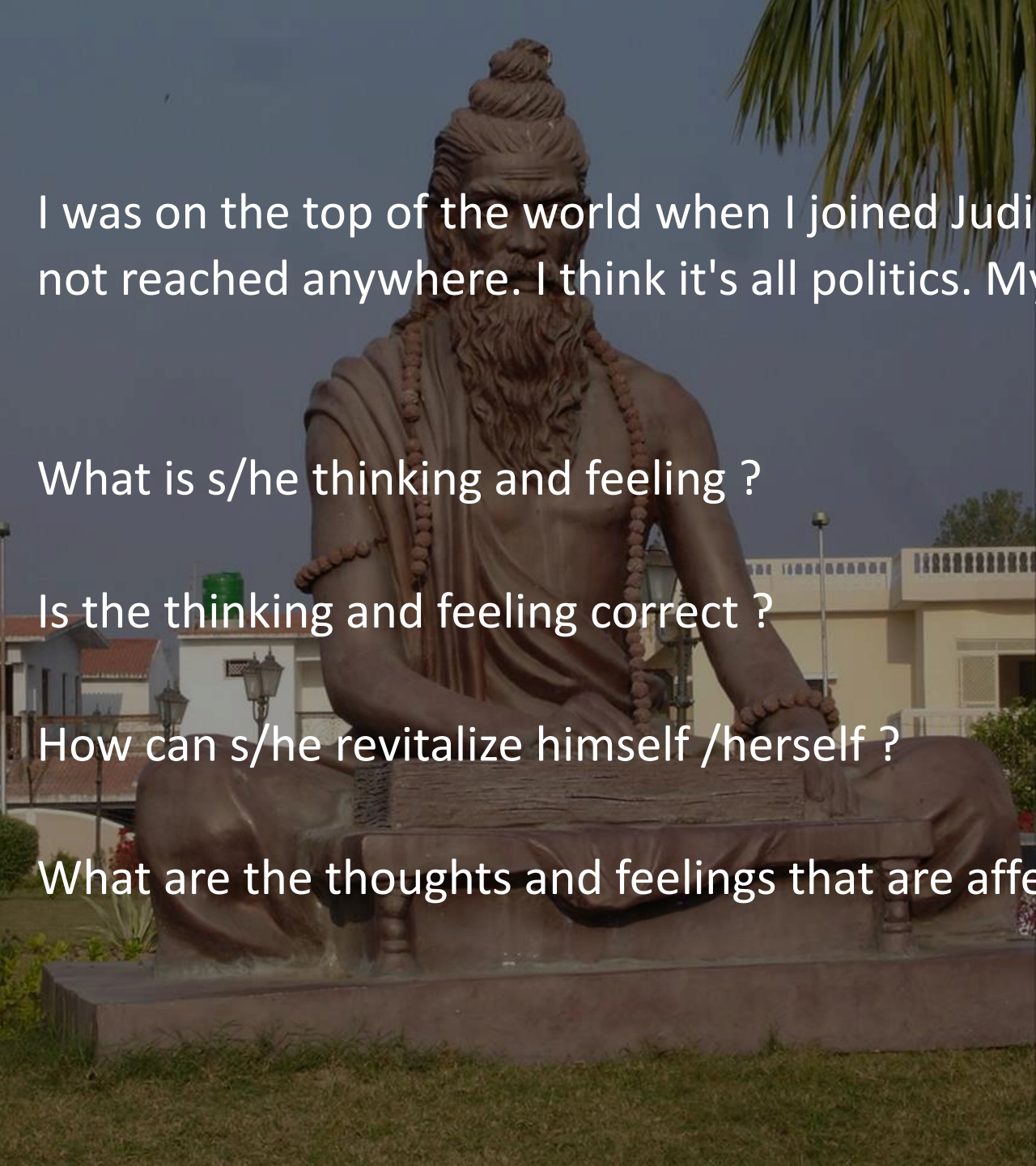




# MID LIFE CRISIS & LIFE BEYOND DIAS

- Dr. Harish Shetty



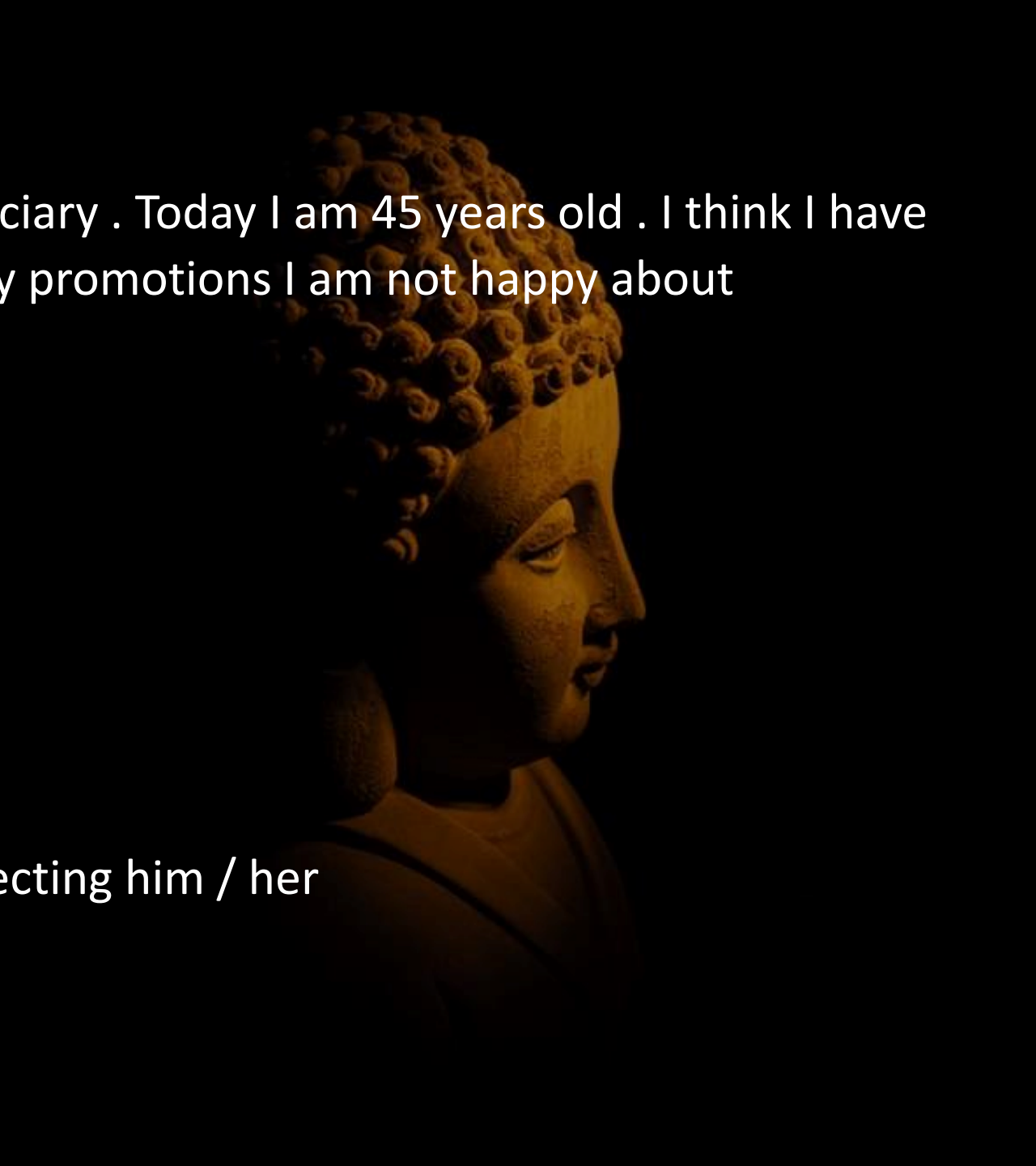
I was on the top of the world when I joined Judiciary . Today I am 45 years old . I think I have not reached anywhere. I think it's all politics. My promotions I am not happy about

What is s/he thinking and feeling ?

Is the thinking and feeling correct ?

How can s/he revitalize himself /herself ?

What are the thoughts and feelings that are affecting him / her





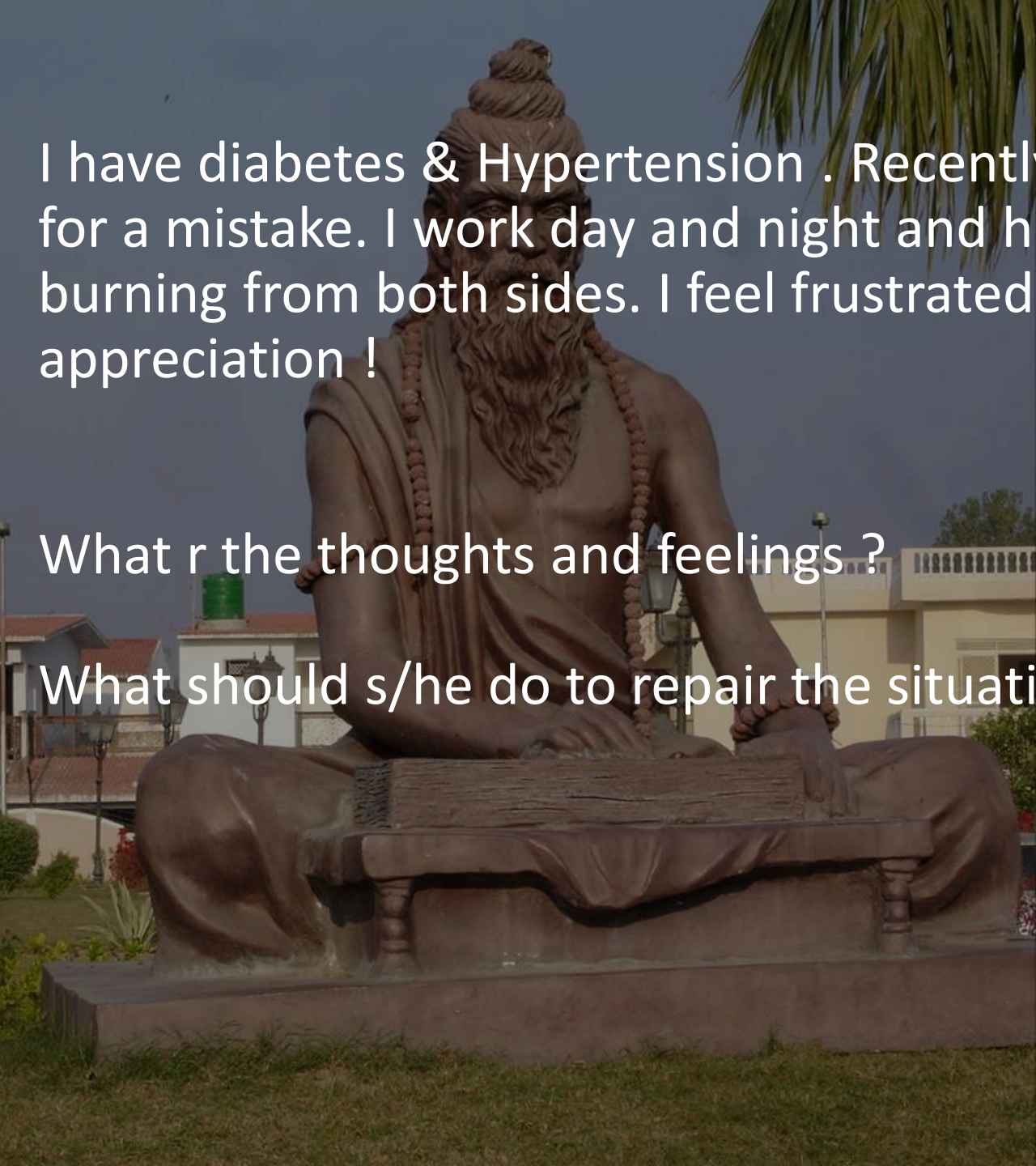
Confidence vs Complexes

Contentment vs Criticism

Courage vs Conformity

Compassion vs Cruelty

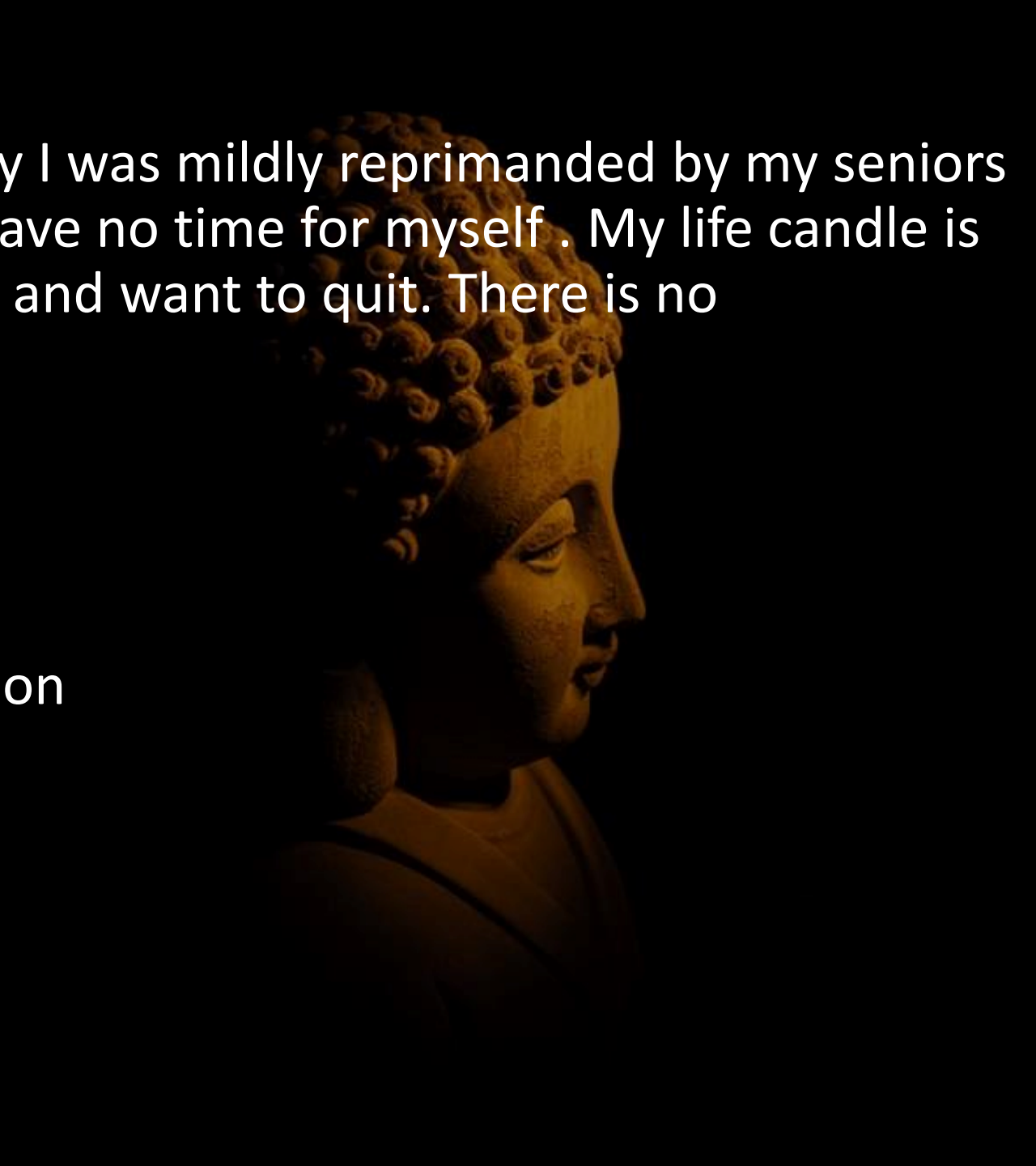


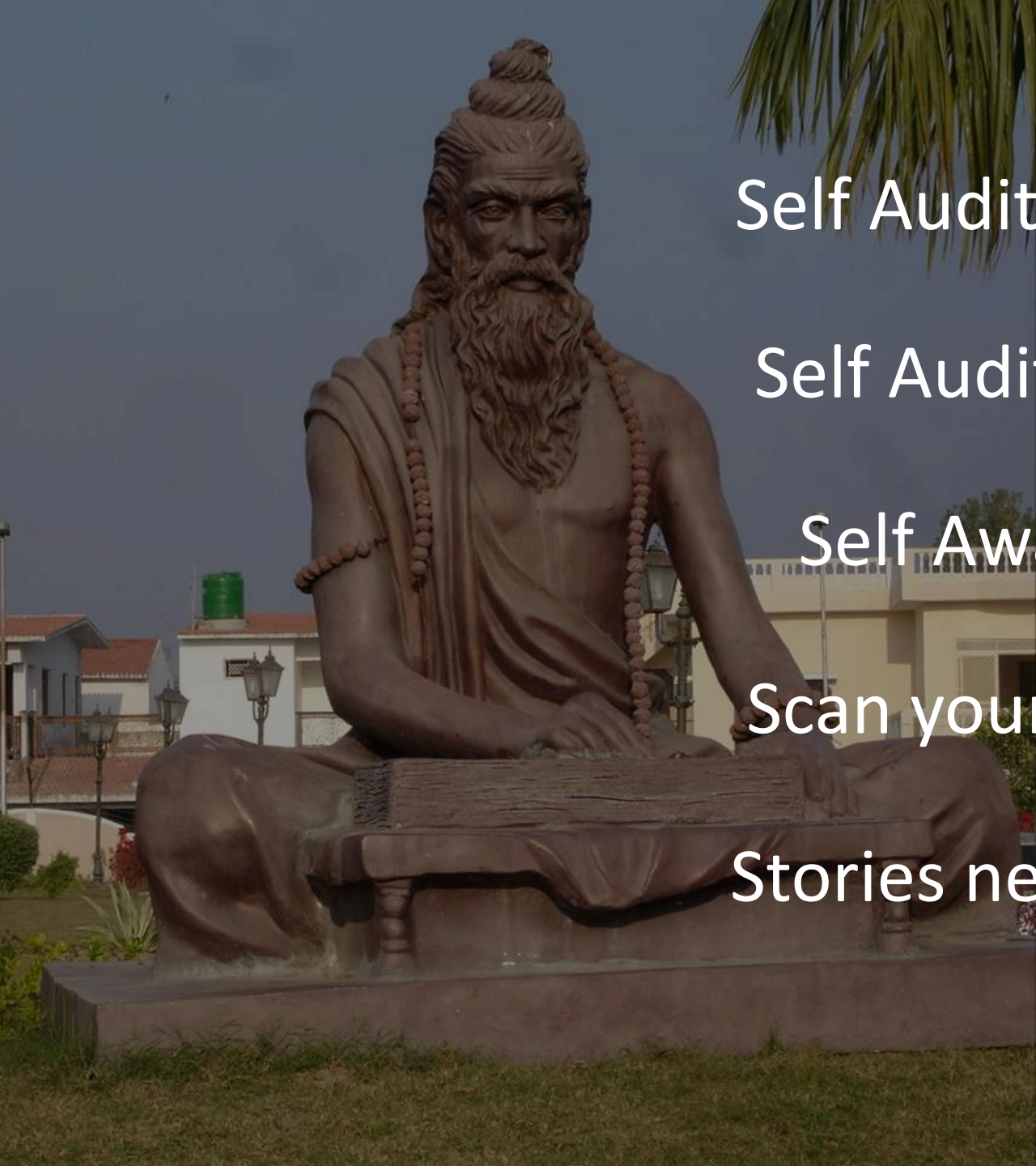


I have diabetes & Hypertension . Recently I was mildly reprimanded by my seniors for a mistake. I work day and night and have no time for myself . My life candle is burning from both sides. I feel frustrated and want to quit. There is no appreciation !

What r the thoughts and feelings ?

What should s/he do to repair the situation





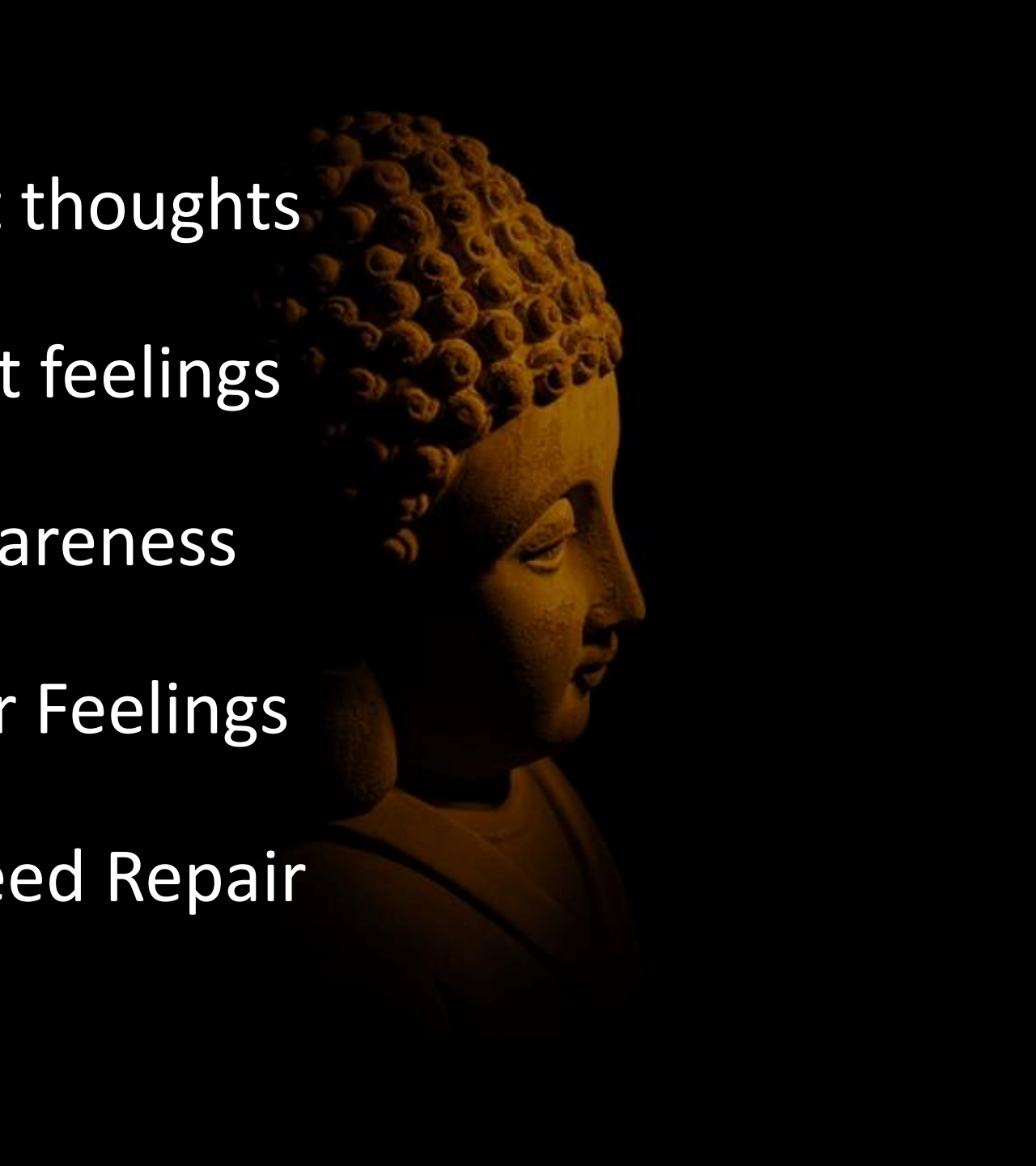
Self Audit thoughts

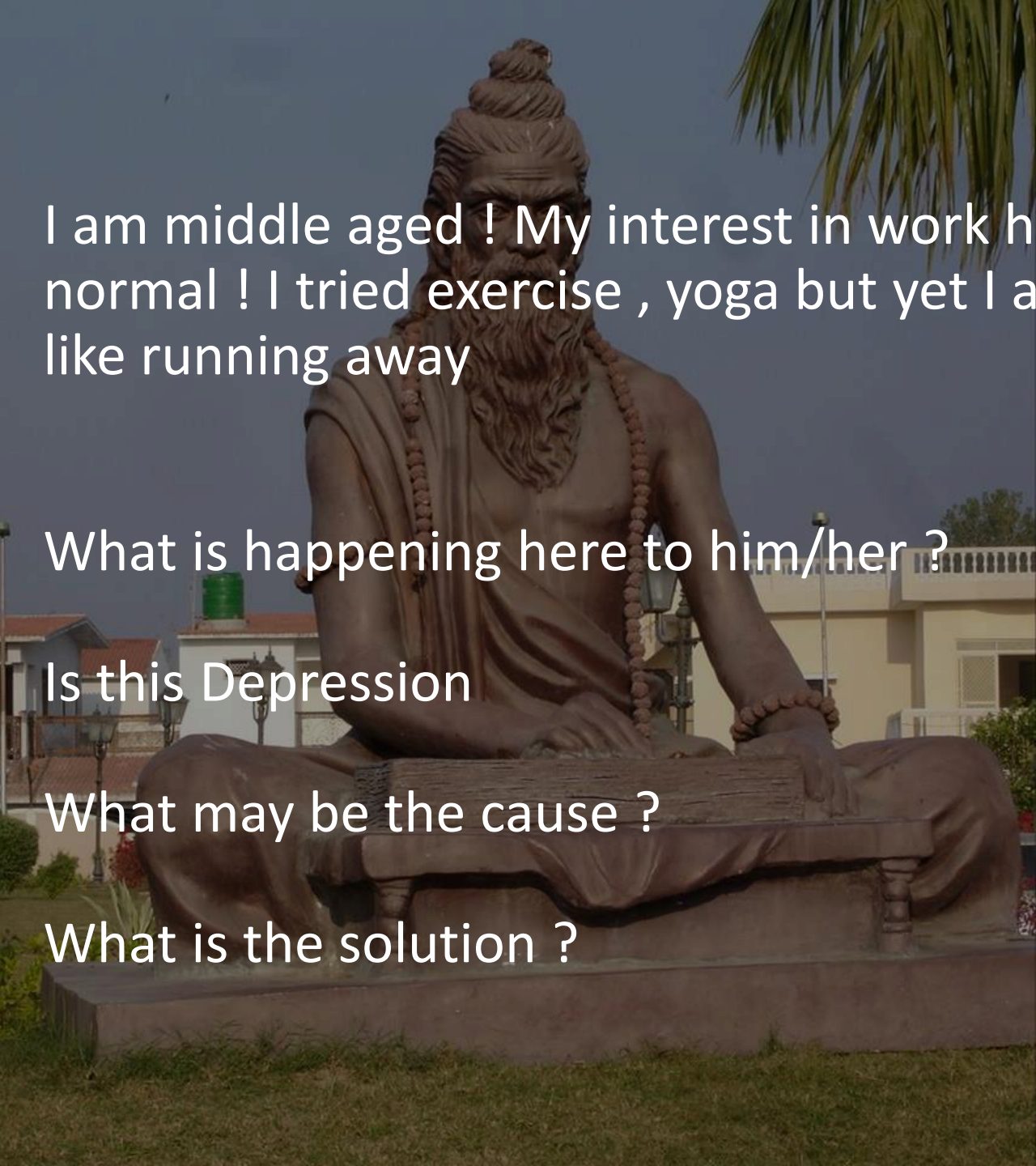
Self Audit feelings

Self Awareness

Scan your Feelings

Stories need Repair





I am middle aged ! My interest in work has gone down. All my reports are normal ! I tried exercise , yoga but yet I am slow. My concentration is bad. I feel like running away

What is happening here to him/her ?

Is this Depression

What may be the cause ?

What is the solution ?





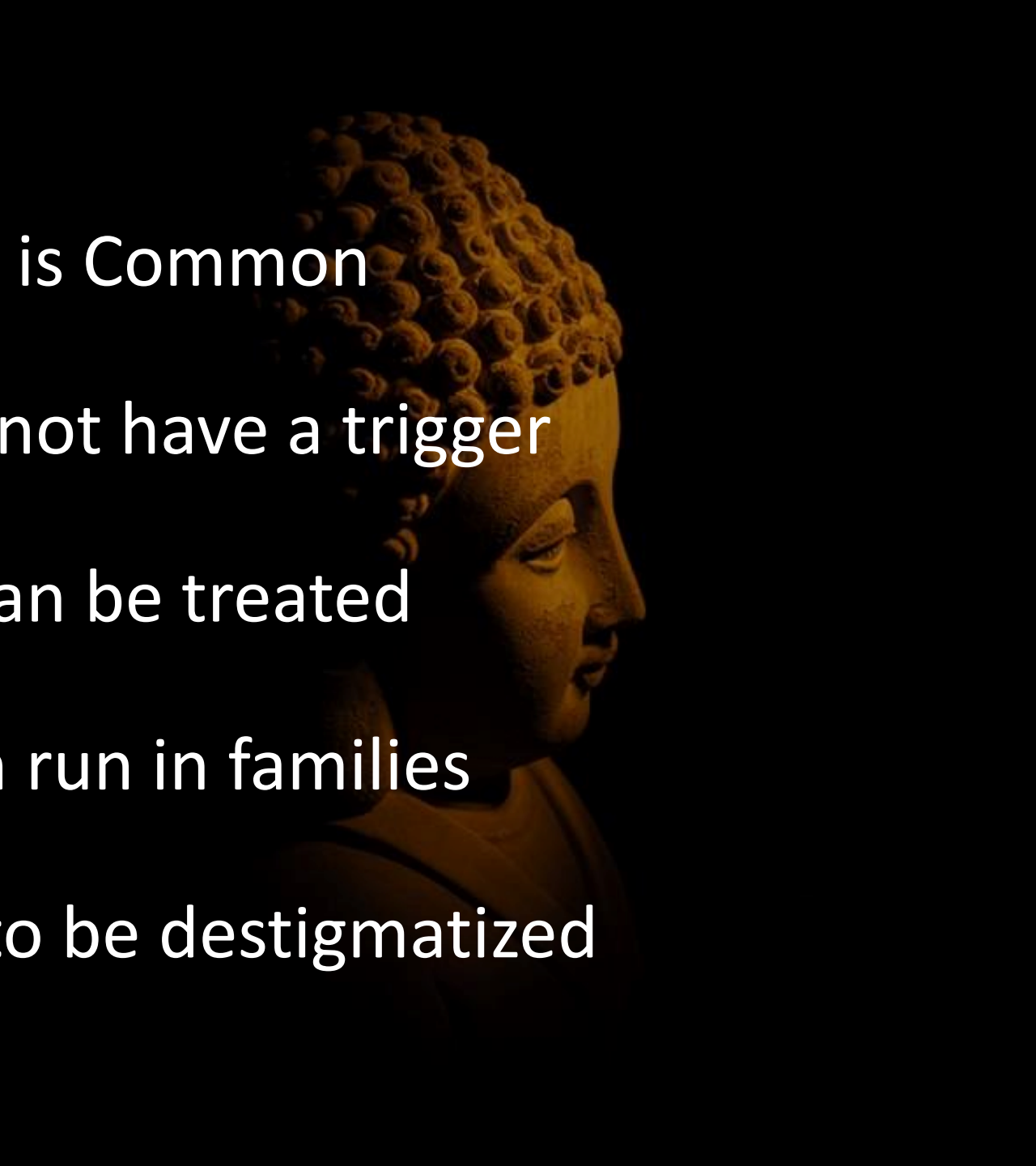
Depression is Common

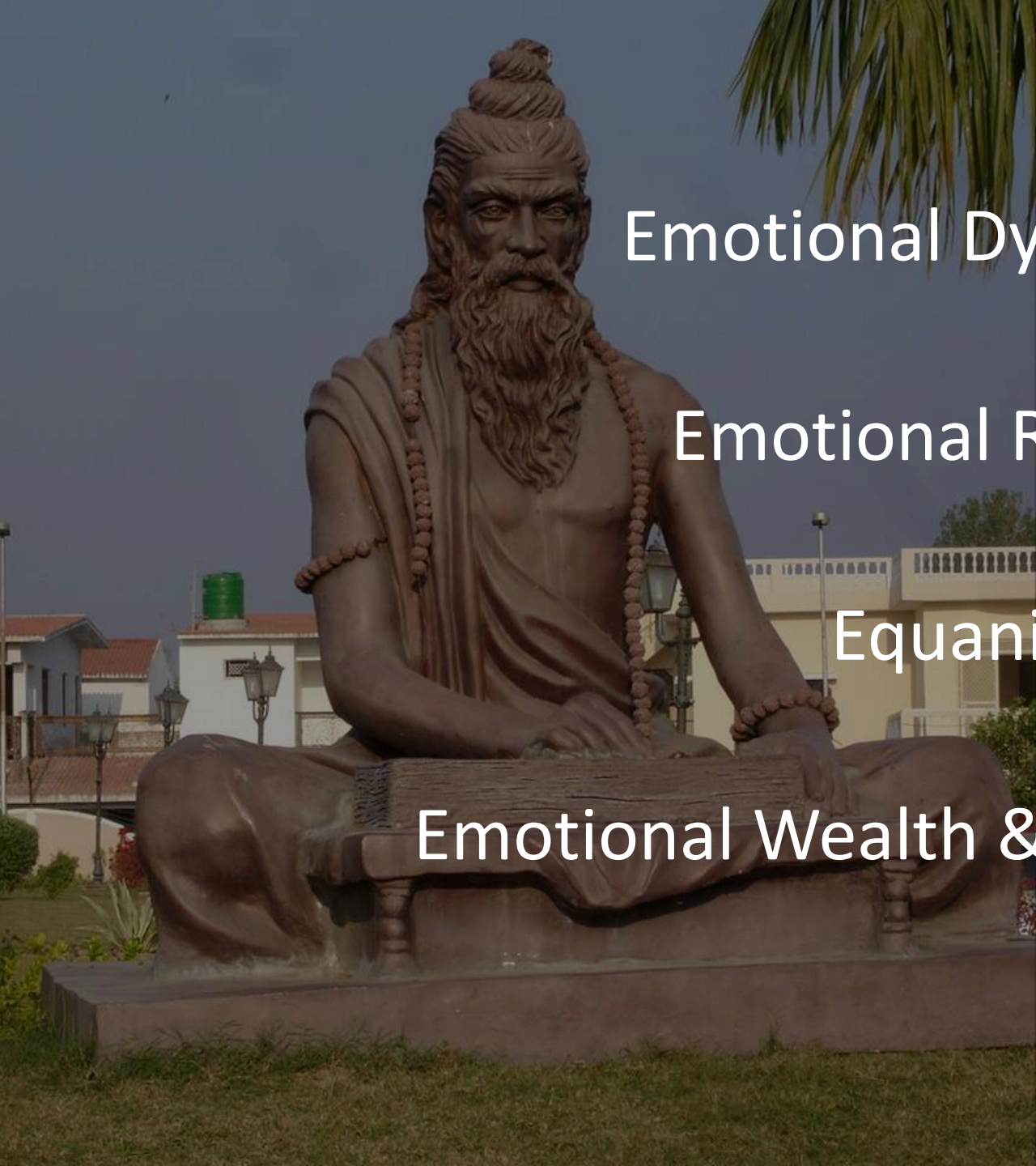
Depression need not have a trigger

Depression can be treated

Depression can run in families

Depression needs to be destigmatized





Emotional Dysregulation

Emotional Regulation

Equanimity

Emotional Wealth & Emotional Equity





A close-up photograph of a man with a mustache and wide, staring eyes, conveying a sense of intense anger or shock. He is wearing a light-colored, possibly yellow or green, button-down shirt. His right hand is raised near his face, with fingers slightly curled. The background is blurred, showing what appears to be a wall with some decorative elements. The word "ANGER!!" is superimposed in the center of the image in a white, bold, sans-serif font.

ANGER!!



SADNESS!!



ENVY!!

A close-up, profile shot of a woman with long, wavy hair, smiling broadly and looking out a window. The scene is bathed in warm, golden light, suggesting a sunrise or sunset. The background shows a blurred view of a building or structure through the window. The overall mood is one of happiness and contentment.

JOY!!

FEAR!!





• LOVE!!

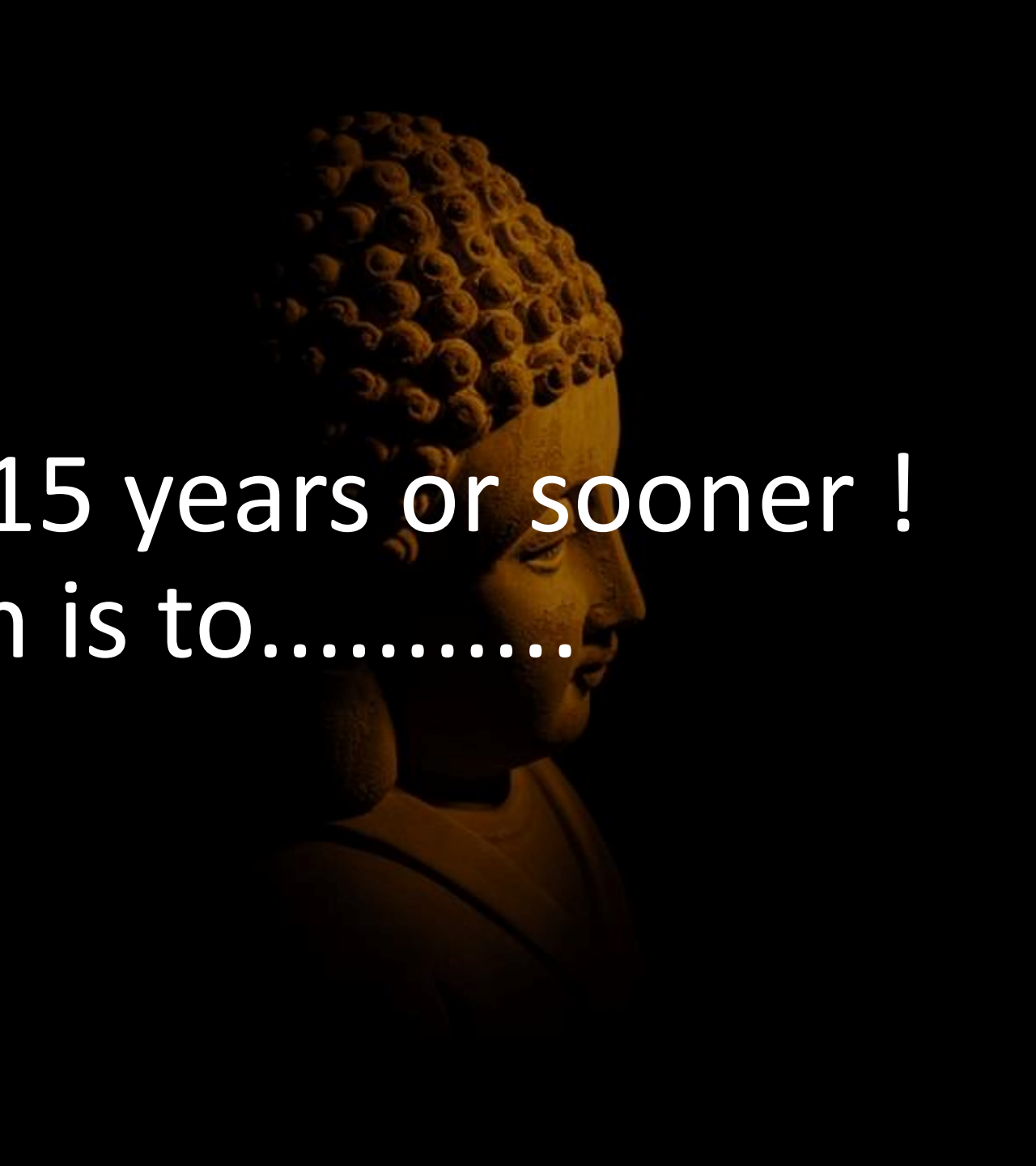
A close-up shot of a man with short, dark hair, wearing a dark suit jacket over a light-colored shirt and a patterned tie. He is looking downwards and to the right with a somber, almost pained expression. His hands are visible near his chest, holding a small, dark object. The background is blurred, showing what appears to be a framed picture on a wall. The overall lighting is dim and moody.

SHAME!!

GUILT







I will retire in 10-15 years or sooner !  
My dream is to.....

