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Junior
Topic: “When you rule your mind, you rule your world”
Division: College

Nurturing Minds, Sustaining Lives: The importance of self-care and mental health awareness
“Mindfulness not only makes it possible to survey our internal landscape with compassion and curiosity but can also actively steer us in the right direction for self-care.” – Bessel van der Kolk.
The law: “When you rule your mind, you rule your world” is a quote that emphasizes the importance of having control over one’s thoughts and emotions. It suggests that by taking charge of one’s mind, one can take charge of their life and the world around them. It implies that our thoughts and emotions have a significant impact on our actions and the outcomes we achieve. By mastering our thoughts and emotions, we can achieve greater success and happiness in our lives. As Buddha quote stated, “Our life is shaped by our mind, for we become what we think. In life we must instill these pivotal words, RESILIENCE, POSITIVITY, BALANCE, GRATITUDE, SELF-COMPASSION and HONESTY.

This law stands out to me because it gives me the opportunity to make a positive impact in my life that will allow me to make lifelong decisions that will steer me into a successful life. This statement reminds me that our thoughts have a significant impact on our lives. Our thoughts influence our emotions, which in turn affect our actions and decisions. If we allow negative thoughts to dominate our minds, we will experience negative emotions and make poor choices. On the other hand, if we cultivate positive thoughts, we create a positive mindset that allows us to overcome challenges, achieve our goals, make wise decisions, live a fulfilling life, create the reality we desire and experience positive emotions.

“When you rule your mind, you rule your world” is a call to action. Growing up in a broken home even though I was loved by many made me realize that I have to work for what I want to achieve despite maturing early in the process. I’ve always had the goal to become a teacher to make a significant impact in my future students’ life. I had to instill positive thoughts in my mind to diminish the negative thoughts. Through this process, I’ve experienced resilience, self-compassion, gratitude, honesty, self-care, and balance. I’ve lived by the quote “Your mindset is the foundation for everything in your life.” It shapes your thoughts, beliefs, and attitudes, which in turn influences our actions and decisions. A positive mindset can help you overcome obstacles, build resilience, and achieve your goals. On the other hand, a negative mindset can hold you back, create self-doubt, and limit your potential. As a result of having a positive mindset, I was able to pass all my national examinations, become head girl and prefect for primary and high school, obtain honor roll and principal’s list, was commended by my teachers for being a mannerly determined young woman and so much more. This law impacted my life by increasing my resilience by allowing me to view challenges as opportunities for growth and learning. It improves my mental health by allowing me to take control of my thoughts and emotions. It led me to greater success by creating a positive mindset that allows me to achieve my goals and reach my full potential by focusing on my strengths and abilities. It helped me to
build stronger relationships with others and be open to new experiences and perspectives. Also, it allows me to unlock creative potential by embracing new challenges and taking risks.

Creating a balanced life can be challenging, but it is essential for your overall well-being. I created a balanced life for myself by thinking positively to reduce the negative thoughts said by myself or others. I try to practice gratitude, avoid self-criticism and do at least one thing every day that makes me happy such as baking or singing and I try to find equilibrium in certain aspects of my life such as relationships, health, personal growth, leisure, and spiritual life.

When life gets difficult, it's important to take care of yourself both physically and mentally. Some coping mechanisms I use when life gets difficult are; I practice self-care, meditate, talk to someone, or engage in a hobby. Focusing on our own mental health can have a positive ripple effect on those around us. By prioritizing our own wellbeing, we can be better equipped to help others and inspire them to do the same. By taking care of ourselves, we can be more present, empathetic, and supportive towards those around us. “Studies have shown that helping others can activate the rewards area of our brain and reduce stress, which in turn can improve our mental wellbeing, reduce depression and anxiety symptoms, and sustain mental health by fostering social interactions” (Mazzella, 2023).

How well a person is able to accept and control their emotions as well as deal with life’s problems is referred to as their emotional well-being. It matters because it has an impact on people’s ability to operate and perform daily duties, as well as their capacity to face stressful situations and obstacles, adjust to change, and deal with challenging life events. Emotional well-being is a journey, and we shouldn’t be afraid to ask for help. We should approach life with a positive attitude and find beneficial ways to improve our emotional well-being.

Ultimately, we should take control of our thoughts and emotions because only we have the power to shape our reality, so we must choose our thoughts wisely! “Nurture your mind with great thoughts, for you will never go any higher than you think.”- Benjamin Disraeli. We must nurture our minds to sustain our lives.