

Tackling the Mental Health Crisis - Head On

Mental health has become a major issue in modern society – Depression, anxiety, obesity, eating disorders and suicide and they are all on the rise **with suicide now the biggest killer of men under 45.**

Why is this?

At the root of this mental health crisis is one key element of modern life – the focus on ego. It starts in the education system with the focus on promoting the negativity of competition rather than the positivity of collaboration. It is further encouraged through social media, general media and the need to dramatize everything and F.O.M.O. (the fear of missing out).

The greater the inward focus on our self, the higher the likelihood of developing mental health issues. The seemingly harmless “selfie” is just one manifestation of this high level of self-focus. This increase in self-obsession puts ourselves, our life and our appearance under intense scrutiny and judgement. We become highly judgemental not just of others, but of ourselves, placing the judgement of our self-worth into the hands of others, thereby eroding our sense of self and with it our self-confidence not just to others but to the artificial technology of social media.

The opposite of ego is Identity

Ego is an artificial inauthentic veneer that we are encouraged to adopt which will inevitably give rise to insecurity because deep down we know it is wrong and does not fit with who we truly are. Ego focuses on the artificiality of self-importance rather than self-worth based on a solid foundation. We seek to be authentic but live in a plastic world of artifice.

Tackling Mental Health - Head On.

The antidote to the disease that the intense focus on ego has become is that of Identity. An identity based on a solid foundation of Values, Principles, Beliefs and Standards. An identity that we can be proud of, to live and present with pride and integrity.

Claiming Your Identity is aimed at those who wish to become champions of life through the development of an identity with solid foundations. To let go of the small world and explore wider horizons.

The message in this workbook is not new. Letting go of Ego has been the basis of many philosophies for millennia. I have simply repackaged that message to make it more meaningful, relevant and accessible for the 21st Century.

This book is not a substitute for therapy. For those in need of therapy due to childhood issues such as trauma and abuse we recommend PICT.

“To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and never stop fighting.” - e.e. cummings

Ego v Identity

Ego	Identity
Seeks Happiness	Seeks Fulfilment
Know it All	Curious
Internal - Self-Focused	External - Other-Focused
Goal Driven	Purpose Driven
Competitive	Collaborative
Judgemental & Intolerant	Accepting & Tolerant
Anxious, self-conscious & depressive	Confident, assertive & joyous
Emotional default: Anger, Bitterness, Hate, Resentment, Jealousy & Prejudice	Emotional Default: Joy, Gratitude, Generous, Trusting, Loving & Forgiving
Fear of Failure	Pushing Boundaries
Draining	Energising
Needy	Giving
Arrogant	Humble
Closed Minded	Open Minded & Curious
Taker	Provider
Dismissive	Charismatic
Blaming	Responsible
Conformity	Courage
Shallow	Deep, intellectual, considerate
Other Referenced	Self-Referenced
Unconscious	Aware
Fragile	Resilient, Solid
Disabling	Enabling
Amateur	Professional
Destructive	Constructive
Passenger (Being driven)	Driver
Mediocrity	World Class
Loneliness	Connectedness & Unity
Greedy	Generous
Fearful	Courageous
Constrained	Free
Lack	Abundance
Indifference	Love, Compassion & Empathy
Self-Sabotage	Personal Growth
Self-Importance	Self-Worth (Self-Esteem)
Controlling, Manipulative	Sincere, Unpretentious, Trustworthy

1. Based on the criteria in the table of Ego v Identity, which side best describes your current self?
2. List below the top 10 traits you would like to change and how you plan to effect and implement that change.

Trait	Implementation