

Prof Dr. Bankole Johnson and Adrian Sullivan Discuss Mental Wellness with Candice Georgiadis

Prof Dr. Bankole Johnson, physician & psychiatrist who recently debuted his "Six Rings" book series. Adrian Sullivan, co-founder & president of Rockstaws Inc.

GREENWICH, CT, USA, October 30, 2020 /EINPresswire.com/ -- Candice Georgiadis, owner of the blog by her namesake, interviews individuals on the cutting edge of hotel, travel, lifestyle and other similar topics. She expands the marketing footprint of individuals and companies with a combination of branding and imaging across social media and conventional websites.



Professor Dr. Bankole Johnson, physician and psychiatrist who recently debuted his "Six Rings" book series

Mental wellness is not focused on as much as mental illness and yet it is the other side of the same coin. Helping people achieve mental wellness will keep the focus in the right place. Candice Georgiadis discusses mental wellness in the below excerpted interviews. Her work is bringing

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The book with the greatest impact on me is Milton's Paradise Lost. It is an allegorical take of the importance of making the "right choices."

Prof Dr. Bankole Johnson, physician & psychiatrist, "Six Rings" book series

enhanced coverage of this topic to the masses on a global scale. Social media and traditional website exposure combine to make a big impact for these clients. Reach out to her at the below contact options to get your company going on the right track.

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Professor Dr. Bankole Johnson, physician and psychiatrist who recently debuted his "Six Rings" book series
Mental health is often looked at in binary terms; those who are healthy and those who have mental illness. The truth, however, is that mental wellness is a huge spectrum. Even

those who are “mentally healthy” can still improve their mental wellness. From your experience or research, what are five steps that each of us can take to improve or optimize our mental wellness. Can you please share a story or example for each.

Mental wellness is not the absence of mental illness. We are all born with a set of psychological strengths and weaknesses. Unlike some authorities, I believe that some of our weaknesses keep us grounded and “normal” and only need to be understood not “worked out.” Mental wellness also cannot be achieved without a dedicated effort and cannot happen by accident. As an example, if as a psychiatrist I wrote a letter that went like this—“To whom it may concern. In my capacity as a psychiatrist, I am happy to inform you that Mr. Incredibly Capable (a fictitious name) has been certified as being completely mentally well and is peerless in terms of emotional balance, decisions making, and mental fortitude. Mr. Capable would make an outstanding candidate for your new colony, and will be able to withstand whatever challenges are placed in front of him. Yours faithfully, Professor Bankole Johnson.” At first glance, this letter might itself seem ridiculous and I would argue no one would take it seriously. Yet, the very same people who would find it ridiculous might harbor a desire to be like “Mr. Capable” or be thought of as such. Hence, a state of complete mental wellness is a goal to strive for, and it is the journey towards it that will bring greater health, understanding, and comfort. There are five practical ways to increase your mental wellness: A) Proper Nutrition—the right brain foods are not only important for wellness but can enhance mood and decisional balance; B) Emotional resilience—this can be achieved through appropriate life coaching, exposure to learning, and striving to achieve; C) Restoration—this is needed to ensure physical balance in the sensory



Adrian Sullivan, co-founder and president of Rockstaws Incorporated



Candice Georgiadis

world (e.g sleep, touch, relationships, feel, etc.) as well as optimized physical health; D) Specialized techniques to improve emotional balance which might range from holistic tasks such as yoga and mediation but also can include special equipment like magnetic stimulation and hyperbaric oxygen (as appropriate) and E) Proportionality and balance with the right “stimulation” — which can be achieved through the combination of all these factors, which is described in “Six Rings” as the “Prepare Method.”

Read [the rest of the interview here](#).

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Adrian Sullivan, co-founder and president of Rockstaws Incorporated
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Be proactive with planning your future. Short-term and long-term goal setting has personally helped me relieve anxiety. Taking accountability for my structure has led to me greatly improving my mental health.

Asking for help and knowing your resources. When I was leaving Temple University, I was unsure of whether I would go into pursuing the NFL or start my career. I was able to seek the advice of one of my college professors and she helped me land a job with University of Pennsylvania’s Netter Center program as a strength and conditioning coach. That helped me on my path to becoming a mental health advocate.

Control the controllable. Right now, we cannot control the pandemic but we can control wearing our mask, being compassionate, showing gratitude and having a positive attitude. We can achieve great things by focusing on what we can control.

The [full interview is available here](#).

Be sure to reach out to Candice Georgiadis to get your social media marketing on the right track. You can reach her at the below contact options.

About Candice Georgiadis

Candice Georgiadis is an active mother of three as well as a designer, founder, social media expert, and philanthropist. Candice Georgiadis is the founder and designer at CG & CO. She is also the Founder of the Social Media and Marketing Agency: Digital Agency. Candice Georgiadis is a Social Media influencer and contributing writer to ThriveGlobal, Authority Magazine, and several others. In addition to her busy work life, Candice is a volunteer and donor to St Jude’s Children’s hospital.

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