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Mind over mood

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I have been a little unwell for a few weeks now with niggling health issues.

The illness that I have been experiencing has in many ways been impacting my thoughts, making me anxious and unhappy. I have tried to battle both mood and illness with medication.



While medicines have helped, my ability to shake off my anxiety has not abated and a nagging feeling of fear continues to prevail.

I was invited by a friend to assist her in working with a group of rural and semi-urban folk, who are attempting to find fulfilment in their otherwise fairly routine work.

In being with the group of young-to-middle-aged persons, I have been listening to their stories, the joy they have felt and their challenges.

Listening to them and offering my insights has helped me divert my attention from myself and focus on what is being shared. Thus I have been able to distance myself from my own health issues and offer myself completely to them.

Albert Ellis, a social scientist, is popularly known for propagating the belief that it is one's thoughts that impact one's emotions. In his famous book on mind over mood, he emphatically says that if we are able to alter our thoughts and thinking, our mood or emotions will also shift. My experience with the persons I have been working with testifies to this.

The age-old belief that what you focus on grows and what you ignore lessens or diminishes has certainly been true for me.

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