

Hi, I'm a 36-year-old, living in Malaysia since the past 3 years. Grew up in Mumbai (India) and left the country in 2011, Currently working as a marketing manager in an MNC. Had a great childhood and grew up in a loving family.

### **My struggles/issues/challenges:**

Lack of self-confidence and self-love. I would put myself down a lot and feel very low and upset every time I face rejection

I was dealing with this from 2016 to 2019. It was sporadic though and not regular

### **My symptoms (physical, emotional, mental)**

- Lack of sleep. Stomach pain. Loss of concentration and low energy. Also feeling very negative towards the future and lacking motivation.

### **The process and journey of dealing with my struggles/issues/challenges:**

- A few Sessions with my therapist, Geeta and guidance on the therapeutic process. The sessions help in really pushing my own boundaries and allowing the uncomfortable feelings to surface, which are sometimes very difficult on your own. Also help in guiding me to search for some of the answers to why I was feeling a certain way.
- therapeutic processes –  
Pillow Releases,  
Journaling  
Affirmations  
Meditation, Deep Breathing & Yoga
- non therapeutic processes –  
Going Hiking. The forest has great healing properties and recharges my energy levels.  
Diligently Practising and studying Buddhism. Chanting Nam Myoho Renge Kyo  
Diet improvements: It really improves my mood. Eating avocados and Bananas are also mood boosters. Reducing Cow-Milk (since intake and replacing it with Multigrain Milk.

### **The change that I noticed while going through the self healing journey**

- Became regular and diligent with the therapeutic process. This is very important as it is an exercise which like any other one, is more beneficial when it becomes regular. Also consciously made changes to my diet and went hiking a lot more.
- Better equipped to deal with negative emotions and uncomfortable feelings. Feelings of dejection, depression and disappointment. Gradual and consistent mood

improvements, which has also eventually lead to changes in external environment and better connections with people. Helped in improving my relationships with people.

- Sleep patterns are better and Stomach pain / acidity is less frequent.