

# Dreamarks

JUNE 2025 | ISSUE NUMBER 08

MAGAZINE

## MIMO Technology for Advance Future

Ranging from small devices to high antennas, Massive Multiple Input Multiple Output (MIMO) Technology brought to us the Advancement of 6G Technology with the Power of Green Energy such as Radio Frequency Energy Harvesting and Light Fidelity (LiFi Technology).



Various Soul Therapy for Recover from Mental Ailments



Simple but Powerful Concepts for your Mental Health

Many of our Daily activity are giving benefit to our Mental Health. What are the simple thing that we can acquired to increase our Mental Maturity?

# IN THIS ISSUE

- 4 The Roadmap to 6G Implementations
- 6 International Telecommunication Union (ITU) for 2030
- 7 Massive MIMO Configurations
- 8 Massive MIMO Usage to Improve BTS
- 9 Benefits of Cell-Free Massive MIMO
- 10 How Low Earth Orbit Satellites Equipped with Massive MIMO Antenna Arrays
- 11 WHO News Room 2025 on Mental Health
- 12 Suicide Preventions
- 13 WHO 2025 Guide of Mental Health Treatment & The Current Applications at Indonesia
- 15 The Importance of Physical Exercise for Mental Health
- 16 The Benefits of Art Therapy for Mental Health
- 17 The Benefits of Early Morning Rise to Mental Health
- 18 The Urgency to Create Daily Discipline Schedules
- 19 The Benefit of Manual Games
- 20 The Benefits of Brain Gym Movements
- 21 Friendship as cure for Mental Ailments
- 22 How To Have Anger Management Skills?
- 23 Importance of Medicinal Disciplines
- 24 Handling Hallucinations

# Dreamarks Magazine

## About Dreamarks

**Gina Al ilmi**

Writer, Books Author, Conceptor,  
Graphic & Web Designer.  
Founder & Director of Dreamarks

Bogor, West Java Indonesia  
[www.dreamarks.com](http://www.dreamarks.com)  
[gina@dreamarks.com](mailto:gina@dreamarks.com)  
[@dream.pathways](https://www.instagram.com/dream.pathways)

Bayangkan sebuah dunia dimana beragam teknologi telah terhubung dengan kecepatan tinggi hingga beragam resiko kesehatan dan kecelakaan yang biasa terjadi tanpa bisa dipantau dan dicegah, kini dimungkinkan untuk diselamatkan lebih awal bahkan dihindari dari sebelumnya. Dengan 6G tech, semua bisa diwujudkan dalam waktu dekat.

## Unlocking Technology & Human Variables for Future Advancements

In this 8<sup>th</sup> Edition of Dreamarks Magazine, we further viewing on The Possibilities of The Current or Future Applicabilities of Massive MIMO Antenna Digital Infrastructures. There are various implementation to have 6G on the near future. From the Cell Free Environment, The repurpose of BTS by changing the devices into MIMO systems, and also the further development of the usage of the Low Earth Orbit Satellites for Deploying MIMO Tech.

Let's not forget to keep Enliven Our Dreams on Various Endless Possibilities for The Advancement of Our Future Planet Earth's Longevity by keeping our humanity ground in the field of Mental Health with various simple ways to maintain our Sanity. That the only ways to survive and cooperate in this global era is to have clean Mind and clearly directed Soul.

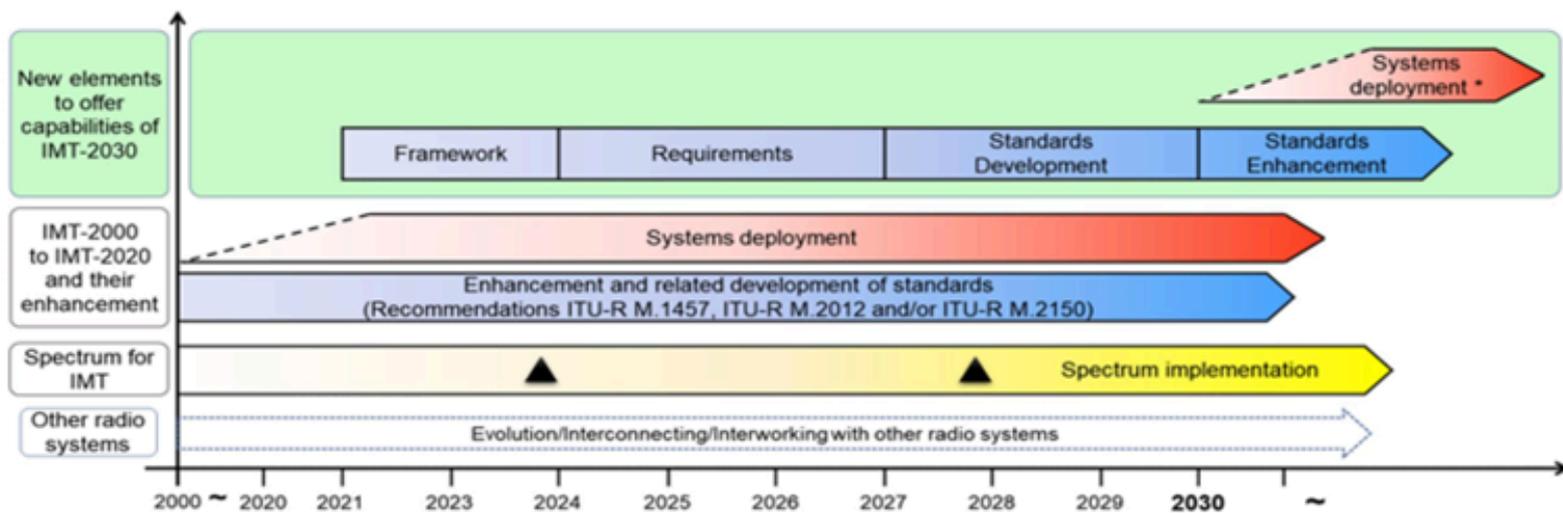
We have here, many ways to increase our mental health, by working on our Mental Maturity. Even for people with mental ailments, these simple concepts and simple methods can be done and will give us endless benefits to grow our Mental Maturity and enabling us to open various opportunities to reach limitless successes.

*Gina Al Ilmi*

**Editor-in-Chief**

# The Roadmap of 6G Implementations

- Roadmap for technology/standard development, deployment and spectrum
- In addition, enhancement of existing IMTs and relationship with other radio systems



The sloped dotted lines in systems deployment indicate that the exact starting point cannot yet be fixed.

▲ : Possible spectrum identification at WRC-23, WRC-27 and future WRCs

From the needs to create innovative and unprecedented technological advancement, the International Telecommunication Union (ITU) is aiming to make International Mobile Telecommunication (IMT-2030 /6G) more capable, flexible, reliable and secure than previous IMT systems when providing diverse and novel services in the intended six usage scenarios, including immersive communication, hyper reliable and low latency communication (HRLLC), massive communication, ubiquitous connectivity, artificial intelligence and communication, and integrated sensing and communication (ISAC).

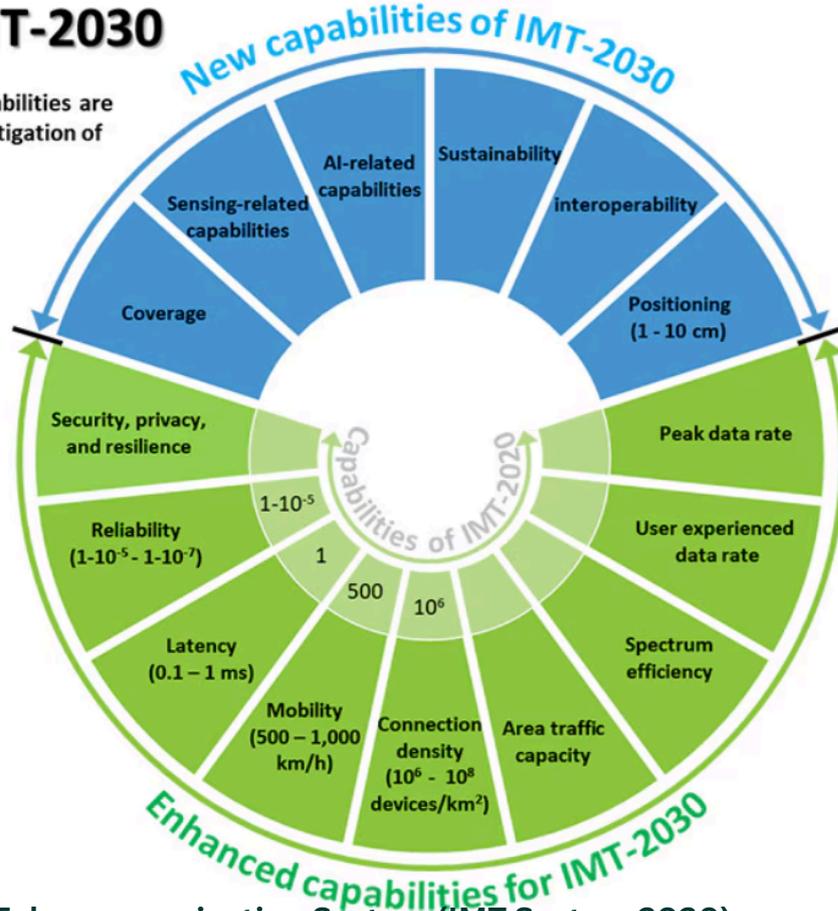
According to a 2024 GSA report, 343 mobile operators in 126 countries had launched or soft-launched at least one 5G service<sup>[1]</sup>, up from around 50 in 2019 (GSA 2024). In the progress towards 6G networks, existing 5G networks are also expected to undergo a significant upgrade in the coming years through the deployment of new Releases of 3GPP standards, including 3GPP Release 18, also known as 5G Advanced (5G-A) (3GPP). 5G-A will enable the application of emerging technological solutions including AI and machine learning (ML) to improve network efficiency leading to higher download speeds and reduced latency.

While hardware innovation is necessary to handle the increased data rates and speed expected from 6G, research on the subject should be to an extent coordinated to ensure interoperability. In October 2024, ITU sent out an invitation for the submission of proposed candidate radio interface technologies (RIT) for the terrestrial component of IMT-2030, to be provided by June 2027 latest (digitalregulation.org)

Regarding optimal frequency bands for 6G, there is no single frequency range that can meet all of the criteria required to deploy the system. Instead, multiple frequency ranges should be considered to ensure sufficient capacity and coverage requirements. It is likely that IMT-2030, like previous generations of IMT technologies, would be used in a variety of deployments. Research and development into enhanced coexistence and spectrum sharing approaches (including technical aspects) is expected to continue. It is also important to recognize that there are differences in the number of deployments and timings of mobile data growth in different countries.

# Capabilities of IMT-2030

NOTE: The range of values given for capabilities are estimated targets for research and investigation of IMT-2030.



## International Mobile Telecommunication System (IMT System 2030) In Developing Global Inter Communication

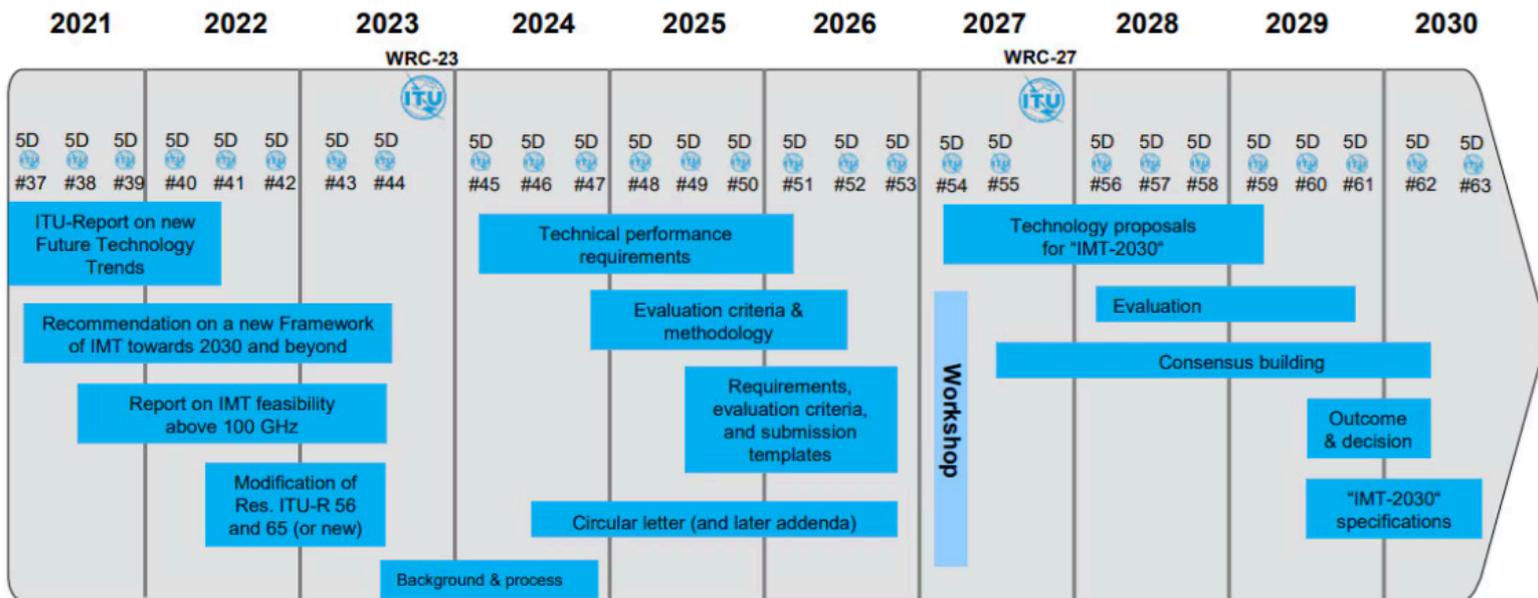
The nine enhanced capabilities for IMT-2030 include:

- Peak data rate: maximum achievable data rate under ideal conditions per device.
- User experienced data rate: achievable data rate that is available ubiquitously across the coverage area to a mobile device.
- Spectrum efficiency: average data throughput per unit of spectrum resource and per cell.
- Area traffic capacity: total traffic throughput served per geographic area.
- Connection Density: total number of connected and/or accessible devices per unit area.
- Mobility: maximum speed, at which a defined QoS and seamless transfer between radio nodes which may belong to different layers and/or radio access technologies (multi-layer/multi-RAT) can be achieved.
- Latency: the contribution by the radio network to the time from when the source sends a packet of a certain size to when the destination receives it.
- Reliability: the capability of transmitting successfully a predefined amount of data within a predetermined time duration with a given probability.
- Security and resilience: security refers to preservation of confidentiality, integrity, and availability of information, such as user data and signaling, and protection of networks, devices and systems against cyberattacks such as hacking, distributed denial of service, man in the middle attacks, etc.

The six new capabilities enabled through 6G include:

- Coverage: the ability to provide access to communication services for users in a desired service area.
- Sensing-related capabilities: the ability to provide functionalities in the radio interface including range/velocity/angle estimation, object detection, localization, imaging, mapping, etc.
- Applicable AI-related capabilities: the ability to provide certain functionalities throughout IMT-2030 to support AI enabled applications including distributed data processing, distributed learning, AI computing, AI model execution and AI model inference, etc.
- Sustainability: the ability of both the network and devices to minimize greenhouse gas emissions and other environmental impacts throughout their life cycle.
- Interoperability: the radio interface being based on member-inclusivity and transparency, so as to enable functionalities between different entities of the system.
- Positioning: the ability to calculate the approximate position of connected devices.

# ITU-R timeline for IMT-2030



Note 1: WP 5D #59 will additionally organize a workshop involving the Proponents and registered Independent Evaluation Groups (IEGs) to support the evaluation process

Note 2: While not expected to change, details may be adjusted if warranted. Content of deliverables to be defined by responsible WP 5D groups

Note by the ITU-R Radiocommunication Bureaux: This document is taken from Attachment 2.12 to Chapter 2 of Document 5D/1361 (Meeting report WP 5D #41, June 2022) and adjustments could be made in the future. ITU holds copyright in the information – when used, reference to the source shall be done.

Figure 1 ITU-R timeline for IMT-2030<sup>1</sup>

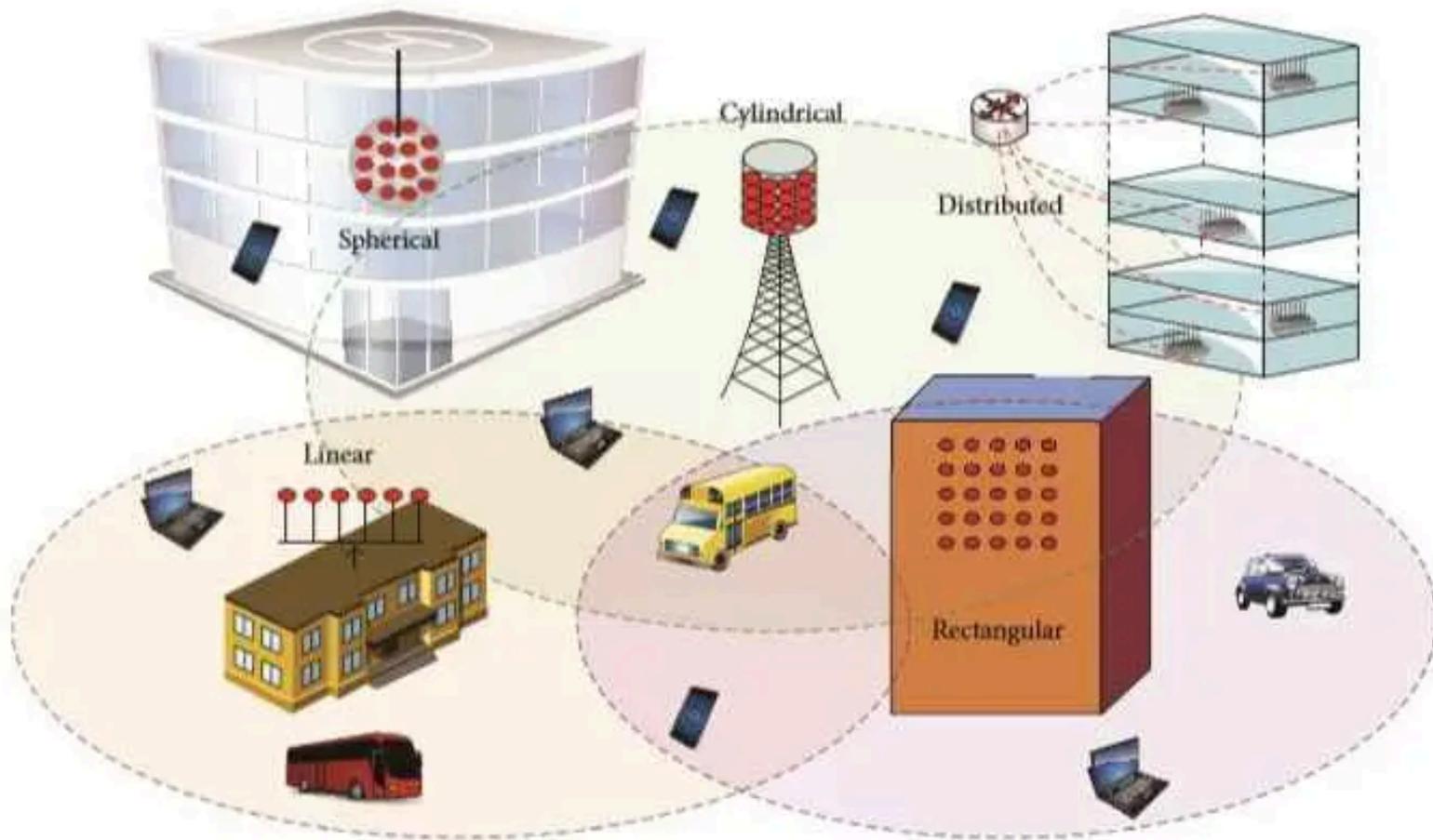
## International Telecommunication Union Radio Communication Sector Timeline for 2030

While 6G aims to improve efficient wireless communication, thoughtful consideration to both the technical requirements and frequency bands can ensure that the transition is equally as streamlined. Research efforts should explore a range of hardware-related topics including both technologies that enhance the radio interface as well as those that enhance the radio network. As identified in Report ITU-R M.2516 (ITU-R 2022), technologies that fit into the former category include:

- advanced modulation, coding and multiple access schemes;
- advanced antenna technologies;
- in-band full duplex communications;
- multiple physical dimension transmission;
- THz communications; and
- technologies to support ultra-high accuracy positioning.

Research areas focusing on preparing the radio network include:

- radio access network (RAN) slicing;
- technologies to support resilient and soft networks for guaranteed Quality of Service (QoS);
- new RAN architecture;
- technologies to support digital twin network;
- technologies for interconnection with non-terrestrial networks;
- support for ultra-dense radio network deployments; and
- technologies to enhance RAN infrastructure sharing.



Massive MIMO (M-MIMO) Antenna Array Configurations

## The Massive MIMO Configurations

Multiple-Input Multiple-Output abbreviated as MIMO, is a wireless technology that increases the data capacity of a RF radio by using multiple transmitting and receiving antennas.

In a MIMO system, same data is transmitted through multiple antennas over the same path in the same bandwidth. Because of this each signal reaches the receiving antenna through a different path, resulting in more reliable data. The data rate also increases by a factor determined by the number of transmit and receive antennas.

The receiver is designed to take into account the slight time difference between receptions of each signal as they travel through different paths, any additional noise or interference, and even lost signals.

Advantages of a MIMO system:

- A MIMO system provides better signal strength even without clear line-of-site as they utilize the bounced and reflected RF transmissions.
- The higher throughput allows better quality and quantity of video sent over the network.
- Multiple data streams reduces the number of lost data packets, which results in better video or audio quality.

(everythingrf.com)

In MIMO, there are two approaches based on how base station antennas serve mobile subscribers:

- Single-user MIMO: All data streams from the base station antennas are directed towards a single user.
- Multi-user MIMO: Different data streams, generated by combining signals from different antennas, are directed towards different users. One stream can even serve multiple users.

Massive MIMO utilizes the multi-user MIMO concept. Various antenna configurations, such as spherical, cylindrical, distributed, linear, and rectangular, are employed in massive MIMO-based wireless cellular systems.

In Massive MIMO, a large number of antennas (typically 32 to 64) are used at the base station to simultaneously serve tens of users or mobile subscribers (MSs) in the same time-frequency grid. M-MIMO offers numerous benefits compared to conventional MIMO systems. The difference can be understood by studying the operation of both systems along with their advantages and disadvantages. Massive MIMO may also be referred to as “Large Scale Antenna Systems,” “Hyper MIMO,” “Very Large MIMO,” “ARGOS,” and “Full Dimension MIMO”.

The following are the advantages of Massive MIMO (M-MIMO) systems:

- High spectrum efficiency: Achieved through large multiplexing gain and antenna array gain.
- High energy efficiency: Concentrated radiated energy directed towards the MS/UE.
- High reliability: Due to large diversity gain.
- Weak inter-user interference and enhanced physical security: Orthogonal MS channels and extremely narrow beams contribute to this.
- Simple scheduling scheme.
- Robustness to individual element failure: Due to the large number of antenna array elements.
- Cost-effective development: Massive MIMO can be developed using low power and inexpensive components.
- Reduced Latency: Enables a significant reduction in latency on the air interface.

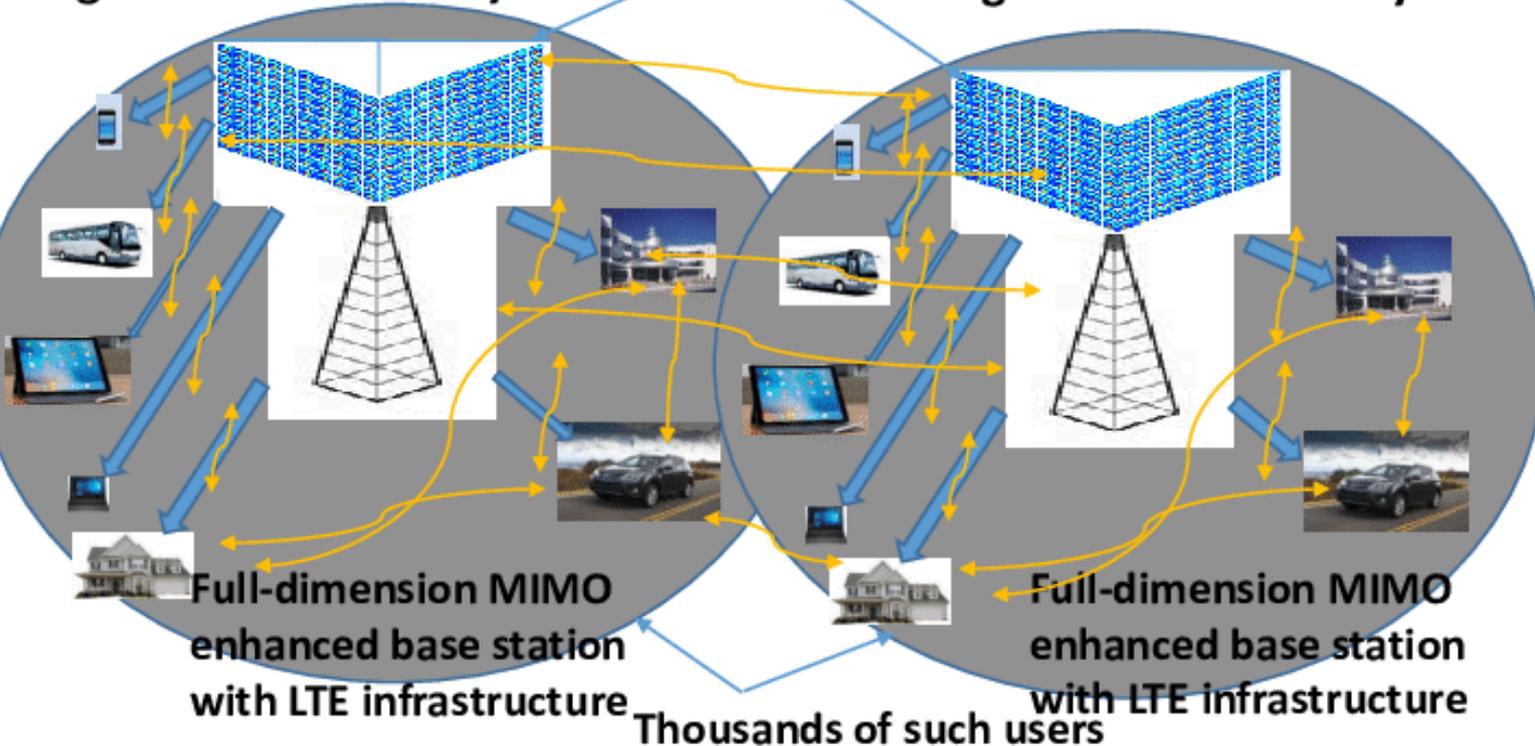
(rfwireless-world.com)

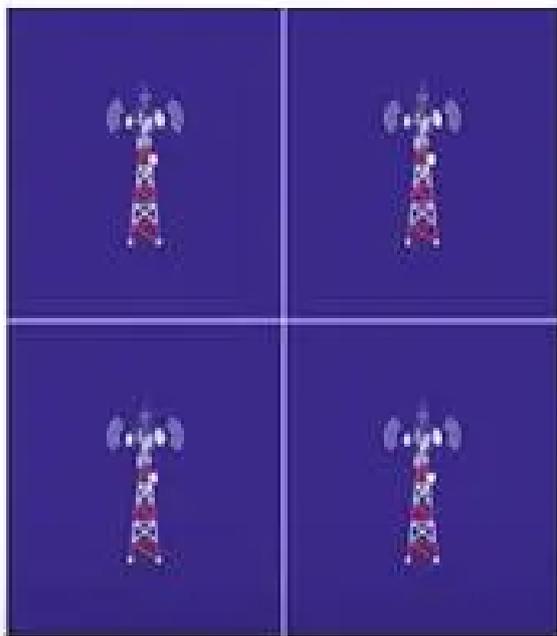
## Massive MIMO Usage to Improve BTS

Hundreds of such base stations

Large Scale Antenna System

Large Scale Antenna System

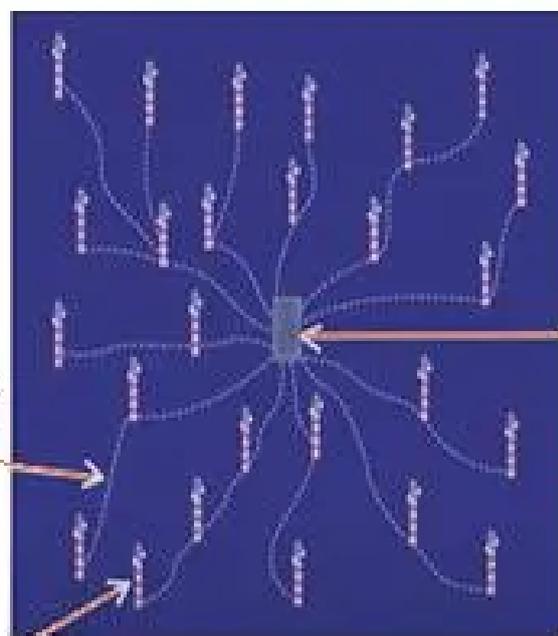




Cellular Network

Fronthaul

Access Point



Central Processor

Cell Free Massive MIMO

## Benefits of Cell-Free Massive MIMO

Cell-Free Massive MIMO consists of Access Points (APs) and a central processor connected by a fronthaul network. APs are scattered throughout the coverage area, each connected to a central processing unit via the fronthaul (typically wired connections). The central processor manages all the APs, which serve all surrounding users. Unlike cellular networks, there are no distinct cell boundaries, hence the term “cell-free.”

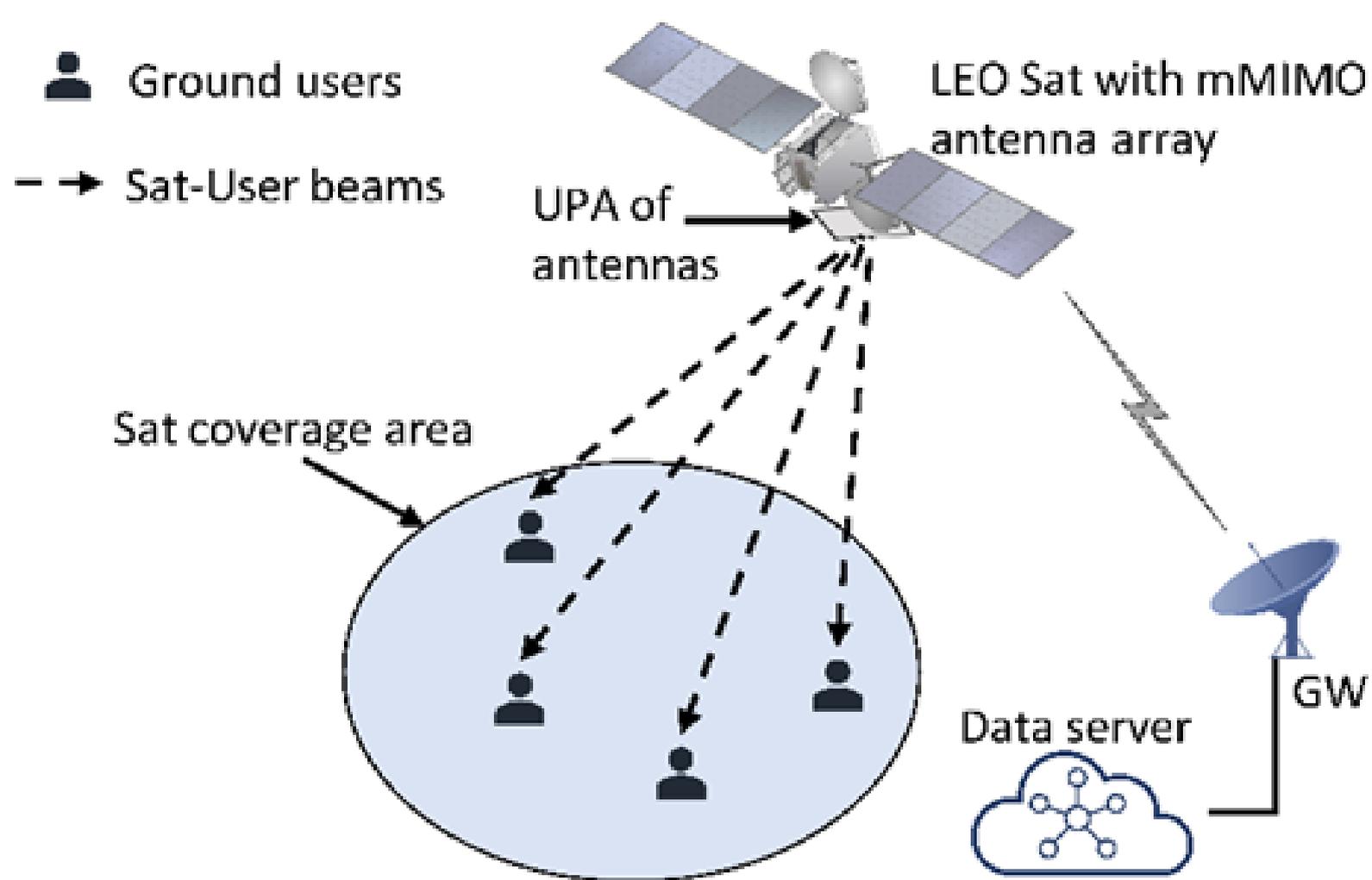
In this architecture, numerous antennas (APs) are geographically distributed instead of being co-located at a single BS. These APs operate together to serve subscribers using the same time/frequency resources, working synchronously and coherently. They function as a massive MIMO BS, coordinated by one or more Central processors via the fronthaul network.

The following five features make Cell-Free Massive MIMO a potentially superior choice over CoMP (Coordinated Multipoint) in 5G and future technologies like 6G:

- Massive MIMO baseline operation
- User-centric perspective
- Predictable performance
- Integration with mmWave technology
- Cost-effectiveness

Advantages of Cell-Free Massive MIMO:

1. **Macro Diversity Gain:** Aggressive deployment densification offers significant macro diversity gain. APs are located closer to users, reducing path loss and shadowing effects. The reliability of the link is improved because each user is served by multiple APs, decreasing the probability of blockage.
2. **Reduced Inter-Cell Interference:** Cell-Free Massive MIMO effectively reduces inter-cell interference, outperforming small cell networks in this regard.
3. **Uniform QoS:** It delivers more consistent Quality of Service (QoS) among users due to its user-centric design.
4. **Beamforming and Spatial Multiplexing Gain:** It provides both beamforming and spatial multiplexing gains, enhancing signal quality and data throughput.
5. **High Throughput:** Cell-Free Massive MIMO combines ultra-densification, mmWave technology, and massive MIMO to achieve higher throughput.



## Low Earth Orbit Satellites with massive MIMO Antenna Array

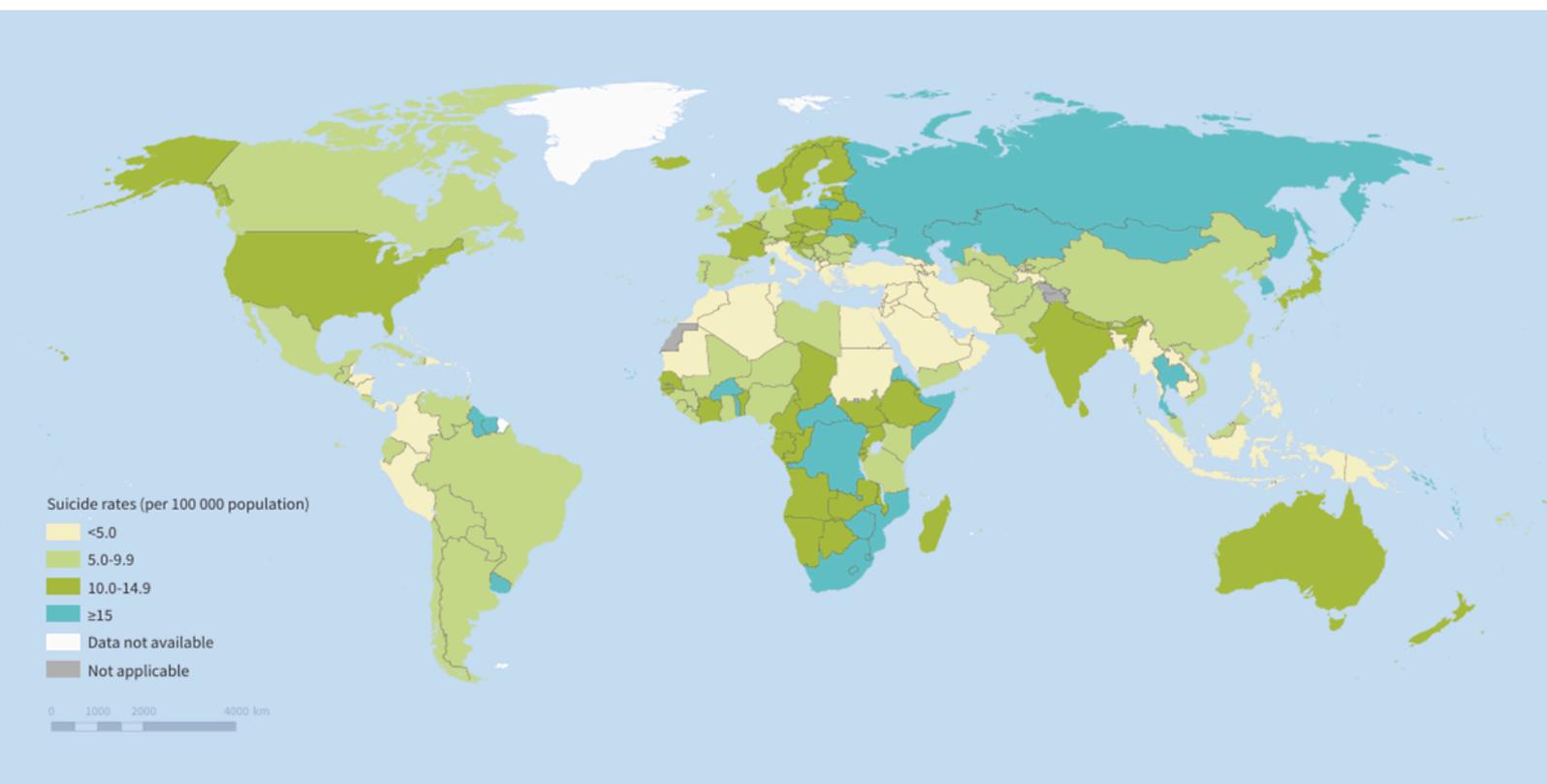
Low earth orbit (LEO) satellite communications are expected to be incorporated in future wireless networks, in particular 5G and beyond networks, to provide global wireless access with enhanced data rates. Massive multiple-input multiple-output (MIMO) techniques, though widely used in terrestrial communication systems, have not been applied to LEO satellite communication systems.

Channel coefficients of multiple users connected to a LEO satellite equipped with massive MIMO antenna. The LEO satellite is located at a longitude of 11.5 degrees, latitude of 51.5 degrees, and at an altitude of 1000 km above the Earth surface. Users are generated randomly following uniform distribution. Number of UPA antenna elements is  $20 \times 20 = 400$ . Number of ground users is 1000.

Partially connected hybrid MIMO (Multi-Input Multi-Output) architecture with a fixed codebook-based analog stage, as a practical trade-off between complexity and reconfigurability. In this regard, a fully analogue reconfigurable beamforming network entails a large mass and power consumption, whereas a fully digital solution is costly and power hungry due to all the required connections.

The advantages of the hybrid approach become especially relevant for very large arrays, with major efforts currently underway to develop massive hybrid arrays based on multiple subarrays operating with analog beam-forming (De Gaudenzi et al., 2020). Each radio frequency (RF) chain drives one of the subarrays, generating an independent spot beam so the whole coverage area is illuminated. This approach allows the reduction of the number of beamforming ports and on board processing requirements, since the analog beams do not have to be constantly reconfigured.

# WHO 2025 on Mental Health



The global age-standardized suicide rate was higher in males (12.3 per 100 000) than in females (5.6 per 100 000) (Fig. 2 and Fig. 3). For females, the highest suicide rates in individual countries reached to 20.3 per 100 000 (Fig. 2); for males they rose above 50.0 per 100 000 (Fig. 3).

WHO News room 2025 reported that every year 727 000 people take their own life and there are many more people who make suicide attempts. Every suicide is a tragedy that affects families, communities and entire countries and has long-lasting effects on the people left behind. Suicide occurs throughout the lifespan and was the third leading cause of death among 15–29-year-olds globally in 2021.

Suicide does not just occur in high-income countries but is a global phenomenon in all regions of the world. In fact, close to three quarters (73%) of global suicides occurred in low- and middle-income countries in 2021. Suicide is a serious public health problem that requires a public health response. With timely, evidence-based and often low-cost interventions, suicides can be prevented. For national responses to be effective, a comprehensive multisectoral suicide prevention strategy is needed.

## Who is at risk?

The link between suicide and mental disorders (in particular, depression and alcohol use disorders) and a previous suicide attempt is well established in high-income countries. However, many suicides happen impulsively in moments of crisis with a breakdown in the ability to deal with life stresses, such as financial problems, relationship disputes, or chronic pain and illness.

In addition, experiencing conflict, disaster, violence, abuse or loss and a sense of isolation are strongly associated with suicidal behaviour. Suicide rates are also high among vulnerable groups who experience discrimination, such as refugees and migrants; indigenous peoples; and prisoners.



## Suicide Preventions

### Suicide Prevention and control

There are several measures that can be taken at population, sub-population and individual levels to prevent suicide and self-harm. LIVE LIFE, WHO's initiative for suicide prevention, recommends the following key effective evidence-based interventions:

- limit access to the means of suicide (e.g. pesticides, firearms, certain medications);
- interact with the media for responsible reporting of suicide;
- foster socio-emotional life skills in adolescents; and
- early identify, assess, manage and follow up anyone who is affected by suicidal behaviours.
- 

These need to go hand-in-hand with the following foundational pillars: situation analysis, multisectoral collaboration, awareness raising, capacity building, financing, surveillance and monitoring and evaluation.

Suicide prevention efforts require coordination and collaboration among multiple sectors of society, including the health sector and other sectors such as education, labour, agriculture, business, justice, law, defence, politics and the media. These efforts must be comprehensive and integrated given the multifaceted nature of suicide.

# WHO Guide 2025 Application on Mental Health Treatment in Indonesia



There are several model of care and treatment on Mental Health that has been applied in many areas in Indonesia. Here are views definitions that has been applied and to be developed in the near future;

## Biomedical model

The biomedical model views mental health conditions as primarily caused by neurobiological factors. With this approach the main focus of care is on diagnosis, medication, and symptom reduction, often overlooking the social and structural factors affecting mental health and individuals' needs and rights for inclusion, social protection, among others.

## Lived experience

This can refer to personal experience with mental health services, mental health conditions, or specific living conditions like poverty. It describes how someone has experienced and understands a particular situation, challenge, or health issue.

## Mental health and psychosocial support (MHPSS)

This is a composite term for any local or external support aimed at protecting or promoting psychosocial well-being or preventing and treating mental health conditions

## Procedural accommodation

This refers to necessary modifications and adjustments in the context of access to justice, ensuring equal participation for persons with disabilities and other groups. Unlike reasonable accommodations, procedural accommodations are not limited by the concept of disproportionate or undue burden.

# Model of Care & Treatment at Indonesia



There are several model of care and treatment on Mental Health that has been applied in many areas in Indonesia. Here are views definitions that has been applied and to be developed in the near future;

## Person-centred care

This focuses on aligning care with individuals' preferences, needs, values, and strengths, and with people's unique circumstances and goals in life. It requires that people actively participate in decisions about their treatment and care, aiming to foster trusting partnerships, dignity, respect, and autonomy, while also addressing social and structural factors affecting mental health in order to provide holistic care.

## Psychiatric and social care institutions

Institutions are living environments where residents are separated from the broader community, are often isolated, and lack control over their lives and decisions affecting them. Such settings also often prioritize institutional over individuals' needs. Institutions may include standalone psychiatric hospitals, social care homes, and other facilities where people experience these restrictions. Even small, community-based facilities can be considered institutional if they impose rigid routines, restrict autonomy, and fail to promote genuine community inclusion. This definition does not include psychiatric units or services located in the community and integrated within general hospitals, and within the broader general healthcare system, provided that autonomy and rights are respected.

## Recovery

The recovery approach in mental health focuses on supporting people to regain or maintain control over their lives. Recovery is personal and different for each person, and can include finding meaning and purpose, living a self-directed life, strengthening self-worth, healing from trauma, and having hope for the future. Each person defines what recovery means for them and decides which areas of life to focus on as part of their recovery journey. Recovery views the person and their context as a whole, rather than aiming for the absence of symptoms or a so-called cure.



# Benefits of Daily Physical Exercises

Not everyone are accustomed to do daily physical exercises regularly. This was the main reasons why many adults are having various types of illnesses. Not only physical illness, but also mental illness can occurred if we don't maintain our physical health with the necessary moves of our legs, hands, and body.

Minimum physical exercise can be done daily by doing the regular house chores. Activity such as cleaning the kitchen, mopping the house floors, scrubbing the toilets, are also can be found to have physical benefits to us.

Many people are agree that physical exercise such as fitness, yoga, are primarily has large effects to our brain, body, and creating more balanced reasoning and helps our mental health profoundly. The Questions is : How?

When our hands and legs are moving with the governing lobes of frontalist and parietalists, our ears also actively hearing the rhythms of the music. This activities are activating both our lobes of occipitalists, that are located at the top of our brain, near the ears.

Then our occipitalists are coordinating with the parietalist lobes and frontalist lobes to make sure our body movements are aligned with the instructor, to make us capable to follows our hand, legs and body movements are moving with the right timing, in the right phases of physical exercises. Many parts of our brain and body that are activating at once, everytime we are doing physical exercises. If the frequencies are regular and timely, there will be many health benefits we can reap.

The postulate of "men sana in corpore sano" means "in the healthy body, we can have happy soul", are the main reasons why people with mental illness, has to do regular physical exercises. Not only to helps our health, but also if we do it as our daily rituals, our forms of living can have strong Life Structures.

Living a life that has timely and correct structures, can strengthened our energy, fasten our mental processing, and can creates positive and productive daily activities. If we are aiming to have great purposes achieved, we have to creates more daily physical exercises.

In the beginning, we can feel that adding more physical activity, especially sports, can felt tiring. But if we're doing the sports and physical activities more than two times per months, our muscles can be more stronger and our energies will be elevated. This then gives ourself bigger chances in life, to be more productive and fives us more fun moments, so more happiness can be achieved.



THANK YOU DOCTORS

## The Benefit of Art Therapy

Experiencing immense hard work in daily routines, can give us many kinds of stresses. And if the stressing event continues to happen in longer times, rolling to years of non-stop hardwork, can be damaging to our mental health.

It will be better if we structured our time managements, not only with working matters, but also we have to slide more time for artsy momentum, to enjoy life's beauties and to pursue more happiness to gain. While office working is activating the left brain hemisphere, doing arts activity can develop our right parts of the brain. We can also combine our office working time with artsy methods, in order to stay happy and sane.

Listening to orchestra music while working or learning, can help us to have better mood controls, because of the rhythms and the key tones we pick to listen to are aligning our brain, with the proper rhythmic sounds that can give benefits. This effect of orchestra music to our brain has been proven in various research.

While we also can decorate our desk at work with an artwork that we made at home, we can also put our favorite pictures or painting, in our laptop screens. Another way to be more artistic is to give artsy influence to our work paper. We can decorate our job presentation or work reports, with the necessary artsy design. Artsy moments give us more relaxing moments and give us more soothing, calm and solemn moments. This type of relaxation, are the aim for healing and caring mentally ill patients with art therapies. The forms of art therapy were ranging from colouring, painting, singing, dancing, etc.

Besides giving calmness, artsy activity also increases our happiness. When we are calm and happy, we can be more creative at working, or at creating scientific writings, enhancing the necessary inventions, working on our research, etc.

In the artsy moments, we can feel our mood becomes better. We're being more calm, and our focus and concentrations are increasing, and shifting our minds from feeling distress to becoming solemn and peaceful. When we are engaging in artsy activities, we are activating our cortex cerebri, parietal lobes, occipital lobes, and our limbic system at once. At the same time, we are also activating both of the brain hemisphere. But, not with the hard type of working focus, but with fun and cheering activities while working at our art forms.



# The Benefit of Early Morning Rise

Waking up in the late morning can be the start of a jeopardy in our lives. Whilst early morning rises can help us to reach more in life. many kind of successes, and more greater opportunity to handle many more things, and this means we can reach great development in our time in a day.

The touch of cold water when we bath early morning, can creates serotonin jump in our brain. This happen because the brain felt the good shock of temperature of the cold water which are soaked in our hair and bursting the happy hormone to leap. Another hormone that also jump leap is the dopamine, because of the happy sensations in our skin. When feeling the freshness of the cold water running and splashing in our whole parts of body.

When we then make our bed, and cleaning the house in the early morning, we creating clear routine that help us in maintaining good emotions and good life spirits. When we feel the good spirits in our soul, we can do more, achieve more, and gain more successes. Because early morning people have more time to do many things, and in a better emotional condition. The same things are also contributed for mental health. Waking up at early morning can help people with mental illness to have more time to do many things, and avoiding the sudden attack of daily depression struck.

At first, waking up early are quite hard. But people with this habit, are proven to gain more in their life. Many people who are early morning rises are the world leader. Because they can firstly govern themself, and leading themself before leading anyone to have good habits, while other people are not.

To eliminate lazy habit, can also begin with this step. Not many people can gain success. This only happens to people who are genius and brilliants. Even artist, writer, or singer and actor, are also need to managing their time with more disciplines. Time management are the essential in our life. Managing our time means managing our life. When we are in a discipline community, together we can achieve more successes. A team with profound time management, can creating their own opportunities to opens wider.

The early morning views are also very beautiful. Seeing the sun rising in the east horizon can give us more happiness to start the day, and thus gives us chances to direct more tasks, finishing more projects, and involving in more activities on many social merits. People with mental illness has to learn this skills of time management, to feel more in controls of their lives. With Time Management skills, our life can be more neatly structurized. Many time losses can be hinder, if we are accustomed to waking up at early morning.



# The Importance of Daily Disciplines

Not everyone has the habit of managing time with daily and useful activities. For many people, having a good daily schedule can help us to reaching many accomplishments in a day. When we have our day to being more discipline, our time can be more structurized, and we can feel our internal power to become higher, and turning the lazy time to more useful time. This then built our capabilities to mastering many objectives in life.

One of the reason many people fail in life, was because their inability to create structure of time in their life. The structure for daily activities has to be consist of components such as; waking up early, gain more learning times, scheduling prayer times, working times, doing house chores/cooking & cleaning, while still enjoying time with artsy time such as listening to baroque orchestra, or other artsy time in a day.

Time management has to be consist of; relaxing times, eating times, daily bathes, daily exercise and sleeping time. While successful person have many great things to do at their daily time, almost everyone are also has the same capabilities, but they are experiencing the lacking of self controls. This can be change with using alarm clock for reminders of your schedules. We also can make a poster of our daily schedule to be put in our wall, to help reminding us to do many tasks based on the time schedule. We also can make weekly time activities plan to help us to fill our time daily with many productive works.

At every start of months, we can also make several targets to be done at that month, the target has to be easy enough and fun enough to make sure that we can always at high motivation in doing everything. These types of targets can be called as short-term winnings. As we are at race against time, to set on as we conquering our laziness, and even our mental illness.

What makes time scheduling effective for mentally ill patients? Because of the daily target we set, we can have clear goals & several objectives to be set upon our free times. Having daily clear goals can grew our Winner mentality. We can feel more at peace, on every day when we go to sleep. Because of the feeling of contentment, and the feel of winning against failure and laziness, that happened before creating daily schedules, with the fun and artsy activities.

Setting daily schedule for everyday in a poster, can remind us to do the intended tasks, punctually. Without the feeling of boredom or laziness. Instead, we will have our mind filled with many ideas, with a burst of happiness. People who have mental ailment, usually felt they have nothing to do. Whilst the reality speaks differently. Even at home, there always many things to do. Start with setting reasonable hours to wake up to everyday. Such as waking up at 4 or 5 o'clock every morning, then doing our prayer/ meditation, then cleaning our home while cooking our breakfast. After breakfast we can do physical exercise, then doing our work, started since the dawn of sunrise. Remember to put reasonable range of time on doing everything. Also, remember to put relaxing time for your health. Dont forgot to always put sleeping time with enough hours to make sure you are maintaning the healthyness of your mind, body and soul.



# The Benefit of Manual Games

When we play manual games, we are including several people to play it. This type of group activities that are done with fun intentions, are valuable to create happiness from engaging in a friendly but competitive group tasks. This feeling of happiness to spend time with your friends, the feeling of racing against them and against time growing self-awareness, doing the game tactics increasing our intelligence, and the habit of following the game rules are important for your self-disciplines, many aspects of manual games have the effects of growing your mental healthiness.

At mental health facilities, the patient usually feels the boredom because of the circular routine that has to be done everyday. While the routine only consists of waking up, taking a shower, eating breakfast, lunch and dinner, doing physical exercise, adding activities that are fun, such as listening to music and playing group games, adding fun activities helps the patient to recover sooner. Why? Because the reason why mental ailments emerge is because of the person experiencing unhappy feelings or being bored or tired because of the hard time at work, school, or at home, alone.

Doing fun activities such as playing manual group games, can help us in many ways. We can learn of how other people think, what are their strategies to win, how they play in every step of the games. We can even learn about our own way of thinking. Many games are simulations of everyday living. We can play with friends to see how each of them uses different tactics to win. People can be more relaxed when enjoying the game steps.

When we are relaxed, we can distance our minds from the hectic life. We also can feel more comfort and ease because we can breathe more confidently when facing an easy game and sensing the winning cheers. These repeated small wins from playing group games can help us to recover from phases of sadness or anger that we usually hide. Then turn it into smiles, laughter, and we can even still feel happy when we encounter good luck at several times in the game's steps.

When we experience happy wins, our brain produces serotonin and dopamine that we need to think clearly and to hinder the happening of delusions and hallucinations. These fun phases if they continue to repeat every once in a while, can be an addition for healing and treatment for many types of mental ailments. Because, happiness can heal many types of physical and mental illness.

When we're playing group games, we share together happy moments. We feel excited, energized, and very relaxed. The intense happiness can widen our lungs when we are breathing happily. At the same time, our heart pumps bloods that are filled with happy hormones throughout our body, and this can help us to pick up our energy to face any tough times when it happens.



# The Benefit of Brain Gym Movement

Mental ailments occurred because there are large chemical cavity on the brain. This situations also called as the lack of primary hormones in our brain. Whilst the normal brain has enough natural dosage of dopamine, serotonin, and adrenaline. People with mental ailments usually experience amygdala hijack, that makes them experience hallucinations and mental delusions.

This is the main reason why people with mental illness should take the daily perscribed medicines with the correct dosages, correct routes of medicines, the right diets, thje right perscribed medicines. Mean while, for mental treatments, we have the type of brain exercises that not only will help patient with the right activity modes, doing brain gym exercise can also creates balances of activity between the right and the left parts in our brain hemisphere.

The active parts on our brain that are being balanced by the brain gym activity is the corpus callosum. This thick band of myelin connect between the right and the left hemisphere in our brain. The movements of our hands and fingers in a rythmical phases of the Brain Gym can create sudden and fun hand coordinations of both brain hemispheres. Not only these creates positive energy, the brain gym can also awaken our brain and transferring of the coordinated memories and other brain interconnection works that are important forour intelligent thinking and balanced feeling.

How? Because of the rythmical of the hand and finger movements are designed to helps our lobus frontalist, lobes occipitalist, and many other lobes in our brain which are separated in the left and right parts, to creates interconnecting activities that jolt the electricity of our brain at once. By this both hemisphere activation the working memories in our brain can moves more fast, and can helps our reasoning activity to becomes more proper, more effective, and more precise.

Thus can helps our emotions to be more proper and not effected by the mental brain fog that was usually forming, if we dont do this kind of exercises of the Brain Gym. The music that are played also creates more cheering repetitive rythmics time for the patient of the mental illness, ranging from the slow to fast, these coordinated hand moves can be learned to creating brain balance. This then resulting to more effective reasoning time, more fast brain processing, if this daily exercises are done regularly.

When doing brain gym moves, the traffic of reasoning and information sending is very high at the corpus callosum, thus creating more stable structures in the brain nerves. If done on regular basis, the thickness of the corpus callosum myeline membranes that is formed creates more high speeds of thinking, more advance and indepth of reasoning, and resulting in a more intelligent decision making, and more balance and advanced brain development.



# Friendships as Cure for Mental Ailments

Being alone for years, with no one to talk to, can give a person various severe mental experiences, which range from mild depression, to then developed to bipolar, multiple personality, narcissistic personality disorder, borderline personality disorder, or even schizophrenia.

As a cure, the mental clinics then give many forms of socializations, group treatments, and group activities, to make everyone in the group able to create a bond of friendships while they are living in the facilities of the mental treatment institutes. For those who don't have any friends, these forms of group socializations can give many socialization benefits.

Patients of mental illness can receive group support, who are ready to listen to their problems at many times they can have at the clinical locations. The patient can then grow their mentalities by helping one another when facing sudden attacks of emotional struggles, and becoming more wiser when talking to one another because every mentally ill patient is having mental frailties. Group socializations can make patients feel good about themselves and their lives. Patients can also be more confident and enjoy more fun activities.

Many people treated in the mental clinics because people see them having the lack of social skills. Mentally wounded people usually have improper ways of expressing their emotions. This is why it's important for mental patients to learn the proper ways of talking, communication, and other types of social skills, in the facilities with the help from doctors, nurses, and health counselors. They are also being monitored by Psychiatrists and Psychologists.

They not only monitor the patients' blood level, heart rate, etc. but each time they also see and are being recorded if any mental disturbances are seen and occur, daily evaluations also being given to the psychiatrist who is in charge of their patient. Social and emotional skills can also be learned from the way the patients are talking, socializing and doing games and various daily routine activities. Everyone is learned from imitating their friends, how to do this and that, how to say something with the right way, etc.

We learn social behavior by looking at other people's examples and other people's behavior in front of social boundaries. Other social events are requiring different types of social types of responses. Even different types of social scale and social layers are needing different sets of behavior and reasoning, that has to be learned to make our self-awareness and confidence levels up.

With the help of mental health experts, group counseling can facilitate the social needs of every person that has mental problems or mental illness. The psychologist can give behavior prescriptions to be done, giving the necessary mental guidelines, and create more group facilitations, with these exact measurements and assessments done by the mental health experts, more descriptions can be understood of why the patients are behaving in the necessary everyday norms and laws.



# How to have Anger Management Skill?

Breathing Technique is the first thing to be taught for patient with mental illness who is in Treatment at mental health facilities. Inhale for 3 seconds, hold your breath for 3 seconds, and then release your breath from your mouth for 3 seconds. Learning to breath deeply can prevent our emotions or anger release. Which is very effective for anger management. When we hold our breath, we have time to think again about our own emotions, to re-think about the situations that we are facing. Immediate respons in anger situations can make our emotion response to be destructive or simply unkind.

Unkind responses cannot be tolerable in the neighborhood or at academic setting, or at family gathering. Showing our negative emotion in front of many people can create a spreading issue about us in public, that in the long run can prevent us from reaching opportunity for gaining success. Unkind responses in public environment can give us bad reputations from perception from other people in that social surroundings.

That's why, emotion management and anger management are important to be taught to mentally ill patient at a clinical in-patient conditions. There are several ways to help us manage our anger, to reach mental maturity, and to mastering emotional intellegence. When we reach mental maturity, we will always re-think before and measure our responses before doing anything, and gain back our good reputations and can be more successfull in many areas of life. Those kind of good way to response are include in the public moral etiquettes that has to be mastered and to taught to our children. If not, we will have a reputation of ill manner or ill form in behaving.

For the mentally ill patient, their lack of chemical substances in their brain has to be filled up by consuming the right kind of medicine, according to prescribed drugs that are given by psychiatrist. Whenever we are feeling angry, we can throw few jabs to our pillow. Try to release your anger by hitting it. This will help you to feel free of the emotional burdens, or the intense emotions that you feels.

Talking to a good friends that you can trust, is also a good way to take free mind moments. To distance your mind away from the problematic events or the harsh behavior that you just felt with unkind people. Filing your time with many productive activity are also important to do to reach your mental maturity. If you are at home and having no one around, there's many house chores you can do. If you are at the office, there's also many office tasks that you can do to alleviate your achievement and to enlarge your scope of responsibility.



## Medicinal Intake Discipline

Many people has cured from mental illness, but many of them are also relapsed back and got more severe ailments than before. The main reason of the relapsed is because the patient are not consuming their drugs in a timely discipline and not with the correct dosage routes. The patient usually feel that they have healed from their mental ailments. Only few of them who are understand about the importance to be discipline in consuming their medicines.

People with mental illness, are differ from usual people. They are special because they has different level of good hormones in their brain. They are lacking the the necessary hormonal chemistry in their brain. Only few of this special people who are aware of this. That their brain chemistry level are different with people who has normal hormones level, and this conditions are causing many ill manner or ill behavior to emerge.

Many people with mental illness are unpolished diamonds. Person such as nobel prize winners or even president or prime minister, have genius brain, but facing social problems because their brain are lacking several chemistry dosages and have to drink and consume several types of psychiatric medicine that enabling them to behave properly and normally.

Person such as Woodrow Wilson, The British Prime Minister who genially leads European allies to stop the Nazi Invasion, are experienceing Bipolar states of mental illness. Nobel Prize Winners for mathematics, Prof John Nash, are also experiencing several relapses of Schizophrenia episodes. But, with his mental disorder, he can understand the Nazi's codes that was sent trough the wired, and through newspapers. The then breaks the secret codes and the British Government can hinder the attacks from the Nazi's and to finally wins the First World War.

What can we understand from their successes? It means that, no matter how severe our brain conditions was, we can now receive the necessary medicinal supports. This medicine was usually very expensives, but Indonesian government has the Social Fund Networks that supporting people with mental issues to be treated and providing the proper medicinal and clinical supports. With the right treatment and the right medicinal disciplines to be consume at the right time.

This medicine discipline are very important. Without this, we can experience much larger losses of time, losts of opportunities, and have to be fully treated in a clinical fascilities for 14 days x24hours.



# Handling Hallucinations

Do you know why people are acting crazy? Why many people lose their sense of pride and dignity because of it? What is the primary cause that makes people do many crazy or unwanted behaviors? The main cause for many crazy acts or ill behaviors are because they experienced hallucinations. They think they really see or hear what they perceived as real, whilst no one sees or hears anything.

How to differentiate what is really naturally seen or heard, with any mere hallucinations? We called this as Reality Testing. When other people can't see what you see, or hearing the same thing that you heard. This is called hallucinations. Many people don't realize they have hallucinations. A patient with the tendency to end their life, doesn't even realize this as their hallucinatory thinking. Or a patient who has the urges to destroy households, doesn't even know that that kind of urges was a form of hallucinations.

For these reasons, it is important to always do reality checking of every negative urge or ill tendencies, and don't be a victim to the mental pressures. For this, always check how other people behave? Do they seem like a voice has emerged or if they change their behavior and realizing the same thing as you. Check up on your nearest friend's behavior and ask them if they hear or see the same thing.

What we have to do if we're experiencing hallucinations? The first thing is to wipe away the sound or the sights. Close your eyes and ears with your hands. Say no to the sound or sight. Tell it to go away. Tell it that they are fake sound and fake sighting. Your perceptions towards reality are at disturbance if the hallucinations keep on happening. This wiping away technique is effective to do. We will instantly feel the hallucinations gone or went away.

The second step to do is to discipline at your daily timely Medicinal intakes from your psychiatrist. By doing so, we will feel the hallucination attack are stopping. For several hours, we can have clear mind and healthy perceptions. In several countries, the government helps their citizens by preserving psychiatric medicine at 90% discount from their real prices. Because this type of illness is able to severely damage a person's life, and resulting to many people can lose their jobs and there will be generational gaps in the workforce if the hallucinations epidemic gets worse. There will be severely damaging the society's ability to handle large scale of even small scales of responsibilities in the work force.

The third technique is to talk to your friends, spouses, siblings or parents about your conditions. This can help you to gain a healthier perspective towards realities and to have balanced perceptions toward the situations you are at. You can have another point of view for everything you do, see, hear, or experience, by talk it over with the people who care about you. You can have encouragement in almost everything you sense. This feeling of being cared and loved is important for creating your life confident, you can trust yourself and love yourself better. The fourth step is to fill up your free time with useful activities. Not only these steps can help you to prevent and wipe away your hallucinations, it will also help you to manage your time more.