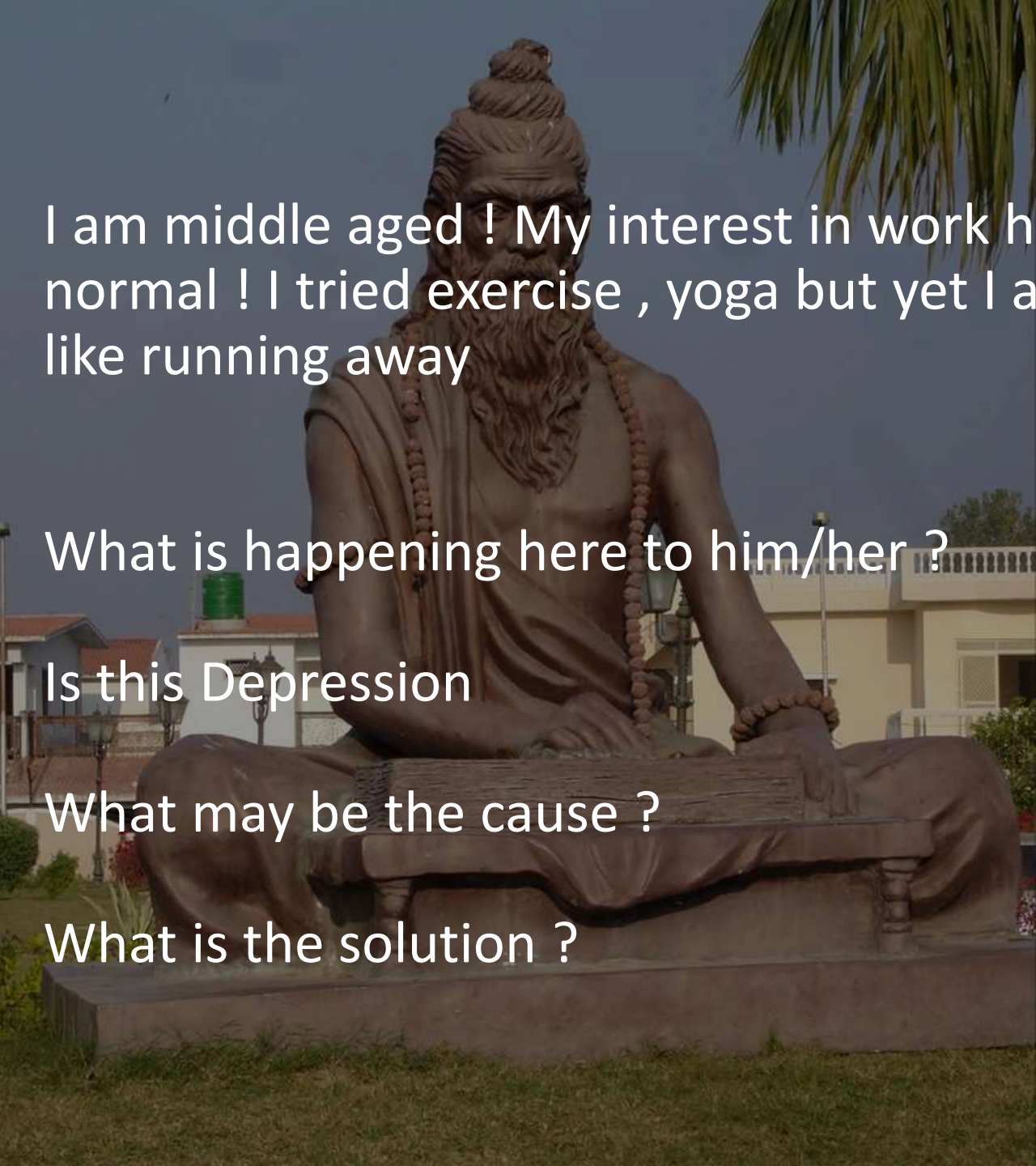
Self Audit feelings

Self Awareness

Scan your Feelings

Stories need Repair





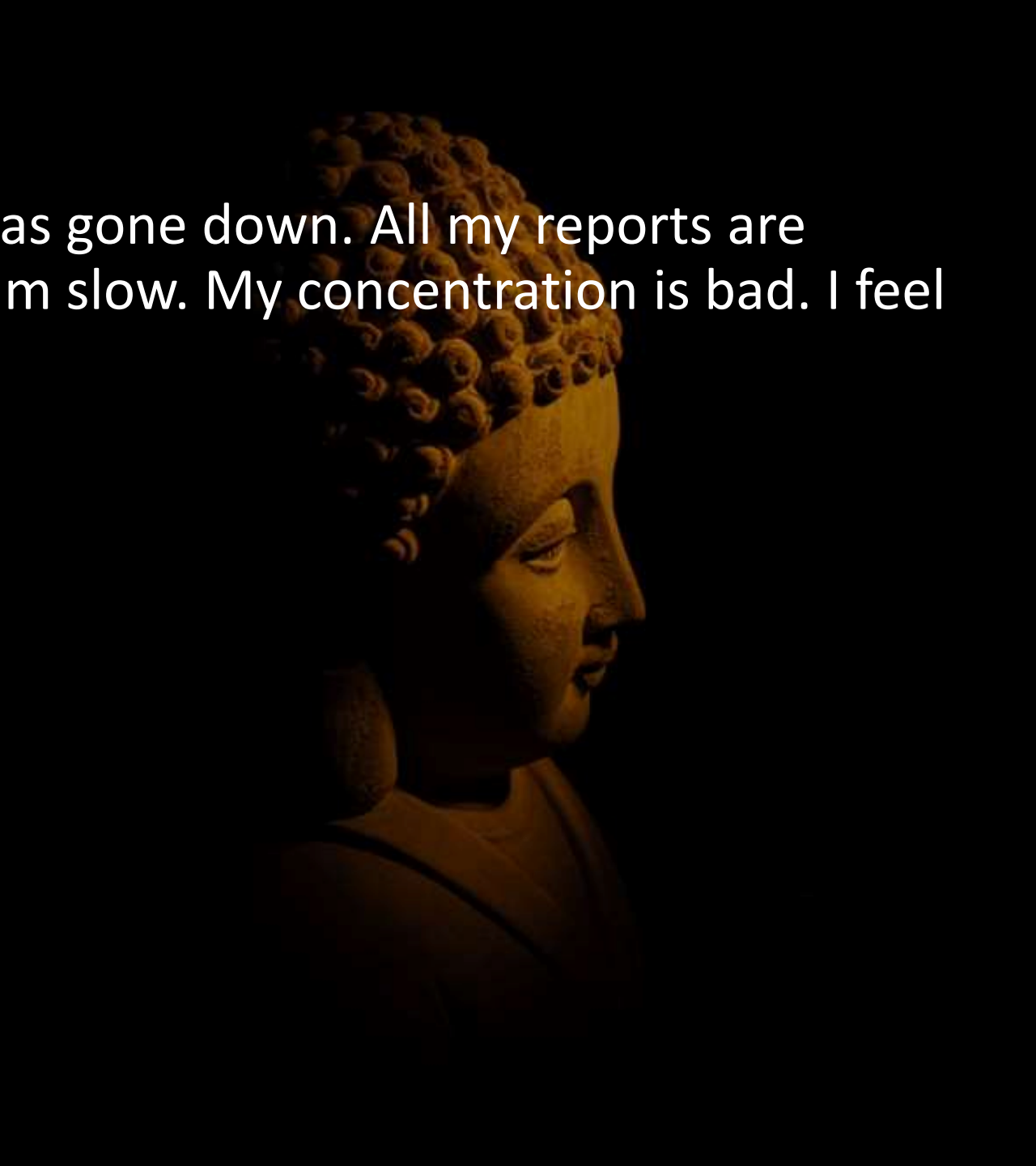
I am middle aged ! My interest in work has gone down. All my reports are normal ! I tried exercise , yoga but yet I am slow. My concentration is bad. I feel like running away

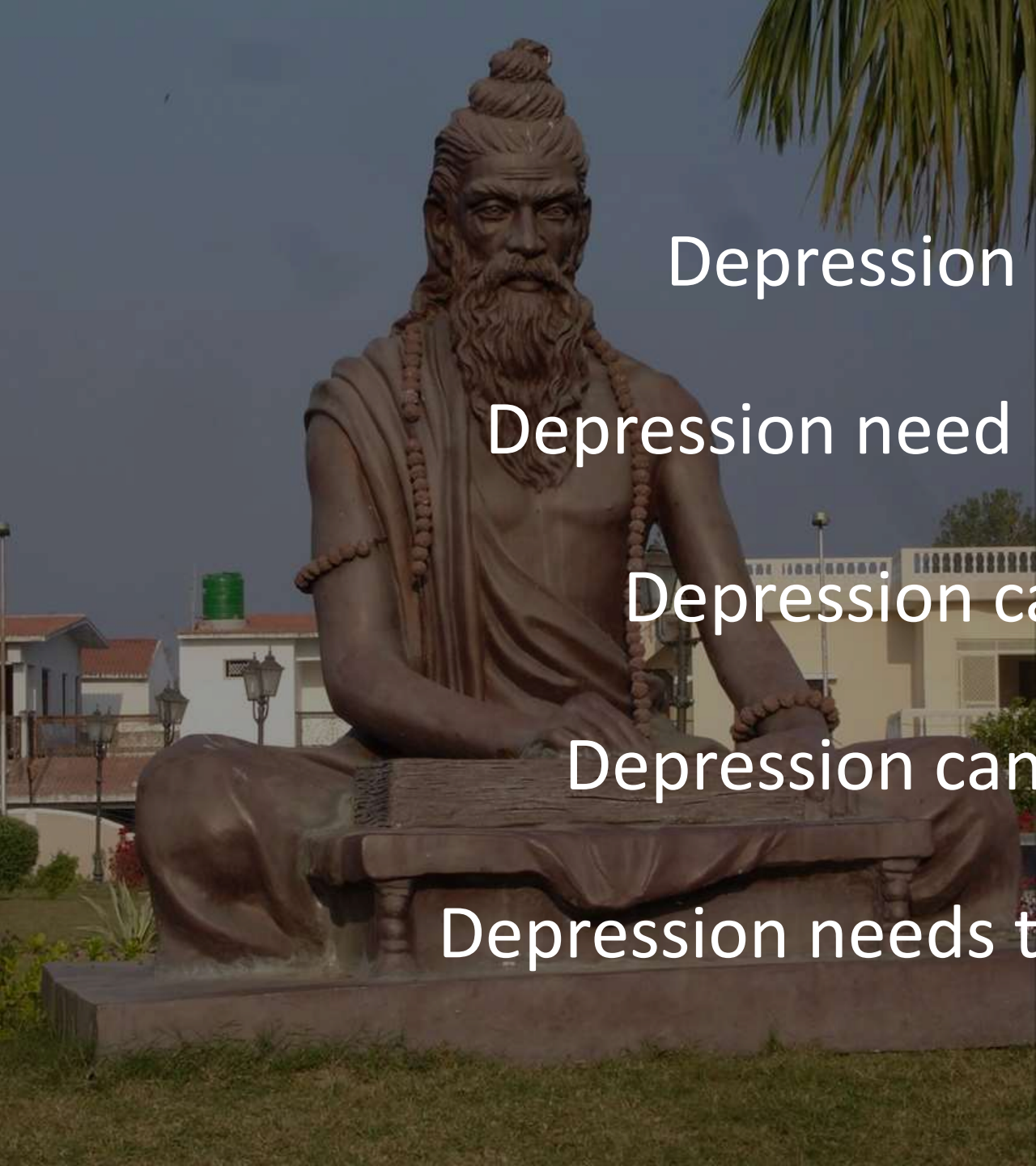
What is happening here to him/her ?

Is this Depression

What may be the cause ?

What is the solution ?





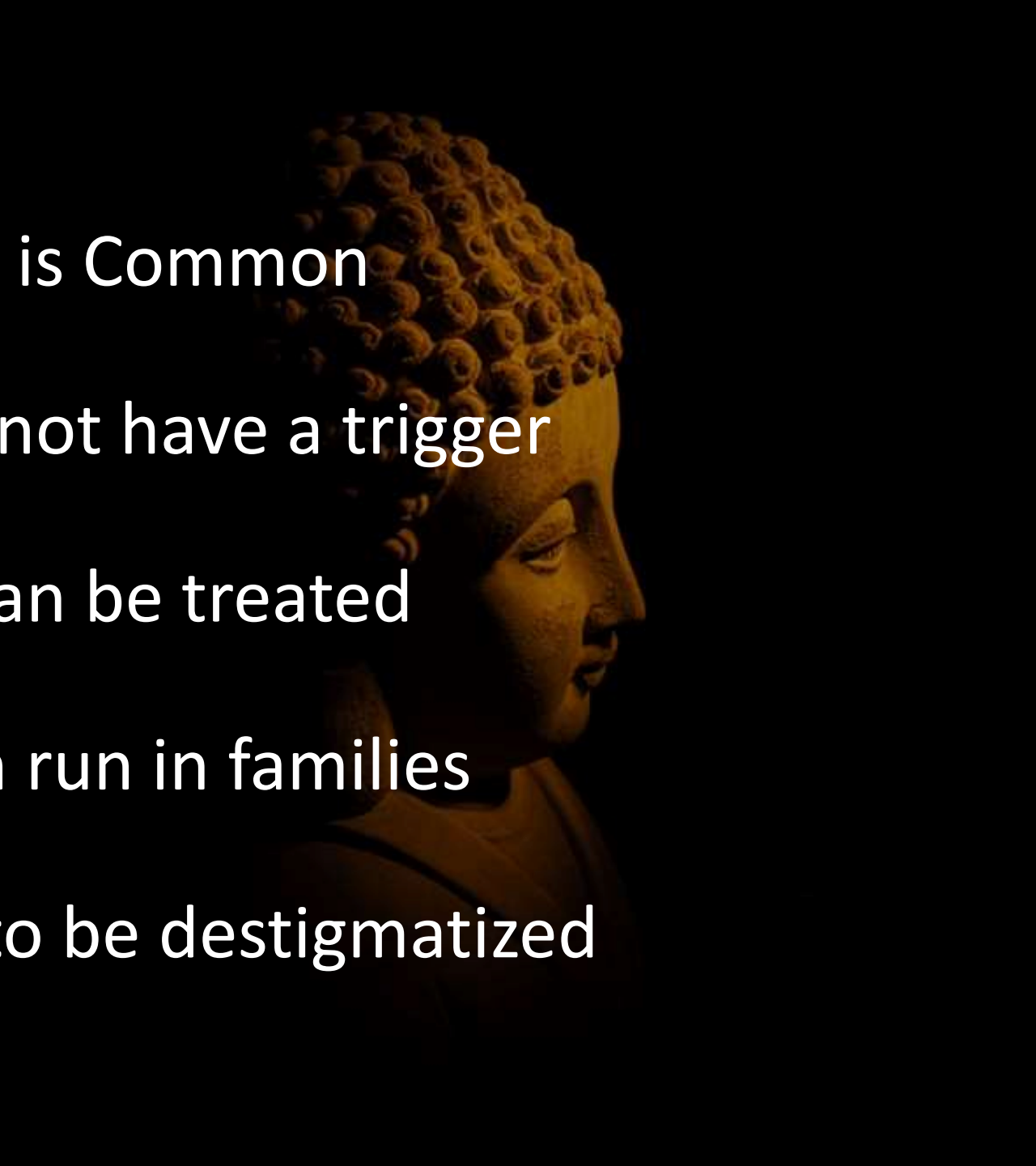
Depression is Common

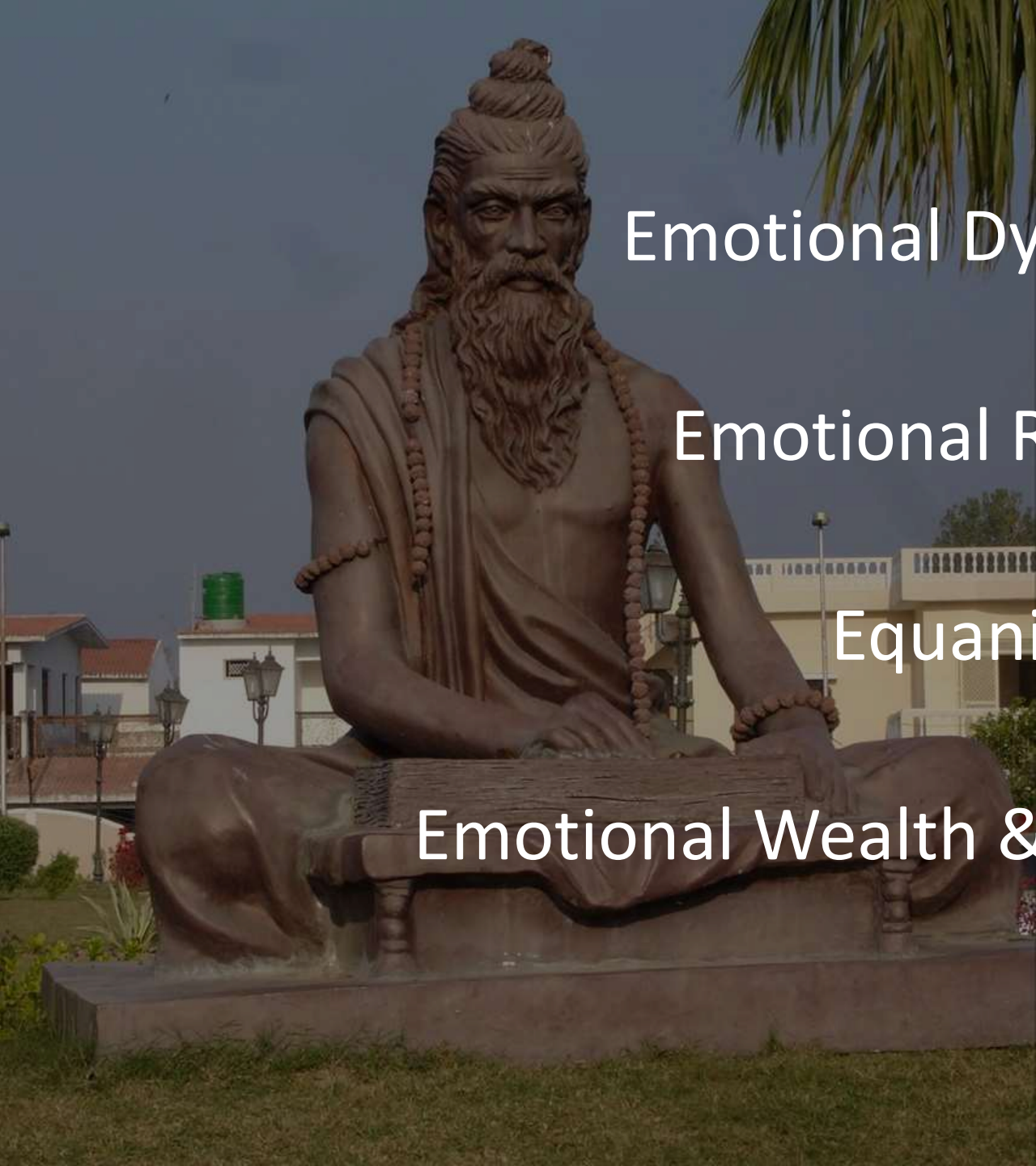
Depression need not have a trigger

Depression can be treated

Depression can run in families

Depression needs to be destigmatized





Emotional Dysregulation

Emotional Regulation

Equanimity

Emotional Wealth & Emotional Equity



A close-up photograph of a man with a mustache and wide, staring eyes, conveying a sense of intense anger or frustration. The word "ANGER!!" is overlaid in white, bold, sans-serif capital letters across the center of his face. He is wearing a light-colored, possibly green or yellow, button-down shirt. His right hand is partially visible on the right side of the frame, with fingers slightly curled. The background is out of focus, showing what appears to be a wooden door or paneling.

ANGER!!



SADNESS!!



ENVY!!

A close-up, profile shot of a woman with long, wavy hair, smiling broadly and looking out a window. The scene is bathed in warm, golden light, suggesting a sunrise or sunset. The background shows a blurred view of a building or structure through the window. The word "JOY!!" is overlaid in white, bold, sans-serif font across the center of the image.

JOY!!

FEAR!!





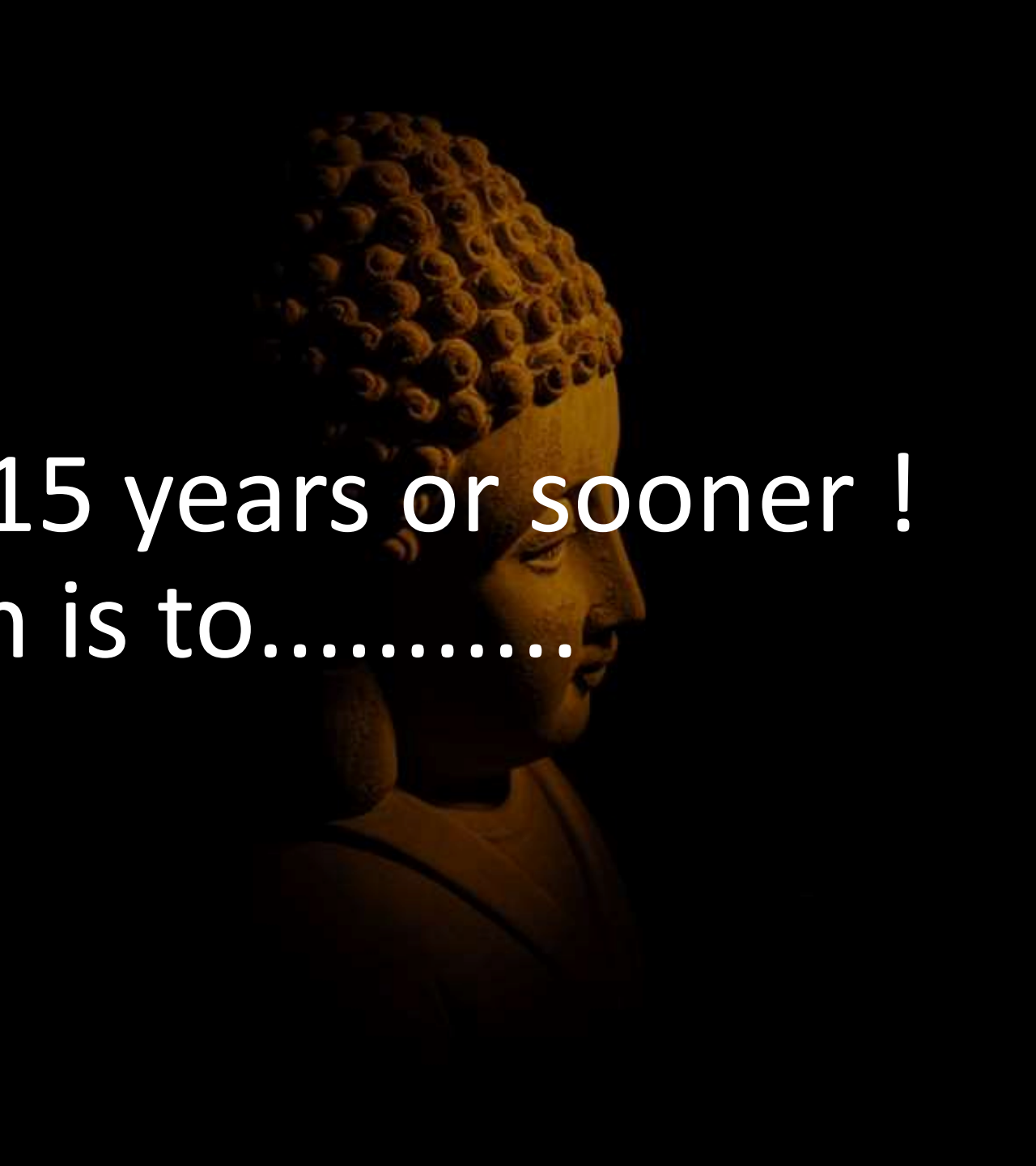
LOVE!!

A close-up shot of a man with a shaved head, wearing a dark suit jacket over a light-colored shirt and a patterned tie. He has a pained or ashamed expression on his face, looking downwards and to the right. He is holding a small, dark, cylindrical object in his hands, which appear to be trembling. The background is slightly out of focus, showing what looks like a framed picture or a wall with some texture.

SHAME!!

GUILT





I will retire in 10-15 years or sooner !
My dream is to.....

