

Course on my blog

Program

- Blog
 - Read my blog
 - Update my blog using
 - a Mind Map
 - Blog Presentation

- My story
- What is mental illness?
- What will I talk about in the course and what won't I?
 - Not about schizophrenia for example
 - Because I'm not an expert on the subject

Prepare the first lesson

In what subjects?

- anxiety
- depression
- society
 - shyness
 - How to get along in society?
- time management
 - Coping with time management
 - boredom
 - overload
- laziness
- tiredness
- Insomnia
- Other subjects
 - general education
 - The truth and my relationship to it
 - opinions

Personal Development

What tools can help us?

- help us
 - positive thoughts ③
 - will power
 - developing good habits
 - To know what our life goals are
- thoughts
 - negative thoughts
 - disturbing thoughts
 - myths we build for ourselves
- harm us
 - bad habits
 - Wean off addictions
 - alcohol
 - drugs
 - tobacco
 - sexual deviations
 - to deal exclusively with a single subject
 - lack of focus
 - memory problems
- Sometimes to help and sometimes to harm
 - therapists
 - medicines