

## Categories and Factors

### The Influence on Mental & Physical Health, Behaviour & Character

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Many factors impact mental health, physical health, behaviour and character. I have attempted to organise them into categories, but the factors don't fit neatly into arbitrary categories. Arranging factors this way makes them easier to discuss and to remember. Some factors logically fit into more than one category, so I have included them in all appropriate categories. The lists are not necessarily exhaustive, but the number of factors listed will demonstrate the necessity of conscious effort to counter the many negative influences that mar our health, behaviour and character.

Dr Neil Nedley is one of the world's leading authorities on depression, anxiety and emotional intelligence. He has had impressive success in helping people recover from chronic depression. Many countries host his community programs. He has been in practice as a physical medicine physician for over twenty years. His books, Proof Positive and Depression the Way Out are highly acclaimed. In Depression the Way Out, Dr Nedley has organised the factors that contribute to depression into categories and 'hits.' I have included many of his 'hits' in my lists of factors below.

#### Recommended Links

Nedley Health Solutions Home - <https://www.nedleyhealthsolutions.com>  
Nedley Depression Recovery Program - <https://www.depressionthewayout.com>

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- **Pre-Natal Category**
  - Heredity - character, mental & physical abilities, emotional makeup
  - Parents' choices - nutrition, mood, voice, temperament, water, temperature, drugs, education, stress, anxiety, health
  - Parental and sibling relationships
  - Depression illness and or trauma
  - Environment - calm, noisy, violent, arguments, toxins, media, trauma, stress, anxiety
  
- **Early Home Life Category**
  - Health - Nutrition, exercise, water etc.
  - Environment - calm, noisy, violent, arguments, toxins, media, security, stress, anxiety
  - Financial difficulties
  - Depression illness and or trauma
  - Parental/parent interaction - love, indifference, independent, absent, lifestyle, violence. controlling, cooperation, respect, communication, priorities
  - Parent/child interaction - calm, authority, expectations, correction, loving,

- protecting,
  - Sibling/child interaction - controlling, manipulating, loving, nurturing, protective, abusive
  - Conversations - attitudes, interests, hates, expectations, religion, politics, nature, sports, entertainment
  - Abuse - sexual, physical, emotional,
  - Trauma - deaths, injury, divorce, fire, natural disasters, criminal activities
  - In-laws, relatives & family friends - attitudes, interests, hate, expectations, interactions, relationships, closeness
  - Babysitters, daycare, kindergarten, schooling
  - Television
- **Nutrition Category (impact on mood)**
  - Serotonin
  - Omega-3 fats
  - Folic acid
  - Vitamin B12
  - Homocysteine
  - Protein intake & early puberty
- **Lifestyle Category**
  - Rarely breathe fresh air
  - Regular insomnia
  - Routinely sleeping more than 9 hrs per day
  - Regularly sleeping less than 6 hrs per day
  - Not having regular hours for sleeping
  - Less than 2 hrs sleep before midnight
  - Watching TV or eating before going to bed
  - Physical inactivity
  - Not regularly being in daylight 30 minutes a day
  - Overeating
  - Eating between meals
  - Interruption of circadian rhythm
  - Legal drugs - tobacco, caffeine, alcohol, energy drinks
  - Illicit drug use
- **Trauma Category**
  - Domestic violence
  - Watching Trauma on TV or movies
  - Regularly reading about traumatic experiences
  - Experiencing physical, verbal, mental or sexual abuse
  - Experiencing or seeing accidents, violence, disasters, murders
- **Addictions Category**
  - Smoking
  - Alcohol
  - Taking drugs

- Caffeine
  - Energy drinks
  - Eating disorders
  - Movie watching
  - Gambling
  - Sports
  - Disasters
  - Violence
- **Poisons & Toxins Category**
    - Lead
    - Mercury
    - Manganese
    - Arsenic
    - Bismuth
    - Organotin
    - Trimethylin Chloride
    - GMO
    - Food additives
- **Frontal Lobe Category**
    - Low carbohydrate diet
    - High meat, cheese & rich food diet
    - Regular entertainment TV& movie viewer
    - Entertainment internet or chat internet addiction
    - Frequent sexual arousal outside marriage
    - MTV or other rock/country music viewer
    - Undergoing hypnosis or Easter meditation
    - No regular Bible study or abstract thinking
    - Going against your conscience
    - Head injury
- **Illness & Disease Category**
    - Stroke
    - Heart disease
    - Cancer & other terminal illnesses
    - AIDS
    - Parkinson's disease
    - Diabetes
    - Postpartum status
    - Premenstrual syndrome
    - Sleep disorders
    - Thyroid disease
    - Adrenal gland disease
    - Parathyroid gland disease
    - Lupus

- **Social Category**

- No raised by natural parents
- Parental separation
- Sexual, physical or emotional abuse
- Dependency or codependency
- Low social class
- The absence of social support
- Lack of social skills
- Negative stressful events
- Criminal activities

By  
Richard Warden