

## How to use your Mind Hygiene™ PDF

I remember vividly sitting in my backyard after a grueling day at work about ten years ago. The evening air was cool, and the sky was painted orange and pink, so you'd think I'd be happy. In my left hand, I clutched a Corona Light with a lime wedge freshly popped into it, and in my right hand, a cigarette poised between my fingers as I prepared to roll a joint. My phone buzzed incessantly as I vented about my frustrating life and the seemingly insurmountable challenges at work.

After firing off a few texts, I paused, my thoughts spiraling into a dark, relentless loop. "Why am I so stupid?" I berated myself silently. "Why is everything so hard for me?" The weight of stress, amplified by my bipolar disorder, pressed down on me. I felt like an outcast, convinced nobody liked me and that I was destined to fail. I repeatedly replayed the day's blunders, especially when I walked out of a patient's room in distress, feeling utterly defeated and incompetent. I realized then that whatever anyone else does is not my business, and I have to figure out how to feel good about myself and be nice to myself.

Let's take a moment to Mind Hygiene™ that this young man is hurting. With this story, we have created Mind Hygiene™, which means we've created awareness around it. Let's try to take this awareness and be nice to it because we are taking time to understand who we are; therefore, we have earned compassion because we are writing about it. Let's take a moment to empathize with what I went through, understanding that it was hard, and that's why I am trying to fix my emotions. Let's also take some time to sort through the process without seeing it as hard, complex, or stressful. This is because if other people can get sober and emotionally free, so can we.

Instead of focusing on fixing our emotions, overcoming our thoughts, or controlling our minds, which often leads to bad news and pressure, we should find healthier ways to accept life. Blocking things out or forcing ourselves to be strong and positive is not always the solution. When these methods don't work, resentments develop. When resentments develop, we choose the path of least resistance, leading to behaviors we don't want, such as eating sugar, talking negatively about ourselves, lack of exercise, and being unkind to others. These actions affect our relationships with ourselves and the people we know.

On the first page, you can take just one event as I did and write down ways to accept it, show it compassion, be empathetic, and soften the process. An example of softening is not talking to people who complain and are only looking for solutions. As you can see below, that's where you train your mind to Empower ACES and Disregard FACES.

Our minds view challenges as hard, staying positive, needing fixing, coping, and strength. Mind Hygiene™, supported by medical evidence, provides a framework that will allow you to accept your awareness, communicate with yourself compassionately, and embrace yourself empathetically. Positive thoughts are a judgment; what about when they're negative? Instead, try to find ways to accept your mind. The more you practice this, the better you become at it, eventually training your mind to be nice to yourself permanently by daily writing, not daily thinking.

Try to keep things simple. Start by practicing for one second every day. Then, try it for one second every hour, gradually increasing to two seconds every hour. Just like any new workout program or new video game, it will take time. Think of this as a mental exercise that, along with any necessary medications, will help you be Brilliantly Bipolar every day for the rest of your life.

If I can do it, so can you.

# How to use your Mind Hygiene™ PDF Example

Be nice to yourself everyday through Mind Hygiene™

Don't think about emotions, write about them

ACES Your Life with Mind Hygiene™

Accept Your Awareness  
Communicate Your Compassion  
Embrace Your Empathy  
Soften the Process

## Compassion

Today, I took an action step and showed myself kindness and love. By taking a moment to accept who I am, I've earned compassion. I don't need to be hard on myself anymore, as long as I make an investment to write every day starting with one second.

## Awareness

I accept that I sometimes tell myself I'm dumb, stupid, and that I'm hurting. There's no need to judge this awareness as good or bad. Inside, I'm in pain, but outwardly, I often pretend everything is fine. My behavior and actions have been mindless, but through writing, I'm starting to gain awareness of my true feelings.

Write the memory you want to work through in the boxes

## Empathy

Nobody sat me down when I was young to warn me that one day, I might be drinking alcohol, smoking cigarettes, and struggling with self-hate. I understand that my parents were dealing with their own pain and didn't know how to help me when they couldn't help themselves. I am one step closer to self-forgiveness.

## Soften

I think I would like to soften and not say that this is hard or difficult. Is it hard and difficult to stay in resentment, or hard to develop myself? I don't want to talk to others that complain anymore and view bipolar as a some big problem. I want to find others that are solution driven and that will empower me to be better.

# Be nice to yourself everyday through Mind Hygiene™

Don't think about emotions, write about them

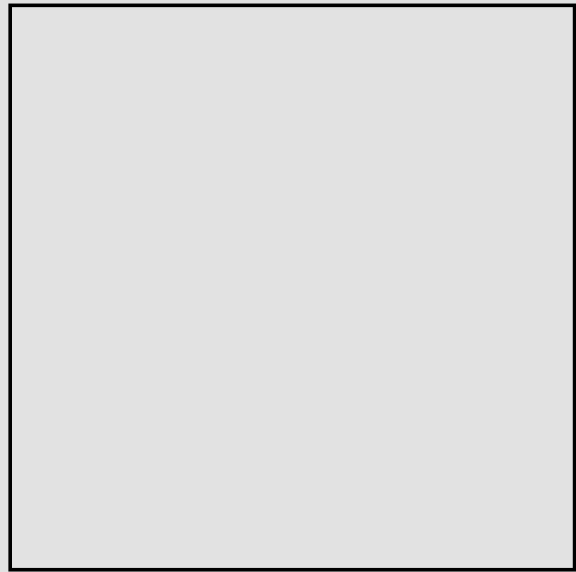
ACES Your Life with Mind Hygiene™

Accept Your Awareness  
Communicate Your Compassion  
Embrace Your Empathy  
Soften the Process

Compassion



Awareness

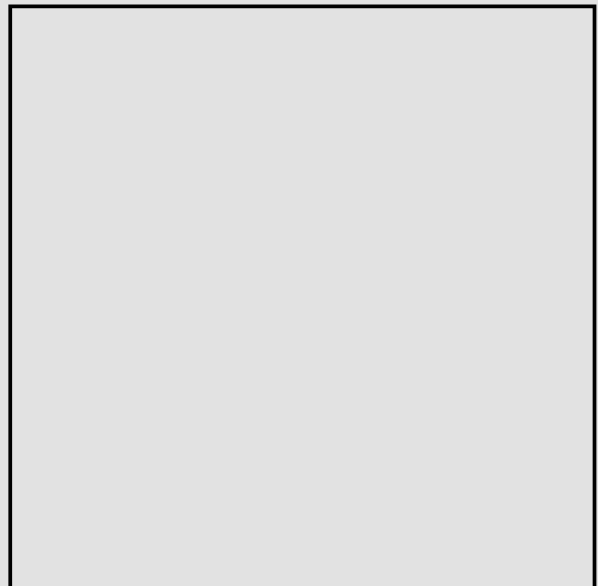


Write the memory you want to  
work through in the boxes

Empathy



Soften



# Mind Conditioning

## Empower ACES

- Accept your **A**wareness
- Communicate your **C**ompassion
- Embrace your **E**mpathy
- Soften and not harden

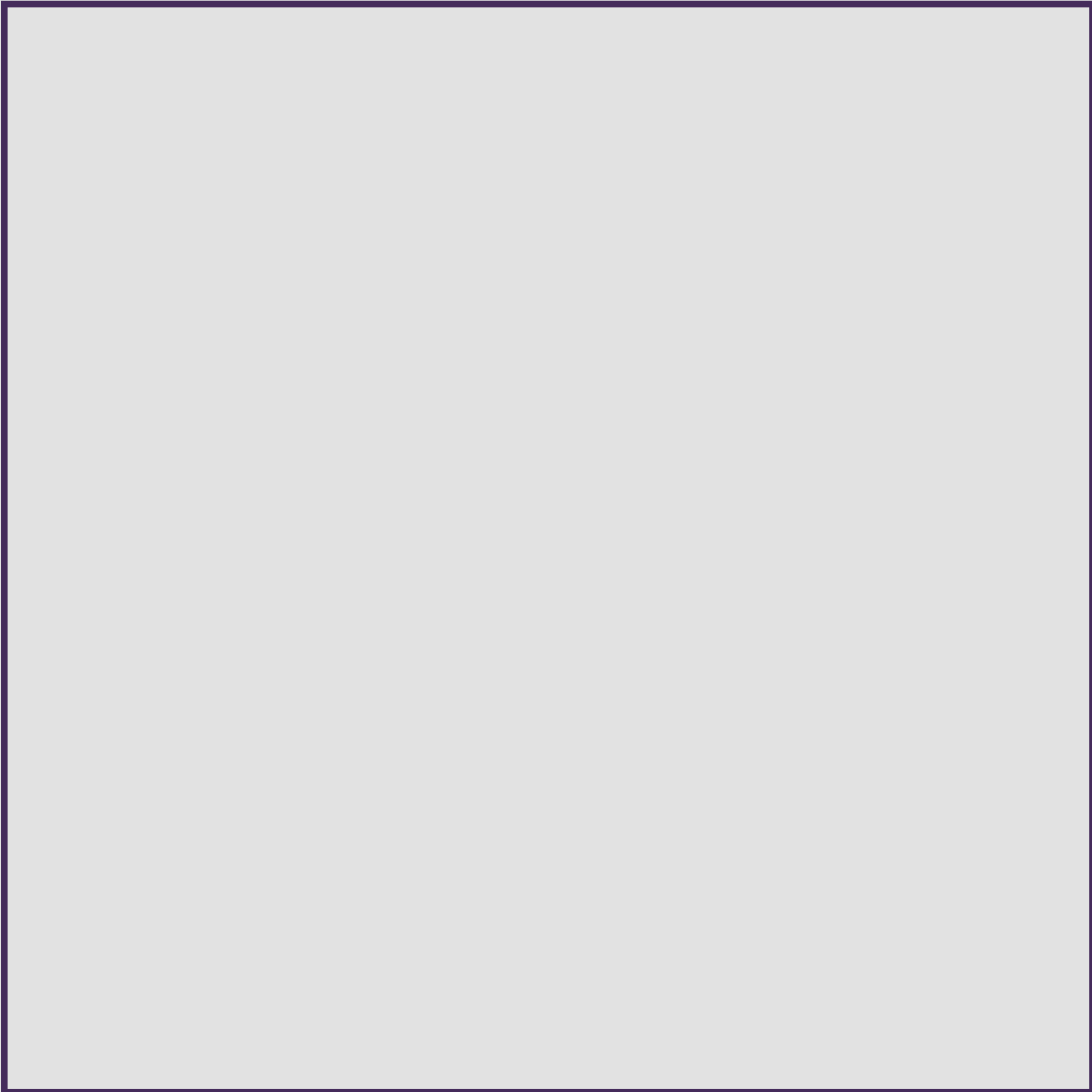
## Disregard FACES

- **F**ix
- **A**nger (overcome)
- **C**ontrol/**C**ope with/**D**eal with
- **E**rase (block out)
- **S**trong

## Mind Training

### Start Simple.

Examples include accepting your thoughts for 1 second, taking 1% out of the day not to control your emotions, eating 1% less for 1 second, and running fast for 1 second. Inevitably, this will increase as you become more consistent. Daily action is one step closer to loving yourself and discovering who you truly are

A large, empty rectangular box with a thin black border, intended for writing notes or reflections related to the mind training exercises.

**Don't think about emotions, write about them**

Ready for the next step in your Mind Hygiene™ journey?

I've shared my story and how Mind Hygiene™ has helped me live brilliantly bipolar. If you're interested in diving deeper, join me on YouTube, where I'll share more tips, personal stories, and actionable steps to help you live brilliantly bipolar every day.

Click on the link below to watch now.

<https://www.youtube.com/@brilliantlybipolarmd>



### **Brilliantly Bipolar MD**

We help those suffering from Bipolar Disorder  
Unlock Their Inner Brilliance through the Power of  
Mind Hygiene™ and Sprinkles of Medical Evidence...

 YouTube

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