



The Secrets to Keeping Your Mind During Tough Times

The entire world is currently facing a crisis of unprecedented level. The looming threat of a pandemic continues to push the economies and health care systems of several countries to the brink of collapse. Almost everywhere in the world, there are people who are going jobless, homeless, hungry, and dying. All of these negative things that are happening at once can affect the physical, emotional, and mental health of many people.

During tough times, there is indeed a tendency not just for the body, but also for the mind, to be distressed. Sometimes, such distress, if constantly neglected, can lead to serious health issues. Mental health, particularly, can be under serious threat. For [Eddie Naylor Sr.](#), an author and inventor, the new problems that keep on arising in the twenty-first century are just like land mines that are waiting to blow the minds of people apart. His book, [How to Keep Your Mind While Everyone Else's is Being Blown Apart by the Land Mines of Life](#), compellingly talks about this issue and aims to provide its readers with a tool that can help them gain control of their lives back.

If you feel as if your mind is going to be blown apart anytime by the continuously arising problems in the world, then you should read the rest of this article. Below are [the secrets on how to keep your mind during tough times](#).

Talk about your struggles

One of the best ways to keep your mind intact, especially during difficult times, is to unload it every now and then. This means that you need to let go of the negative thoughts and emotions that you might have been bottling up all this time. To do this, you need to open up about your struggles. Talk about what is going on inside of your mind to the people you trust. It can be your parents, siblings, friends, partner, or others. It does not really matter whom you talk to for as long as it is someone whom you trust and are comfortable with. Having an honest conversation with someone is a great way to ease the heavy burden that you may be carrying inside.

Turn your notifications off

Taking a break from the internet is also one of the best ways to keep your mind during tough times. When you are always on your phone, you tend to come across and absorb a lot of

negative news that break every hour. Even though this helps you become aware and updated, it can have a negative impact on your emotional and mental well-being. For this reason, it is important that you turn your notifications off from time to time. It is necessary to balance your intake of news. Less of it can make you ignorant, while too much of it can make you paranoid. So, find the balance that you need by taking breaks and unplugging from technology every now and then.

Look for sources of relief and joy

Keep yourself busy is also one of the secrets to keeping your mind from blowing apart. Oftentimes, people get too much affected by the problems that are happening in the world because they spend so much time thinking about them. As a result, they tend to wallow in fear, anxiety, and pessimism. To avoid this, you need to keep your mind preoccupied at all times. Search for things that can keep you busy. Look for sources of relief and joy, such as a hobby or a job. Regardless of whatever it is, make sure that it can make you feel relieved and joyful even for just a few moments.

In conclusion, the coming of the twenty-first century has indeed brought a number of dangerous, challenging, frustrating, and stressful problems that pose a great threat to the physical, emotional, and mental well-being of humanity. Especially at present when the world is currently facing numerous perilous problems at once, your mind can be under serious threat. These problems, which act as land mines, can blow your mind apart anytime. To prevent this, you need to open up about what is going on in your mind, unplug from the negativity of the world for a while, and keep your mind busy on the things bring you joy. These are some of [the secrets on how to keep your mind](#). Ultimately, you have the ability to keep your mind from blowing apart.



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