

Understanding Enhancement in Energy Level with Psychotherapeutic Intervention using OAM in a young adult with Depression

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Abstract

Optimism is the spirit of achievement. This simply means that an optimistic person is someone who always tries to see the best in all situations. Optimistic is confronted with and is confident that good things will happen in the end. Optimism is a belief system that encompasses an individual's tendency to believe that things will be fine after some time, even if things are not good at the time.

When an individual develops an optimistic attitude, the body's numerous systems and immune system are strengthened, allowing optimist to adopt a more concentrated and energetic approach to their overlook, obtaining better overall rewards. Optimistic have better resilience and coping mechanisms to overcome adversity and even turn the situation in their favour. Pessimistic people, on the other hand, are unable to utilise their resources because they are too occupied feeling sorry for themselves and spending their time focusing on their shortcomings rather than their blessings. They do not feel grateful for what they have and instead complain about what they do not have.

Keywords: Optimism, OAM therapy, Positivity, Enhancement

The Optimism Index OI 1.1 is a useful tool for success that was developed to measure optimism level of an individual with study psychometric properties. It aids in determining where an individual stands in terms of his or her state of optimism, and the PEROMA model indicates how optimistic the central variable is, which can improve the other PEROMA variables. Positive emotions, engagement, relationship network, meaningfulness, and achievement are the five dimensions for which these tools provide scores, and the composite is a score of optimism, which is the degree to which an individual possesses the necessary skills for achieving professional excellence while also living a happy personal life.

The composite scores are symbolically represented by the 7 colours of the visible light spectrum, which are violet, indigo, blue, green, yellow, orange, and red. These colours express the level of optimism based on the composite

scores of an individual who reflects the optimistic index, which indicates a continuum of optimism.

Energy Level-1 Vibrant Violet: Individuals who fall into this category are vibrant and full of life passionate about their work and do everything intensely and enthusiastically. Individuals who fall into this category is a prism are able to confront life challenges with resilience and acceptance they do not get disturbed easily and have complete control over their emotions.

Energy Level-2 Intense Indigo: Indigo are naturally optimistic and have the capacity to visualise goal accomplishment in the task assigned to them. They are able to handle frustrations and retains quite easily. They are instinctively happy people who strive to spread happiness while achieving the target. As a result

they are able to remain calm in any emotional situations and are able to handle frustrations and retains quite easily.

Energy Level 3 brilliant blue: This level resonates abundance of warmth, harmony, and energy such individuals are naturally optimistic idealistic and hopeful of good things happening they share good relationships with their family and friends, that extend well into their personal lives. Who fall into this categories are courageous and confident in his or her approach in handling any provocative situation.

Energy Level-4 Gravitating Green: The remarks by gravitate in green represent energy level 4, which is the threshold level of optimism. Individuals in this range require significant external motivation from their family and friends. People with this colour green have a tendency to work towards rekindling themselves. People maintain positive predispositions even in adversity overall to a large extent they are able to maintain professional and personal relationships despite occasional frustrations and disturbances. They are good at handling emotions and face adversity in a positive manner.

Energy Level-5 Yellow: The colour yellow represents energy level 5, and people who belong into this group want assistance and

coaching in order to improve their innate motivation to achieve their goals. Individuals who fall into this category have a strong need for an intervention to help them deal with their life. They need to develop resilience so that they remain satisfactorily engaged in their work.

Energy Lvel-6 Oppressed Orange: As the name implies, the oppressed orange required mental, physical, and spiritual rehabilitation. Individuals who fall into this category are looking for interventional approach and mentorship to help them deal with their lives in a more constructive way. This will assist them in maintaining positive emotions, particularly under stressful and provocative situations. Appropriate intervention and mentoring will cause them to consider the numerous possibilities available to them in their personal and professional lives.

Energy Level-7 Refrain Red: Individuals who fall into red colour categories have very strong emotional disturbances in their personal and professional lives and require immediate reconstructions. They are likely to be emotionally disturbed and will require professional help for personal issues and mentoring.

Range of Scores	Colours	Energy Level	
275-300	Violet	1	High
251-275	Indigo	2	↑ ↑ ↑
231-250	Blue	3	
201-230	Green	4	
171-200	Yellow	5	↓
131-170	Orange	6	↓
100-130	Red	7	Low

Case Study:

Anirudh (name changed) is a 24-year-old graduate who has been experiencing low mood, self-doubt, and low confidence. His managers were critical of his work, and he was reassigned to another area within the corporation. The customer left his employment after four months, dissatisfied with his job profile and the antagonism of his superiors. He went back to work as a team leader for another company, but resigned after only a month because he couldn't manage his team and found

the position to be exceedingly taxing and stressful. He had ceased attending to any form of job selections or interviews due to many rejections, but he ultimately nailed the interview at a tax firm and worked there for four months as an accountant. He has also been having issues with his family, particularly with his father, who is physically violent to his mother. He wants to get an MBA and work in the hotel industry, but his family can't afford it. He is growing increasingly fearful of the future and is plagued by the fear of failure and

rejection. All of this has disrupted his sleep, as he has experienced problems falling asleep as well as a lack of restful sleep.

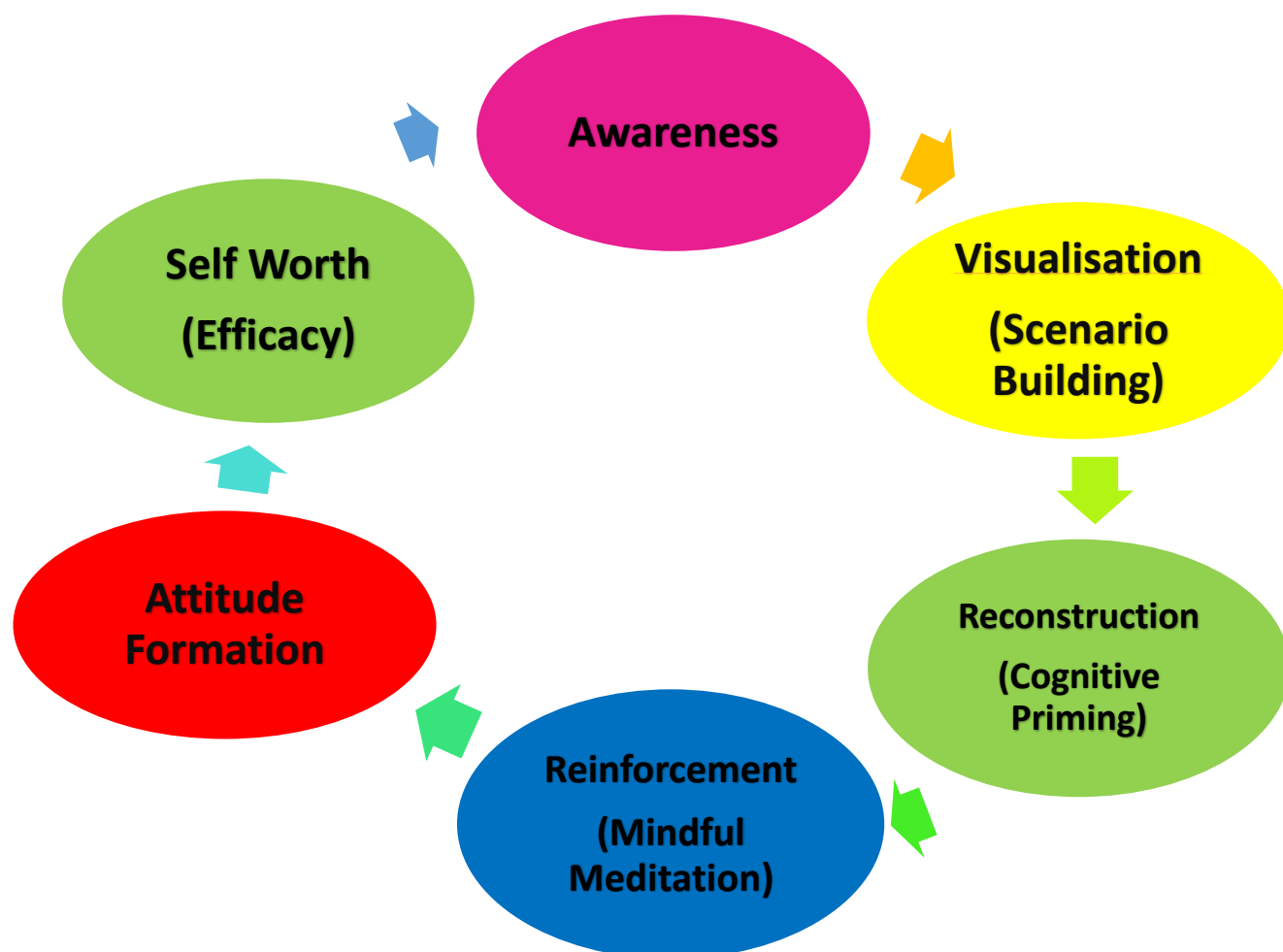
The inability to perform the tasks that he could perform earlier with ease, makes the client prone to feelings of guilt and inadequacy. He finds his life worthless and he is often filled with thoughts of ending his life. However he has not carried out any act of self-harm due to his mother.

Goals of the Therapy:

1. Awareness of Core Issue
2. Enhance quality of Sleep
3. Reduce pessimism
4. Confidence Building
5. Increased Self Efficacy

Intervention:

OAM Therapy: To begin with OAM therapy his optimism index was calculated using Optimism Attitude Scale. His total score indicating his optimism was 118.



Initial Phase:

The therapeutic bond and rapport with him were created during this session. He was assured that his information would be kept private. The client was given psychoeducation regarding Depressive Disorder, including its causes, symptoms, and prognosis. The importance of genetics, neurotransmitters, family environment, and pre-morbid personality traits was outlined in the bio-psycho-social model, which explained the

aetiology of depression disorder. He was shown how being aware of one's own feelings can help with emotional regulation.

He was explained how his own judgement and lack self-confidence are causing self-doubt in his life using confrontational therapeutic technique. His family has received psychoeducation on his illness. They were given a thorough explanation of the components that contribute to the client's predisposing, precipitating, and perpetuating

states. Protective factors were also mentioned, as well as how the family could help.

The concept of expressing emotions was also discussed in order to lessen the predominance of over-criticism, antagonism, and over-protection in the family against the client. It was recommended that the family refrain from criticising him in any way for his illness.

Middle Phase:

In the next few session using visualisation techniques where he imagined himself in a lovely garden surrounded by lush green trees and plants. Imagine wandering through that lovely garden, feet on the grass, and the fragrance of the flowers filling senses. A cool air caresses his face, making him feel revitalised. As he strolled through the garden, he was come across a lovely bench to sit on. He had heard a waterfall as he approach it. The view of the waterfall becomes clearer as he go closer, and the sound was relaxing. He took a seat near it and unwind. He fell into a deep and refreshing sleep as he relax on the bench. Felt all of his troubles wash away as he begin to relax with each breath. He was appropriately reinforced with praise, encouragement, and

acknowledgment in order to help him live a more meaningful and healthy life. His previous session tactics were reviewed for application. He was suggested to watch motivational videos and read success stories, which helped him in changing his perspective to look at life situations.

Final Phase:

Twice a day, he would practise mindfulness meditation. His demeanour has changed for the better. This session was all about reviewing goals and working on keeping factors under check. He was also taught a few problem-solving techniques. He fully mastered all of the tactics and put them into practise in order to affect positive changes in her life. He was pleased with his newfound self-confidence in his life. He was no longer annoyed and self-critical of himself. The goal of this session was to increase positivity.

During the session it was realised that he had developed skills to cope with challenges and realised the importance of optimism in his life. This was followed by reassessment of the Optimism Index of the patient.

Changes in levels of Optimism index with OAM therapy

Dimensions	Pre-Intervention Scores	Post-Intervention Scores
Positive Emotions	29	41
Engagement	20	45
Relationship Network	22	46
Meaningfulness	22	47
Achievement	25	45
OI Composite Score	118	223

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Over time, he improved her ability to handle life's stressors with resilience.. He had gained great confidence and self-efficacy in his ability to manage his own life stressors by the time therapy ended.

Conclusion:

Many researches have now indicated that OAM therapy is an effective tool for directing one's mind to expand cognitive functioning and performance, as well as to live a purposeful and peaceful life. It contributes to increase in the energy levels of optimism of an individual resulting in more success, enhanced productivity and elevated levels of resilience.

OAM therapy is an effective way to scientifically train one's mind for achieving better things in future and making the present too beautiful for the individual thereby increasing one's quality of life adding more meaningfulness to it. This is what Aristotle had mentioned as Eudaimonic Well Being (EWB) of the individual.

More work in this subject needs to be done to build more research evidence on the subject. This has a very important scope in the post pandemic world wherein the people globally are seeking meaningfulness and purpose in the present day world and how to bring about

sustained development and growth in the mental and spiritual realms of the individual.

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