

HYPEBEAST

MENTAL HEALTH

WITH !NOAH 🍀 #2214

INSTAGRAM & TWITTER : @USMANOAH

MENTAL // HEALTH

One in six children aged 5 to 16 suffer from mental health.

80% of young people with mental health needs agreed that the coronavirus pandemic has made their mental health worse.

Suicide was the leading cause of death for males and females aged between five to 34 in 2019 .

Some mental health conditions include:

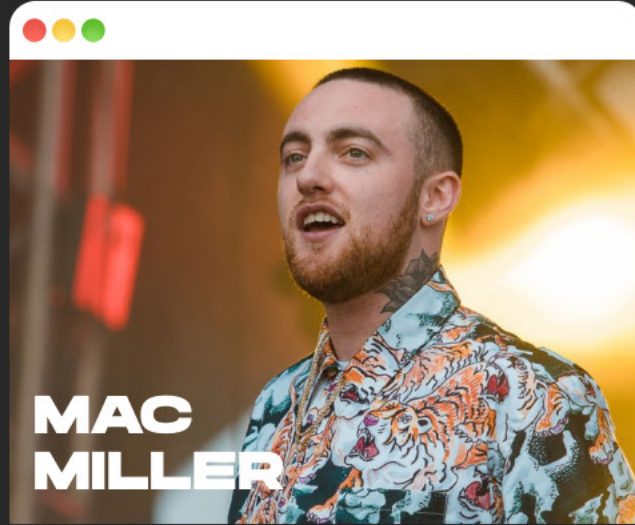
Anxiety - Depression - Substance use disorders - Bipolar disorder - Schizophrenia - Eating disorders - Obsessive-compulsive disorder (OCD) - Post-traumatic stress disorder (PTSD)



MENTAL // HEALTH



CHESTER BENNINGTON'S



DID I GET YOUR ATTENTION?

**WHAT IS STOPPING US FROM
MOVING FORWARD? TAKING
ACTIONS? BEING OUR BEST?**

FEAR

FEAR

Fear is an emotion induced by perceived danger or threat, which causes physiological changes and ultimately behavioral changes, such as mounting an aggressive response or fleeing the threat

Pussy

FUCK THIS

FEAR

FALSE
EVIDENCE
APPARERING
RREAL

**LET YOUR INNER
HERO RUN YOUR
LIFE, RATHER THAN
THE VILAIN
STEAL YOUR
DREAM**

CONSCIOUSNESS // BRAIN



PAST
The past is
your lesson

PRESENT
The present
is your gift

FUTURE
The future is
your motivation



CONSCIOUSNESS // BRAIN



PAST
The past is
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PRESENT
The present
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**OUT FROM
COMFORT
ZONE**

FUTURE
The Future is
your motivation

CONSCIOUSNESS
// BRAIN

SUBCONSCIOUS
THOUGHT

CONSCIOUS
CREATIVE



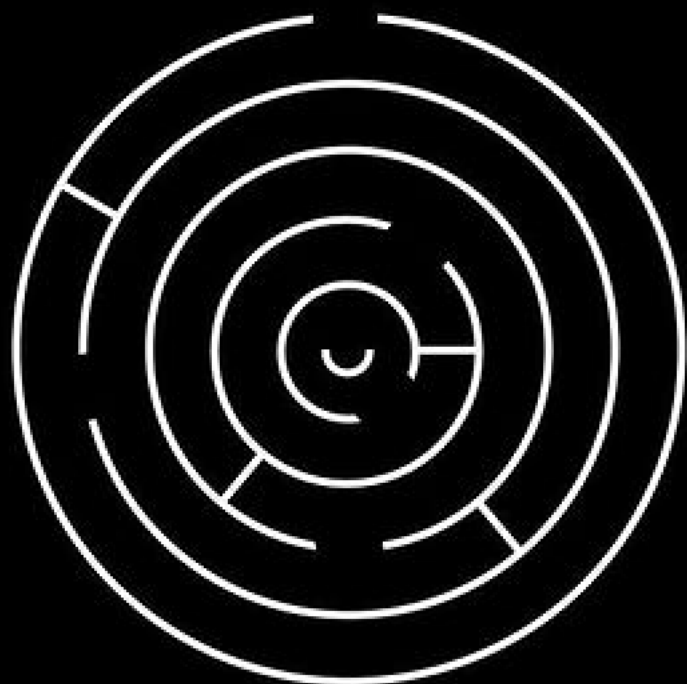
**CONSCIOUSNESS
// BRAIN**

5%

21 DAYS

CONSCIOUSNESS

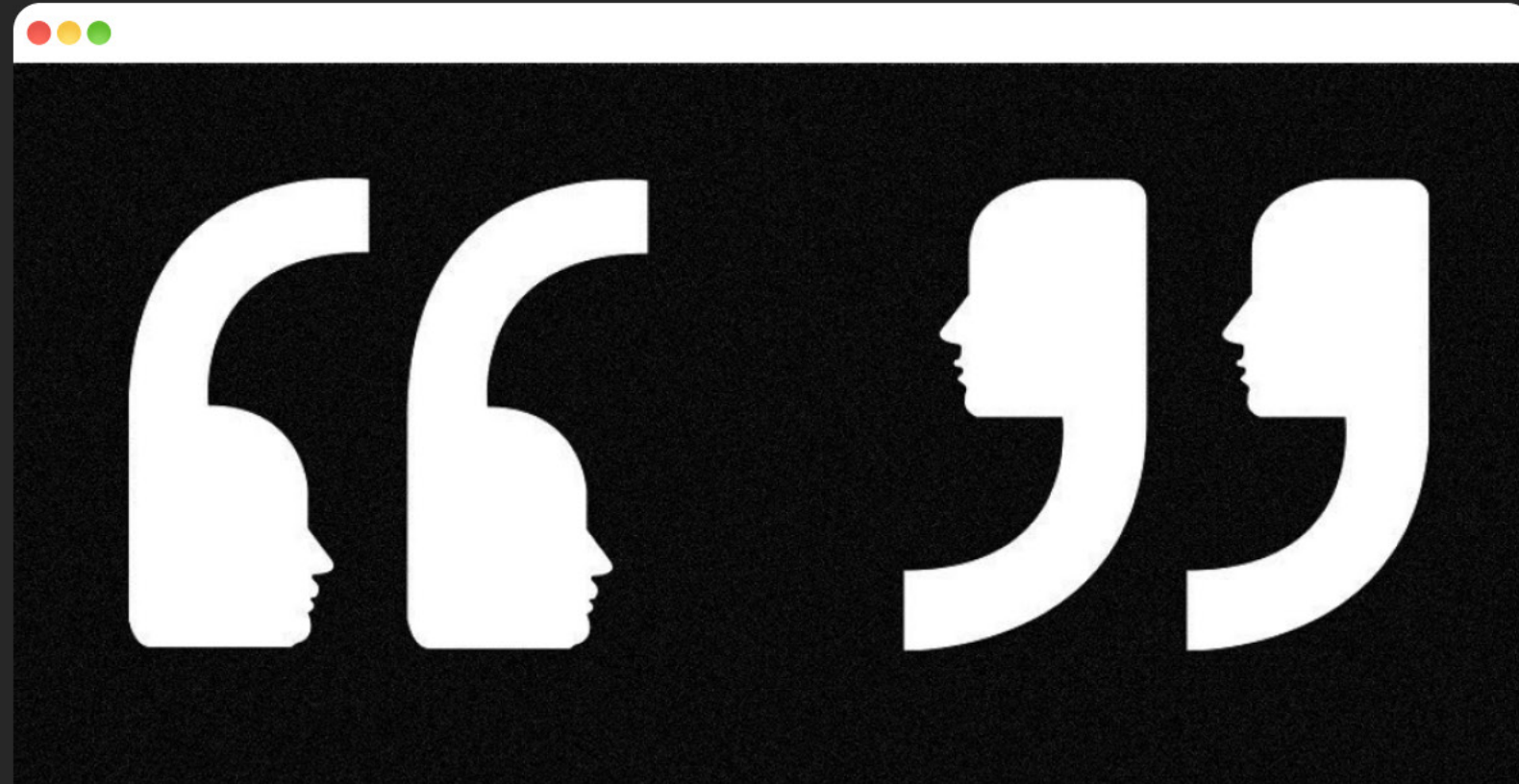
// BRAIN



CONSCIOUSNESS // BRAIN

WHY DOES MY LIFE SUCK?

I WONDER WHAT
MY BOSS THINKS?



I JUST KEEP
FAILING.

DOES SHE LOVE ME!

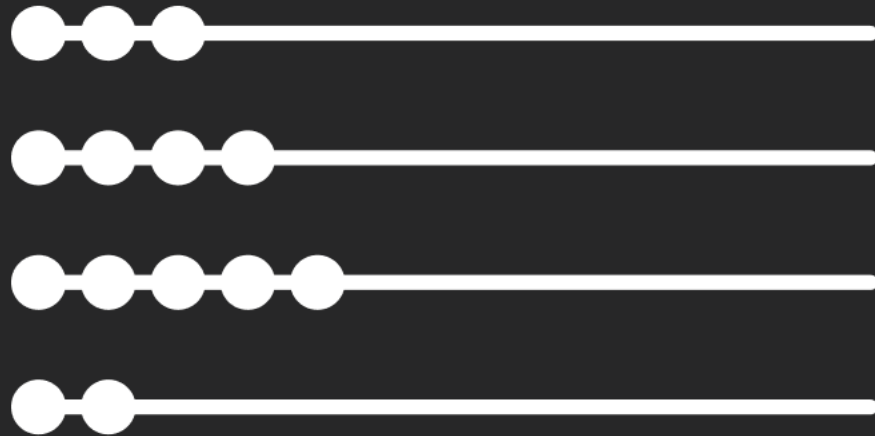
I CAN'T FINISH ANYTHING, WHAT'S WRONG WITH ME?

TWO CHOICES

COMPLAIN

CHANGE

MEDITATION // PRIMING

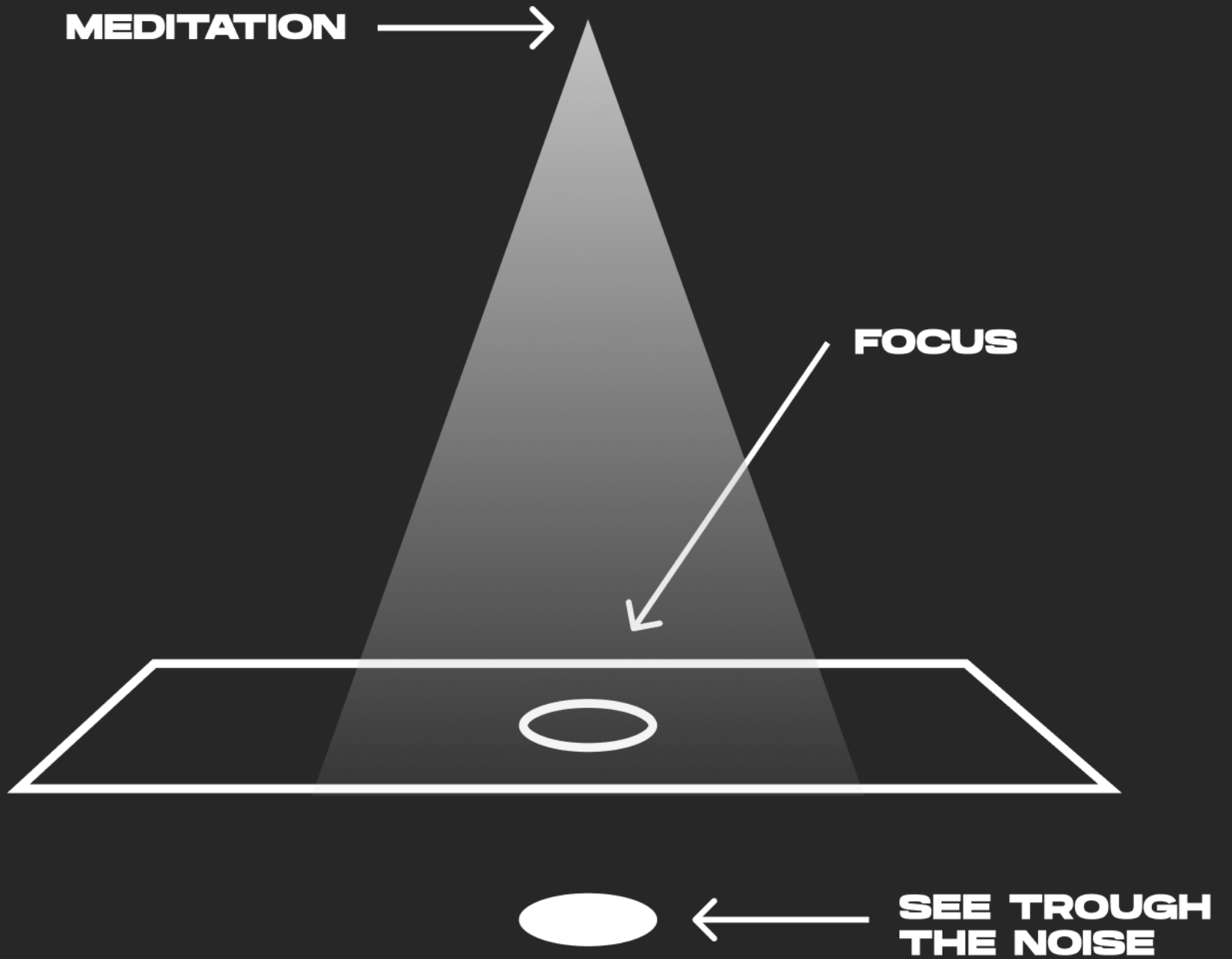


COUNT YOUR BLESSINGS,



NOT YOUR PROBLEMS.

MEDITATION // PRIMING



MEDITATION
// PRIMING

I AM

**MASSIVE
// ACTIONS**

WHY

KNOW YOUR BIG WHY

SET A MASSIVE GOAL

BREAK YOUR GOAL DOWN INTO MILESTONES

IDENTIFY PREDICTABLE CHALLENGES



ENJOY THE PROCESS

"MOST PEOPLE OVERESTIMATE WHAT THEY CAN DO IN ONE YEAR AND UNDERESTIMATE WHAT THEY CAN DO IN TEN YEARS."

INSTANT GRATIFICATION



INSTANT GRATIFICATION



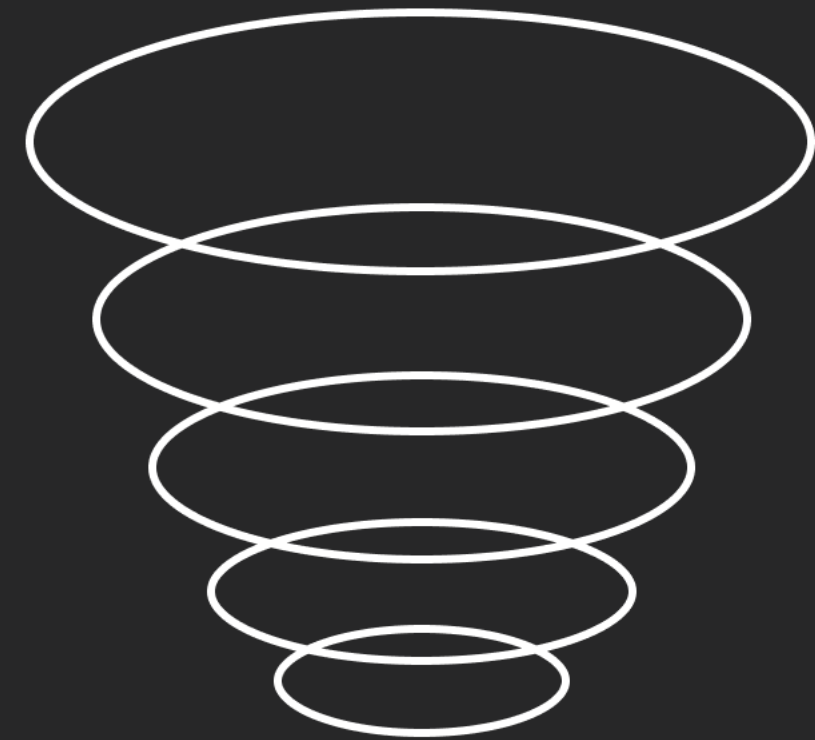
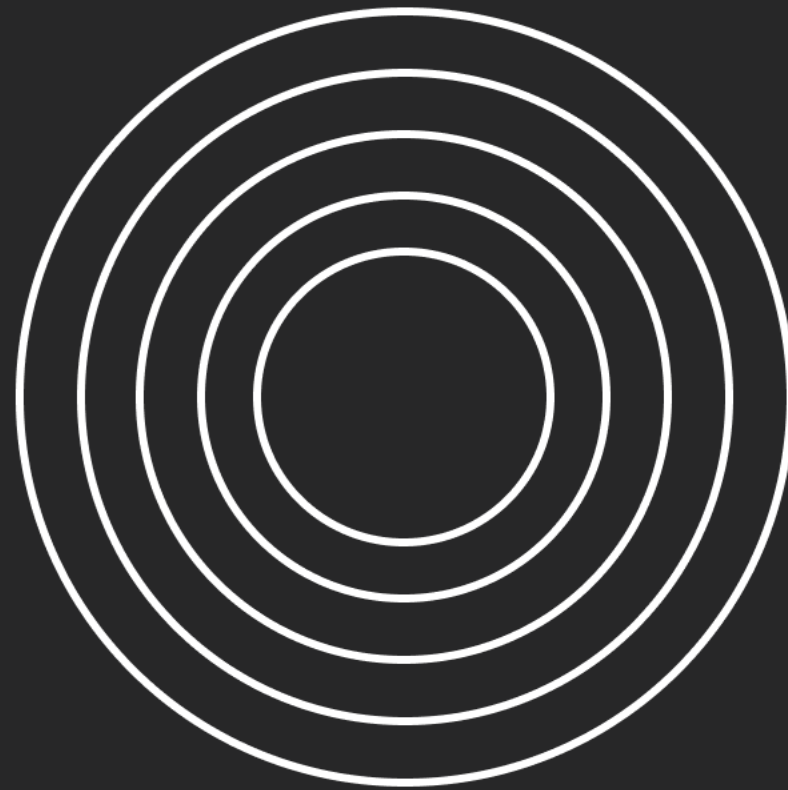
LONG-TERM REWARD



LONG-TERM REWARD



VISUALISATION // MEDITATION



Visualisation has different layers. Each layer being perceived differently depending on the point of you

BOOKS // REFERENCE

Tony Robbins: Awaken the giant within, Unlimited power

Jordan Peterson: Beyond Order 12 rules for life

Bruce lipton: The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles

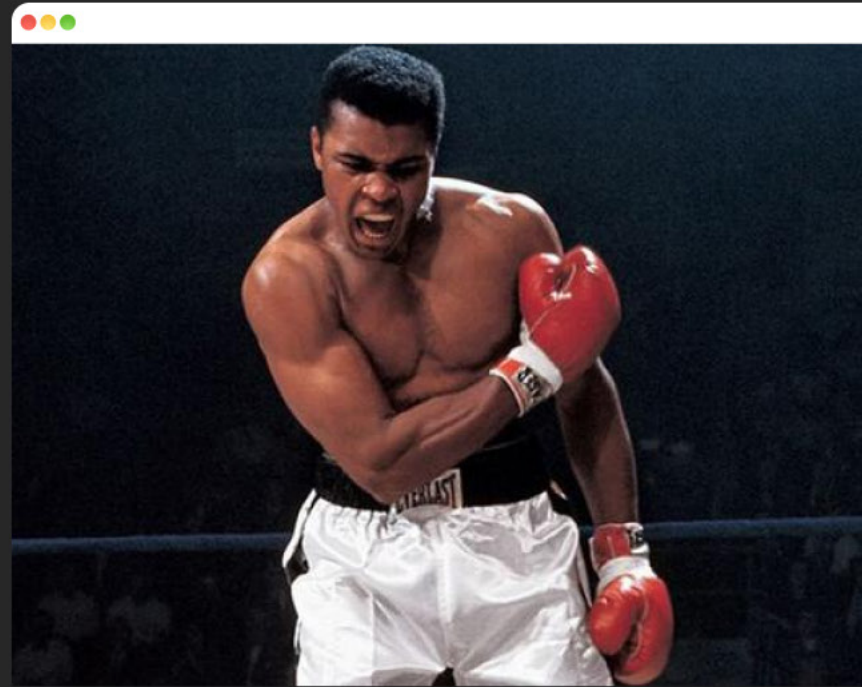
Joe Dispenza: Breaking the Habit of Being Yourself, Becoming Supernatural

Movie: The secret. (very old, but fucking good)

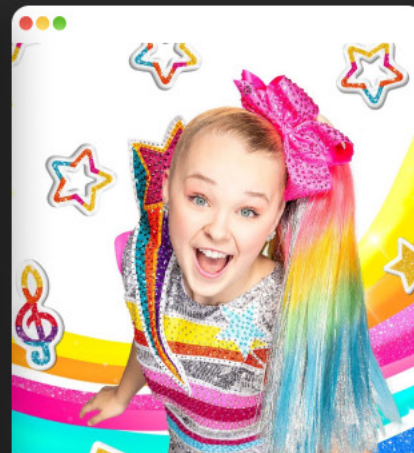
Simon Sinek: Start With Why, Find Your Why, Leaders Eat Last

HAPEBEAST // COMMUNITY

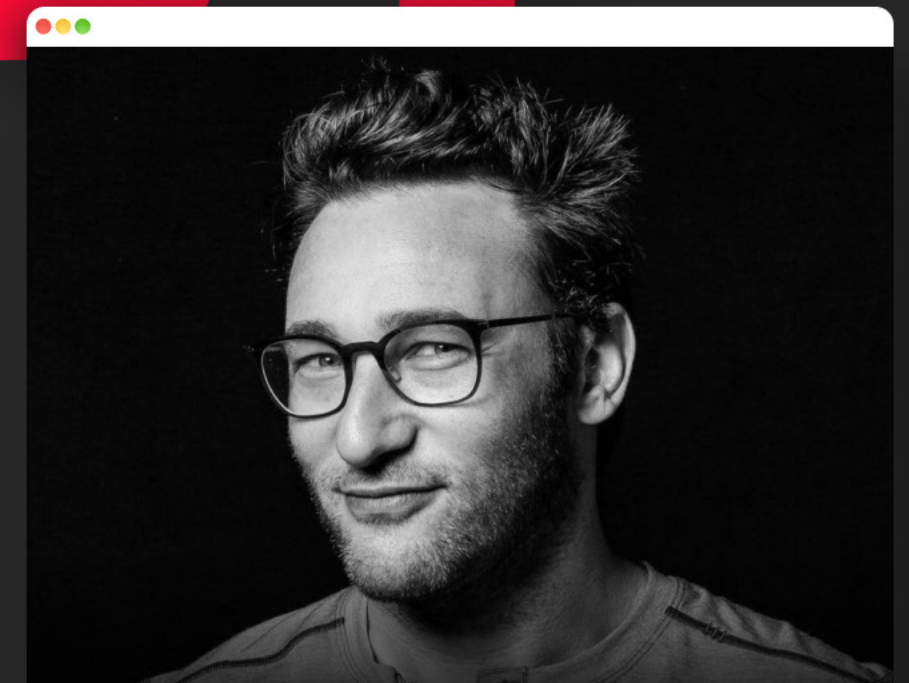
It's about becoming conscious of your thoughts and then getting the best out of them.



BEAST



THAT'S
JOJO SIWA
AND I'M
JOKING



HAPEBEAST // COMMUNITY



HAPEBEAST // COMMUNITY



**INSPIRE
OTHERS**



**INSPIRE
YOURSELF**



Zoumi | HAPE Hier à 22:05

Dear HAPES,
 I have created for you the community a 3 week bodyweight training program.
The second week as well as the first one which was released recently is below in PDF, so each week the rest of the program will be published # 🙌-body

*(BONUS 1 Nutritional guide to eating well, gaining weight, losing weight e

It's all in the PDF below, I have put a lot of time and hope into this program and I hope you will really enjoy it feel free to send me any feedback or questions and I'll be happy to answer.
See you on Saturday 11 December at 2pm EST for week 2.
 See you soon dear HAPES ❤️👑

The_Bodyweight_Training_HAPEFACT_Week_1x4 43.96 KB

The_Bodyweight_Training_ 42.73 KB

The_Nutrition_Guide_HAP 44.25 KB

AH! AH! | HAPE Hier à 11:47

THE QUIZ WILL START IN 15 MINUTES, IT WILL OCCUR IN # 🎬 movies-anime-series HOPE YOU GUYS MAKE IT 😊

optimist Hier à 12:58

Hey guys sharing this event we have planned happening in an hour and 30 minutes

Diips Aujourd'hui à 00:50

Dont forget to join us in 10 minutes in the general wellness chat for some fun trivia!

Your hosts:

\$\$C nathaniel | Honest Farmer 03/12/2021

Hello Movie HAPES!
 WHAT: Gibberish Movie Quiz: Can you guess the movie?
 WHEN: Dec 03, 2021 9:00AM EST 1 hr. to go!
 WHERE: #movie_cameramovies-anime-series
 PRIZE: No more HL sorry
 Movie HAPE bragging rights!

For more details, you can reach: @ladysuyene , AwatK, Nathaniel | honest farmer, unable, undergrnd | Hape, or Shoop | Hotmessmellow FC 😊
 See you there! 🙌

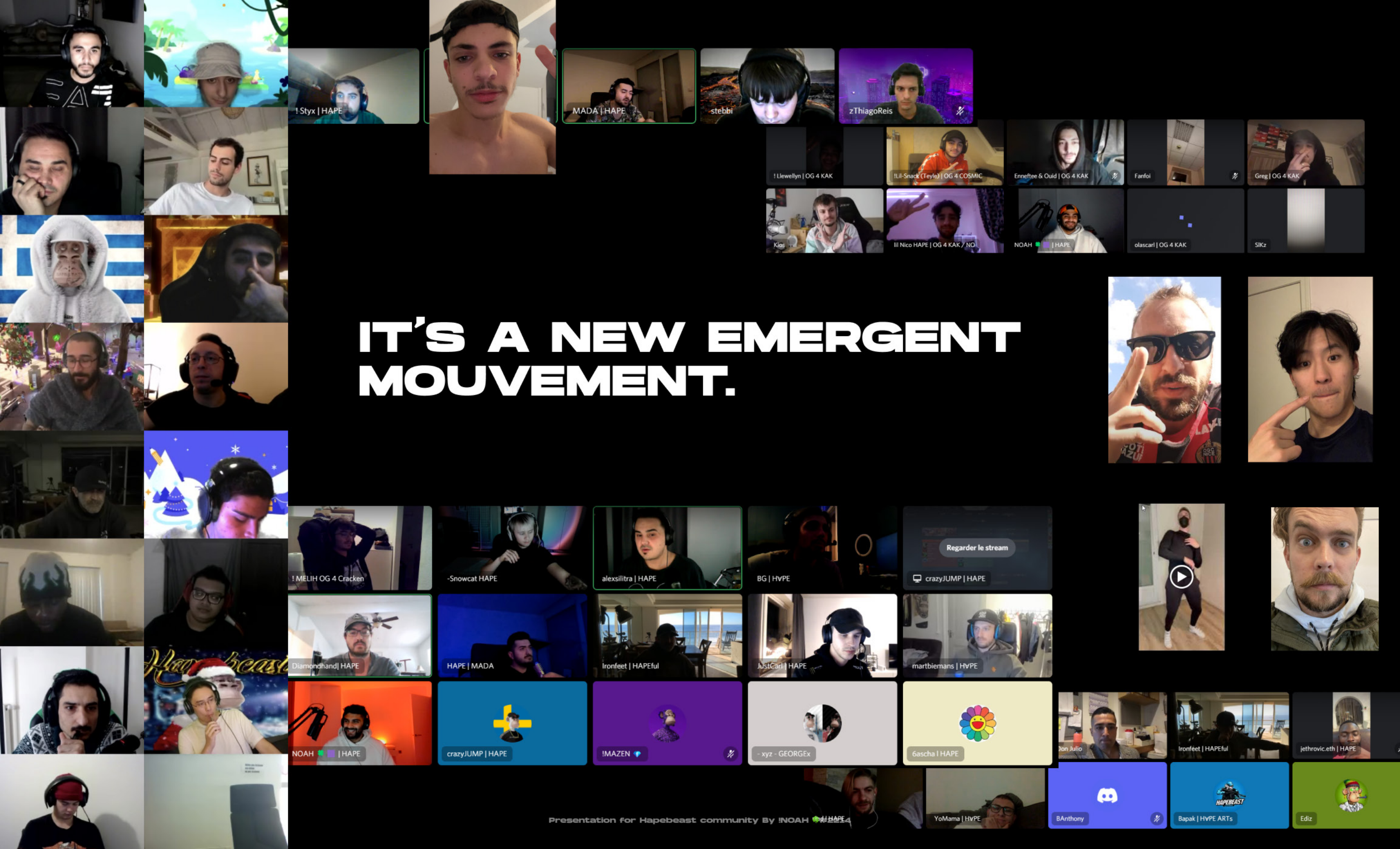
FLAMMA | HAPE BEAST Hier à 13:11

TSTAR77 & ZOZY PRESENTS

MOVIE NIGHT

The Matrix

join -movie-anime-series- at 7:00pm PST 04/12
 1:00pm AEDT 05/12



IT'S A NEW EMERGENT MOUVEMENT.

**LET YOUR INNER
HERO RUN YOUR
LIFE, RATHER THAN
THE VILAIN
STEAL YOUR
DREAM**

DOCTORS	WON'T MAKE YOU	HEALTHY
NUTRITIONISTS	WON'T MAKE YOU	SLIM
TEACHERS	WON'T MAKE YOU	SMART
GURUS	WON'T MAKE YOU	CALM
MENTORS	WON'T MAKE YOU	RICH
TRAINERS	WON'T MAKE YOU	FIT
ULTIMATELY	YOU HAVE TO TAKE RESPONSIBILITY	

HAPEBEAST // CONCLUSION

STEP 1 : CONSCIOUSNESS

STEP 2 : MEDITATION

STEP 3 : MASSIVE ACTIONS

STEP 4 : VISUALISATION

STEP 5 : COMMUNITY

HAPEBEAST
// CONCLUSION

**AND WHAT IF THE REAL
SECRET OF HAPPINESS
IS PROGRESS?**