Twitter Thread by Art of Thinking



Art of Thinking
@Art0fThinking

SIGNS YOU'RE MENTALLY BREAKING DOWN:

Always tired?
Struggle to focus?
No motivation or drive?
Sleeping too little or too much?

This could be signs of a mental breakdown.

Mental breakdown happens when an overwhelming amount of stress affects your performance.

Here are some signs:

1. Brain Fog

If you've been feeling disoriented.

Struggle with remembering things.

And have found it difficult to concentrate recently. It is a sign of a mental breakdown.

2. Social withdrawal

Have you been canceling plans with everyone? This is another bad sign.

We need socialization, and when we don't have this, it affects us mentally.

3. Difficulty breathing

Tightness in your chest or rapid breathing is a sign of stress.

This could lead to a mental breakdown if you let it.

4. You suddenly eat too much or too little

Change in appetite can be a sign of stress too.

Cortisol (the stress hormone) can make you crave foods high in fat and sugar.

A solution to this is to eat whole foods.

5. Personal hygiene

Neglecting your personal hygiene?

You may feel like you just don't have the energy to do anything.

But this could be a sign of depression and even worse, a mental breakdown.

6. Too much or too little sleep

Insomnia or too much sleep is a sign of mental breakdown.

A solution is working out more often or reading a (physical) book before bed.

The less simulation the better. Because the goal is to calm your brain.

Mental health problems will hit disturbing rates in the coming years because more people prioritize work and trivialize rest.

But the balance is key to wellness.

Here are some quick solutions

- Lift weights
- Get sunlight
- Eat whole foods
- Drink more water
- Talk to people in person
- Reduce screen time before bed
- Read a physical book before bed
- Take some time off your stressors

If you enjoyed this thread, please follow me @Art0fThinking and retweet the first tweet

This account exists to help you:

- Think positively
- Improve your life
- Be happier + healthier

Have an amazing day :)