

Tomorrow Words Today: A Spiritual Awakening

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Schizophrenia is an enabling disease that is caused by ailing factors that controls the way people think and behave. Some of the factors that are disabling are factors of having the disease. The causes of the disease may make an individual unable to sustain a normal life. It is where they are not able to function daily due to circumstance that they encounter. One must understand the challenges we face. Empathy towards others is a moral power that is a concern. Having schizophrenia is a painful experience to having to heal from the regret, the hurt and the loss. This book is about how to understand mental illness and it includes the relationships and values on how to live a healthy life. Spirituality is a given.

A schizophrenic is special. They relate to life differently. They are able to understand life challenges. They are able to cope with indifferences that normal humans can't. They have the ability to handle stress in an encompassing way. They feel different about life. They react differently under stress. Their perception on life is different.

A schizophrenic can be identified with having the ability to interpret what they experience in life. They are able to understand emotions. They have the ability to relate to circumstances that occur in life. They can empathize with others. They can manifest problems with positive solutions. They are able to control anxiety from stress through understanding what normal people perceive as a threat. The symptoms schizophrenics have are an alternative symptom that can be controlled by coping with the disease.

One of the most important factor in having schizophrenia is to maintain a stress-free life. Everyone needs to have enough sleep in order to function proper day to day life. A person needs to have a proper diet and exercise to stay healthy. A person needs to get rid of all the negativity in their life. By surrounding themselves with positive people who support them and believe in them is very important. The most rewarding medication in life is finding some things that you like to do. It could be writing, joining an activity, going to school, having a job they enjoy, reading a book... Everyone in order to lead a

peaceful life must do the things they enjoy doing the most with their time. Waking up with a positive outlook on life, to doing something that is stress free, is the basis of function healthy daily.

The ability to living a healthy life is essential to coping with the disease. Outside factors that disable and disrupt life are what alienate a state of mind. It is easily to be disturbed about hearing voices of people conversations talking about you. Bad health of not remembering things from the past or dementia of misplaced items can be a difficult experience and unhealthy. One must be mindful that in order to find peace, we must accept things for what they are and what they have become. Stress can cause health problems. First your health decreases and then you lose your mind. One must learn humility will keep you focused on maintaining a healthy life style.

There are disabling elements that trigger the disease. Stress can raise your blood pressure, cause diabetes, cause lupus and liver disease. Stress will make you eat more. Obesity is the worst for effecting health problems. While people are under stress, they have the tendency of having hallucinations, delusions and illusions. Stress can make a person agitated. There are programs for having a healthy diet, exercise and can teach how to cope under stress.

A person with schizophrenia, can understand their emotions. They can sort through problems of their condition and acknowledge what they are suffering. Schizophrenics may have their highs and experience their lows. Most people under stress feel suicidal. Stress can make a person unbalanced. Under stress feel fear, hatred, anger and sad and our minds are troubled and because of feeling threats thoughts of suicide appear. Stress can be a history of suffering thoughts that make you ill. Staying healthy will give you a clear mind, make you stronger and happier. One must learn to handle their stress and thoughts under stress that feed the illness.

A schizophrenic may be hospitalized if they are a threat to themselves or they are a threat to others. Sometimes people will try to pull away from things they do not understand. People are quick to misjudge things

they cannot relate to. People who are looked as being different, separate us and are have moral limitations that cause problems in understanding those with the disease. By trying to understand the struggle of schizophrenia is spiritual in what they suffer and it helps us perceive our sensations of what matters of giving respect in something that is beautiful.

There is something about being moral in understanding how we suffer. Social pressure comes from conflict in how disease is perceived. The insecurity of how you feel about yourself image is your own insecurity of how you feel about yourself. One cannot live their life living up to others expectations. One must find peace in their own lives by being comfortable with who they are. What others say about you is not important. What is important is how you feel about yourself. What are you doing to stay healthy? What are you doing to make you look good? What are you doing in your life to make you happy? That is what life is about. That is the secret of living a healthy life.

Having enough sleep is important, but having too much sleep is unhealthy. Find something positive to do with your time. Spiritually in order to improve your mental health you have to occupy your mind with reflecting on positive things. Drinking is not a good example. Having deviant behavior is not healthy living. It is important to have good values, positive values in living an earnest life

style. Having a hobby can exercise your mind so that you will stay focused. It is prevent your mind from thinking bad things and encompassing bad behavior. It is the most important connection that is spiritual and soulful in having an active healthy life.

Having family and friends is important. One must never isolate himself. It will make him crazy. One needs to have communication with others in order to stay healthy. Talk to someone at work. Have conversations with your family members. Give them the respect from being lonely. Reading, going to the movies, watching television, is good for developing communication and staying a brisk of the real world. One would begin to lose reality, going out of touch with reality, if he never tries to understand the real world.

An idle mind is the devil's den. It is important in keeping everyone connected. We cannot assume each other's behaviors. We must be responsible for our own actions. People who are envious or jealous of you will try to do everything in their power to destroy you to bring you to their level of understanding. Do not be afraid. One must learn to live their lives without facing controversy, but facing reality, by knowing there is a problem and finding the solution to overcome and copy with their problem is essential to living a healthy life. One has come to for to become an achiever to give up.