

Mental Health

THE SOUL OF HUMANITY



by multiple authors



ecocivilisation



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Ecocivilisation team



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INTRODUCTION

As we come to the close of this book, we are not arriving at an end, but at a wider view.

Throughout these pages, mental health has revealed itself not as a problem to be fixed, but as a living process, shaped by experiences and reflections, by relationships and cultures, by systems we inherit and systems we create. Again and again, we are invited to move beyond the idea of repair and toward something deeper: regeneration and growth.

This shift matters.

Because when we ask only what is wrong with individuals, we miss what is happening in the environments we are co-creating. Symptoms then appear not as failures, but as signals, as messages pointing to imbalance, disconnection, or unmet needs in the wider ecology of life.

What emerges clearly is this: mental health behaves like an ecosystem; it is sensitive, responding, and reflecting.

Inner rhythms, when respected, bring coherence. However, when connection is broken, distress appears. When human beings are asked to endlessly adapt to systems that ignore their limits, aspirations, and true needs, illness becomes a form of communication.

Mental health does not live solely inside the individual. It is distributed across families, workplaces, institutions, cultures, and the invisible relational fields between us. In this sense, mental health is not private property, it is a shared responsibility and a mirror of a society.

Many voices in this book remind us of something modern society has largely forgotten: the body, soul, and mind are closely connected and intertwined. They are a collective, relational intelligence. As we hear in several sessions, through somatic awareness, music, hormonal cycles, nervous system regulation, and embodied

leadership, we rediscover that healing does not come from overriding the body, feelings, and deep insights, but from listening to them. Without body, mind, soul literacy, whole-

ness remains an idea rather than a lived reality.

We also meet crises in these pages, personal and collective, quiet and dramatic. Yet the crisis is repeatedly reframed not as a failure, but as a threshold. What breaks is often not the human being, but an unsustainable way of living. When met with care, honesty, and community, crisis becomes a doorway, a safe return to meaning, integrity, and belonging.

A subtle but powerful insight runs through this book: relationships heal what isolation wounds. Circles, communities, and relational ways of leading are not optional additions to mental health; they are foundational. Our nervous systems are social. Regulation, resilience, and creativity arise in relationships, not in separation. Mental health, therefore, is something we steward together.

Culture, too, plays a decisive role. Ideas about productivity, success, gender, power, and silence shape what is expressed and what is suppressed. When institutions ignore this, the cost is carried by individuals. When they acknowledge it, they begin to create conditions where well-being is not an exception, but a baseline.

Indigenous traditions and ancestral knowledge remind us that mental health was never meant to be fragmented. Long before modern categories, humans understood rhythm, ritual, alignment, and belonging. This remembering is not a step backward. It is part of our evolution, an integration of what was left behind so that we may move forward with greater maturity.

This book does not offer one model, one method, or one solution. Instead, it offers an orientation. An orientation toward wholeness rather than fragmentation. Toward listening rather than control. Toward relationship rather than isolation. Toward regeneration rather than repair.

In an Ecocivilisation, mental health becomes a daily practice of stewardship, of self, of one another, of culture, and of life itself. The future of mental health will not be delivered by experts alone. It will be lived into being by individuals, communities, and systems willing to listen deeply and act responsibly.

The work has already begun.
And it continues with each of us.

Ecocivilisation Team



I. FOUNDATIONS: MENTAL HEALTH AS A LIVING SYSTEM

(Setting the paradigm shift — from pathology to ecology, wholeness, and evolution)



The Evolution of Mental Health Awareness

by Dr. hc. Violeta Bulc

We live in a period of great instability, where attempting to predict the future is, at best, an exercise in speculation. Certainty in predictions has become elusive, not only due to unpredictable human behavior, perhaps influenced by the subtle yet powerful forces of nature, our planet, and cosmic constellations, but also because we are transitioning from 12,000 years of relative stability, known as the Holocene.

The Holocene provided ideal conditions for the flourishing of biodiversity, humanity, and civilizations. It offered predictable weather, stable temperatures, consistent water cycles, and reliable seasons. Such conditions allowed the planet to evolve in a sustainable manner.

But now, we have entered the Anthropocene, an era where unpredictability seems to be a new normal. We find ourselves uncertain, questioning how much of this change stems from reckless, short-term human behavior and how much is a result of larger planetary cycles, solar eruptions, or even cosmic influences.

In times like these, human responses vary widely, reflecting our diverse levels of awareness and consciousness. We must acknowledge that the technological and industrial civilization, what I often refer to as Western civilization, has shaped life on this planet for centuries, including enormous amounts of wars, atrocities, abuses and changed societal conditions, which resulted in deep traumas, hidden wounds and collective fear. It was not all just bad. This period of seven hundred years also delivered amazing innovation, social transformation and individual awareness. Yet, we now find ourselves at a crossroads, doubting humanity's own potential while fixating on technological imitation.

It is no surprise, then, that one of the dominant visions for the future proposed by technological giants, is transhumanism, the idea that humans have fulfilled their role on this planet and that the next evolutionary step is beings which are a fusion of organic and artificial, poizintonic intelligence.

Fall

Transhumanism

Ecocivilisation

(Picture 1: Possible future options for humanity, 2022)

History teaches us that every civilization has had its rise, only to struggle when it failed to reinvent itself. Today, Western civilization, trapped in a decadent and increasingly discriminating world, appears to be reaching a similar turning point.

But there has been an idea bruising in the realm of consciousness, giving humanity another chance. I feel that for the first time humanity has the capacity to consciously reinvent itself, seeking a more balanced civilization in harmony with nature, our planet, and the universe, while using technology as a tool.

The Ecocivilisation Movement is built upon this possibility. We embrace the emergence of new ideas, drawing from the collective consciousness without rigid preconceptions. We see ourselves as a global, disruptive cluster of people who care. A cluster of people committed to fostering an ecological civilization that aligns with planetary and cosmic rhythms and boundaries.

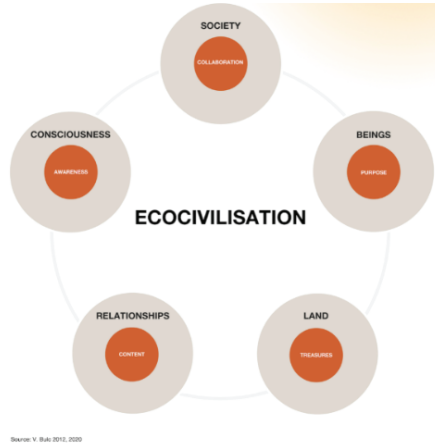
In this spirit, I invite all of you reading this book to join us in reimagining a vibrant, interconnected relationship with our planet. The planet is rooted in understanding, collaboration, and co-creation. Our values focus on sustaining life in all its forms, learning from each other and from non-human communities alike.

We follow the core principles such as social technology—where technology serves as a tool, not a goal. We embrace systems thinking to grasp both opportunities and consequences. We advocate for accountability and responsibility alongside spiritual transformation, engaging not just our intellects and physical bodies, but also our emotions and the quantum vibrations that connect us all.

A new civilizational paradigm cannot emerge without rethinking the very structures within which we operate. Instead of rigid, function-based organizations that fight for

their own survival, I invite you to imagine self-organizing, network-based structures that revolve around fundamental life-supporting elements:

1. Land: encompassing both physical and virtual spaces
2. Communities: bringing together species in self-organizing ecosystems
3. Collective awareness and consciousness: drawing from accumulated wisdom across generations and civilisations
4. Dynamic relationships: the ever-evolving connections that sustain life and ensure sustainable coexistence



(Picture 2: Ecocivilisation Model, 2020)

These elements should not be static; rather, they continuously adapt to genuine needs of beings and the planet, e.g., in education, industry, infrastructure, science, culture, economy or any other aspect of engagements. And the pressing question for recognition of their real needs could as well be: Are our actions strengthening the resilience and sustainability of life, land, communities, and consciousness? Are we contributing to the process of reinvention/ sintropy or to destruction/entropy?

I do not claim this to be the ultimate solution, but it is a different enough approach that I hope it sparks new insights in your creative sphere.

With this introduction, I hope to establish the context for why we have chosen to dedicate the year 2025/26 to “Mental Health”-The Year of Mental Health”.

The Year of Mental Health

Our growing interest in the intangible layers of existence, e.g., thoughts, emotions, energy, and the deeper forces shaping our actions, seems to signal an evolutionary shift.

Mental health is no longer seen as an isolated issue but as a fundamental part of human well-being. The timing of this shift is not random; it reflects a broader transformation in

our collective consciousness.

As we evolve, we are becoming more introspective, questioning not just how we live but why we live, who we are, what our purpose in life is. More people are recognizing that well-being extends beyond the physical and is deeply tied to our emotional and mental states. The rise of mindfulness, meditation, and even quantum perspectives on consciousness suggests a collective expansion of awareness, pushing us to reconsider long-standing assumptions about reality. At the same time, traditional structures, i.e., governments, religions, economic systems are being challenged, making space for new ways of thinking.

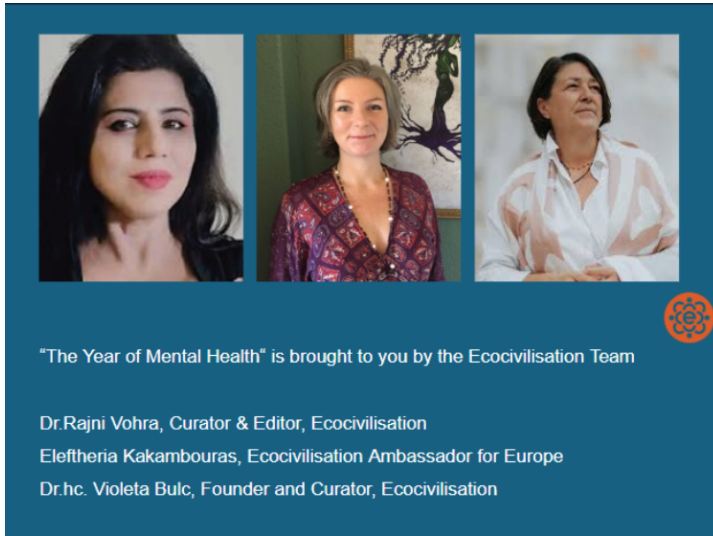
Technology has also accelerated this shift, propelling us into unfamiliar mental and emotional territory. With rapid change comes uncertainty, and without the right mental tools, we risk societal entropy manifesting itself in a form of burnout, disconnection, and dysfunction. Mental health has emerged as a necessary adaptation, a way to navigate this new landscape with resilience. The more we focus on it, the more it becomes embedded in our collective consciousness, reinforcing the idea that awareness itself creates change.

But mental health is not just an individual pursuit. It shapes our relationships, our workplaces, our communities, and our societies. We are beginning to see that our struggles are interconnected. We know and feel that when one person suffers, the effects ripple outward, influencing the entire system. This realization is pushing mental health to the forefront, not just as a personal concern but as a crucial factor in shaping the future of our societies, communities, and humanity.

In many ways, we are at a crossroads. Either we adapt and learn to integrate emotional intelligence, resilience, and deeper awareness into our lives, or we risk being overwhelmed by the pressures of modern existence that could lead to the fall of our civilization. The fact that mental health is now becoming a mainstream topic suggests that, collectively, we are choosing evolution over collapse.

All these topics and more have co-shaped “The Year of Mental Health” put forward by the Ecocivilisation Movement. However, the topic is too big to be addressed only by one emerging network. That is why we have invited two more colleagues and networks to join. It was a great pleasure to co-shape the content of the year with Dr. Rajni Vohra, Curator & Editor, Ecocivilisation, founder and leader of WahWoman platform, and Eleftheria Kakambouras, Ecocivilisation Ambassador for Europe, entrepreneur and founder of Terra Živa. The “Year of Mental Health” is brought to you by the Ecocivilisation Team

ddr.hc. Violeta Bulc, Founder and Curator, Ecocivilisation



Picture 3:
(Co-Creators of “The Year of Mental Health”)

So, the book following “The Year of Mental Health” is not just a collection of inspiring contributions, it is a journey toward a more conscious and connected way of being. A journey that never stops.



ABOUT THE AUTHOR



Dr. h.c. Violeta Bulc

Founder and curator, Ecocivilisation Movement

Dr. h.c. Violeta Bulc is a visionary thinker and systems observer who deeply contemplates the interconnectedness of all things and maintains a profound awareness of humanity's evolutionary shifts. She approaches the world with curiosity and sensitivity, balancing scientific reasoning with intuitive insight.

She is the founder and curator of the global Ecocivilisation movement, currently active in 52 countries, connecting people who care and are committed to harmonizing humanity's relationship with Nature, communities, each other, and oneself.

Dr. Bulc is a former European Commissioner for Transport and Deputy Prime Minister of Slovenia, an entrepreneur, leader, and innovator, an engineer, lecturer, established international speaker, and a philanthropist. She is also a former professional basketball player, Slovenian champion in javelin, and holds black belts in Tae Kwon Do and Hap Ki Do. She has also successfully completed a Shamanic Academy.

She is the author and co-author of several professional books and book chapters, publications, and articles, she is a member of professional and business boards and is a respected international speaker. She holds several domestic and international awards for innovation, leadership, professional partnerships, among others International Women Leadership Award (2025), European Railway Award (2023), Honorary FIA award (2020), 2 FENIKS awards for best national consulting projects and many national rewards for business and social innovation.

She approaches life with curiosity and sensitivity, balancing scientific reasoning with intuitive insights. Quantum physics and nature inspire her perspective, reinforcing her belief in the power of thought, collective consciousness, and the observer's effect in shaping reality. She is committed to learning, cross-pollination of ideas, and fostering meaningful dialogue to co-create new understandings.

Brain Health and Mental Health Literacy

Dr. Ruksheda Syeda

Abstract

Mental health is the foundation of our emotional, psychological, and social well-being. Drawing on the frameworks of the World Health Organization (WHO) and the World Psychiatric Association (WPA), this piece explores mental health as a continuum and the brain as a dynamic, adaptive organ that interacts continuously with its environment. It highlights the importance of mental health literacy — understanding how to recognize distress, maintain well-being, and seek timely help without stigma. The discussion also addresses the growing influence of social media on children and adolescents and offers guidance for parents and caregivers. Promoting mental health literacy is vital for creating compassionate, resilient, and emotionally healthy communities.

Keywords: Mental Health Literacy, Brain Health, Stigma, Adolescents, Social Media

“There is no health without mental health.”

— **World Health Organization**

When we talk about mental health, we are really talking about the foundation of our emotional, psychological, and social well-being. The World Health Organization reminds us that mental health is more than the absence of illness — it is a state of well-being where each person realizes their abilities, can handle life’s normal stresses, work productively, and contribute to their community.

We use our mental health every single day — in how we think, feel, and behave, in how we learn and make decisions, in how we respond to stress, and in how we bond with others and nurture relationships.

It influences how we live, love, learn, and lead.

Mental Health: A Continuum, Not a Category

“Mental health exists on a spectrum, constantly shifting in response to life.”

— World Psychiatric Association

The WPA emphasizes that mental health is best understood as a continuum. It isn’t a fixed state where one is either “well” or “ill.” Instead, each of us moves along a range

— from well-being to distress to illness — depending on our life situations and environments.

Some days, we thrive; on others, we struggle. Recognizing this fluidity helps us see mental health as a dynamic process, something that requires attention, rest, and care — much like physical health.

This understanding also reduces stigma and invites empathy: everyone has mental health, and everyone can work toward improving it.

The Brain: Dynamic, Economical, and Alive

“The brain is not a static organ — it changes every day with what we think, feel, and do.”

At the centre of mental health lies the brain, a living system constantly interpreting signals from within and around us.

It monitors internal cues like hormones, hunger, and mood, while evaluating external factors such as relationships, workload, and social safety.

The WHO defines brain health as a state where an individual can realize their abilities and optimize their cognitive, emotional, psychological, and behavioural functioning.

The brain is both dynamic — capable of change through neuroplasticity — and economical, conserving energy for survival and adaptation.

This means our habits and environments matter. Sleep, nutrition, physical activity, creativity, and social connection all enhance brain efficiency and emotional resilience.

Caring for our brain is, quite literally, caring for our mind.

The Power of Mental Health Literacy

“Understanding is the first step toward compassion — and recovery.”

Mental health literacy — a concept supported by both WHO and WPA — refers to our knowledge and understanding of how to maintain mental health, recognize distress, and seek appropriate help.

A mentally literate person understands that mental health is part of overall health.

They can identify early signs of difficulty, understand possible causes, and approach professionals for support without shame or fear.

Mental health literacy also means knowing how to keep the brain healthy — through balance, connection, curiosity, and constructive stress management.

It helps individuals and families handle life’s ups and downs with awareness and empathy.

At a societal level, promoting literacy helps reduce stigma, close treatment gaps, and empower communities to build emotional resilience.

Social Media and the Adolescent Brain

“The digital world shapes young minds — and needs mindful guidance.”

Among today’s youth, one of the strongest influences on brain health is social media.

The Evolution of Mental Health Awareness

by Dr. hc. Violeta Bulc

