OUTLET THERAPY

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Abstract :-
A sense of unease that keeps intensifying can be brought on by a series of unfortunate events or a traumatic experience. A person may eventually feel as though he is overwhelmed by the enormity of feeling that is trapped inside him. The use of outlet therapy can help to alleviate this. A person uses an outlet to relieve the stress that he is experiencing. When a person is feeling depleted of energy, it might also aid to energise him. It is a method for expressing and effectively using strong emotions, thoughts, or energies. An outlet is something positive and beneficial for one’s physical, mental and social well-being. A person must find his outlet, make time for an outlet, or set and maintain boundaries in life to allow for his outlet to achieve and maintain health. Hence every person should know this outlet technique and dissolve his emotions to get rid of mental discomfort and to maintain mental health.

Key Words: Changing Lifestyle (CL), Disorders (D), Treatment (T) , Mind (M) , Intellectual Capacity (IC), Self Smelling (SS) , Accept (A) , Deal (D) Outlet ( O).

INTRODUCTION:-
Life is mainly made up of five elements including earth, water, fire, air and sky. That is why life is complementary to nature. If there is any malfunction in the chain of five elements, it affects the life. There are various types of animals and plants on earth, among which human being is the most intelligent and has made scientific and technological progress. While searching for the existence of the entire universe man is forgetting his own existence therefore, along with the life form, the mental, physical and social life of human being is greatly affected.

Since evolution till date, humans have been innovating for their own needs and using it to make life easier. But given the increasing virtual competition of the modern century, human beings are seen to be chasing unrealistic happiness. Humans are trying to overcome their basic needs of hunger, thirst, sleep and sex without accepting them as the laws of nature, that is why the increasing number of mental illnesses worldwide is a matter of concern. Human development occurs continuously from birth to death. We can see the physical change with our eyes but the mental change has to be understood from the behaviour. Humans are ignorant about mental health, that’s why suppressed emotions are coming out in the form of disorders.

There are currently a wide range of medications available for mental illness and various treatment methods are being used for psychoanalysis. Yet mankind has been unable to stop the rising rate of psychopaths and suicides around the world. This is an alarm for human health.

Changing Lifestyle :-
As science progressed, the way of life of humans also changed with time. Although change is a law of nature, it has to be done in an environment that complements nature. Consciousness of the earth, pure water, the touch of the young rays of the sun, pure air and the company of every element of nature that completes the whole life of man is essential for human existence.

Due to the lifestyle adopted by human beings, we can see the direct or indirect change in the factors such as human habits, nature, diet, living, working methods, standard of living and unrealized needs. Also due to changing lifestyles, human beings are failing to adapt to the elements of life values, art of living, life skills, ethics, love, relationships, intimacy and expression of feelings through communication, that is why it has become difficult for humans to adapt to society.

Due to the changing lifestyle day by day, the human health is having harmful effects along with the physical illness, the mental health is deteriorating therefore, along with physical disorder, mental disorder is also increasing worldwide. Also mental illness passed on to the next generation through natural genetics is a serious issue. That is why it is necessary for a person to drain his emotions by creating a way to get an outlet from the core of the human mind.

Disorders:-
Disorders of the mind are called psychosis. When an event goes against a person’s intellect and he himself fails to generalize and accept it. It gradually starts burdening his mind and turns into psychosis. When a person becomes psychotic, the intellect is not functioning but the disorder is functioning.

Human is a social animal, many events happen during the life of a person, some events bring happiness and some events bring sadness. A person accepts the event that gives him pleasure and does not accept that event that gives him pain. Then after some time chemical imbalance occurs in that person’s brain and that person becomes prone to mental illness. That is, the person himself did not accept that incident. Events or situations are neutral, one has to accept them and find a new way to live a quality life. But who will accept that incident human mind or intellect?

One should understand the working of human mind and intellect by oneself. The effect of heredity and external conditions on the quality of life of a person can be seen to a large extent. The increasing number of psychopaths and suicides
around the world is challenging the entire human race. Sadly, the increasing demand for euthanasia and the approval of euthanasia by some countries around the world is the height of unnaturalness.

**Treatment:**

Since ancient times man has been analyzing the mind and exploring the various aspects of the mind. Since ancient times till today, various treatment methods have been used to cure the mental disorders. Psychosis is widely treated worldwide in an effort to improve the quality of life of psychotic patients. Medicines are used to cure physical ailments and for mental disorders the emphasis is on the manifestation of the patient’s feelings along with the use of medicines. It is necessary to analyze the mind along with medication in mental disorders.

A person is disturbed by his own thoughts and calmed by his own thoughts. So a person should choose such thoughts through which he should be able to lead a quality life. There are many storms of thoughts in the human mind and human should use right thoughts to please the mind. Emotions are determined by the thoughts of a person. Expressing emotions is a natural trait but not expressing emotion is unnatural. This causes a lot of mental damage to the person.

When a person has a mental problem, the problem must be interpreted by the person himself and to get out of that problem you have to try yourself. No one can know the person as much as he knows himself, so all the efforts of others are in vain. If the mental patient himself needs help, then the efforts made by others are worthwhile.

Manifestation of emotions is very important along with medication in psychosis. Various treatment methods are used for this, most of the treatments currently used are used after psychosis. Rarely treatment method is used to prevent psychosis. But those treatments are void of emotions, so instead of easing the mental problems of psychopaths, they are getting more complicated. This method of treatment emphasizes the intellectual side of the mind rather than the emotional side of the mind. That is why despite huge technology and development in the field of health, humans have failed to reduce the incidence of mental disorders.

**Self-Smelling, Accept, Deal and Outlet therapy :-**

A person functions in life through the chain of thought, emotion and behavior. As thoughts are the feelings and as the feeling is the behavior, this internal structure is natural in every human being. A person uses supplementary thinking to complete a task. In order to accept an event or situation, it is necessary for the person to interpret that event or situation according to his own understanding. The event or situation will not be accepted until the person interprets it, so that person’s feelings will not be revealed. In such a situation instability arises in the mind of the person. If a person has accepted the event or situation by interpreting it according to his own understanding then immediately or after some time his feelings are definitely expressed in some way or the other. Expressing feelings lightens the burden of the human mind.

According to the physiology of a person, there is need of excretion of breath, tears, semen, contaminated blood, sweat, belching, flatulence, stool, urine, yawning, vomiting etc. naturally from the body at the right time. It is equally natural for one’s feelings to manifest in the same way. Otherwise it penetrates into the human mind and after some time those emotions turn into explosions resulting into mental disorders. That is why it is important for a person to understand his own mind and intellect.

**Mind :-**

Mind is the inner energy of a person. The centre of the mind is in the brain, it has a network of microscopic forms in entire body and it function as internal energy. Mind is same in all human beings. A person himself can experience the mind through the senses of touch, taste, smell, sight and hearing. The mind is supreme, that is why the decisions of the mind are binding on the intellect. A person can achieve new consciousness by the power of will and imagination of the mind. When a task is accomplished by the will of the mind, the whole body of the mind is filled with joy. Since the mind does not generalize, it accepts events or situations unconditionally. Mind is blind to accept so one should keep his own mind awake. Otherwise it can be harmful to the mind. Mind cannot be developed artificially.

The mind is very fickle and cannot remain still even for a moment. Also, because thousands of thoughts come in the human mind at the same time, a person should focus on his own mind to choose the right thoughts. At the right time one should free one’s mind. It is necessary to accept the events or situation to free the mind. Since mind is an energy, it functions in different form from birth to death of a person. If a medical event or situation is not accepted by the intellect, the natural mind automatically accepts it and it turns into a distortion.

**Intellectual Capacity :-**

Intelect is a person’s ability to heal and act purposefully through logical action. The centre of intelligence is also in the brain. Intellect works according to its use. Intellect is used to generalize an event or situation. If a phenomenon is not generalized and accepted, the mind automatically accepts it, that is how our brain is structured. Artificial intelligence can be developed.

1) **Self-Smelling :-**

Although the centre of mind and intellect are located in the same place in the brain, their functioning is different. It is important for a person to understand what is the function of the mind and what is the function of the intellect. The meaning of an incident is to be interpreted by the mind or intellect according to one’s own understanding capacity, which will help the person to complete the task in front of him. For that a person is expected to understand the workings of his own mind and intellect. The intellect generalizes while the mind interprets and accepts it as it is.

2) **Accept :-**

A person needs to find his own mind and intellect and then accept them. In order to accept an event or situation one should use intellect to generalize that event or situation and use the mind to understand and accept as it is.
3) **Deal :-**
   After the individual accepts the event or situation himself, it is time to deal with it. Where the phenomenon is generalized and accepted, deal with the intellect and where it is accepted as it is, deal with the mind.

4) **Outlet :-**
   When a person discovers the mind, intellect and accepts them and use them in the right place, it is necessary to clear the way for the feelings arising from the incident. Emotions arising from an incident are manifested at the same moment. But in some individuals after some time, in some way or the other, those feelings are definitely manifested. An outlet will not come out until the person accepts the event or situation.

**Path ahead :-**
   A person needs to meditate to understand himself. It also requires unconditional acceptance of oneself. Every person needs to be taught self adjustment and adjustment with others from a very young age. Reality can also be expressed in other ways including tears, dialogue, anger, self loved actions and emotional release.

   A person himself should interpret and accept the happenings or situations through proper thinking according to his own understanding capacity. They should be handled in the right way and the feelings that arise in them should be revealed. A person should learn the technique of dissolving emotions on his own.

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