

5 Problems People On Psych Meds *Actually* Have... and What To Do

(Plus a bonus #6 which was my key to fixing everything)

Western medicine's default is to prescribe medication, but people who experience recurring mental and emotional distress even when life is going relatively well often have extra sensitivities and gifts that need support and training. When I realized that conventional lifestyle choices didn't work for me, I developed a new understanding of my challenges and created a life that addressed them.

This is what I learned on the way:

While medication may be helpful, it works best as part of a suite of strategies – lifestyle habits, mindset work, and training – that supports our unique gifts and challenges. No matter how much medication we take, we cannot live a life that doesn't work for us.

(Note: I am not a medical professional. I speak from personal experience and thousands of client-hours. Please make your own decisions in consultation with your support team.)

1. Our systems don't thrive on "8 hours a day, 5 days a week" work schedules.

The modern Western school system was designed by factory owners who wanted consistent work during daylight hours. Fueled by caffeine to wake people up, sugar to keep them energized, and alcohol to relax in the evening, the "school to factory" system produced workers who had energy from 7:00 a.m. to 7:00 p.m. and slept all night.

But this steamrollers over a much more diverse set of natural human energy cycles.

Some people can naturally thrive "awake all day/ asleep all night," but diaries from the pre-industrial age reveal that it was normal for some people to go to bed early, wake up for a few hours in the middle of the night, and then go back to sleep – with a nice nap in the afternoon. This made room for vital nighttime activities like star-watching, nocturnal hunting, and spiritual connection.

For some people, monthly energy cycles mandate extra activity at certain times and more rest at others. Some people have yearly energy cycles that can be tracked with astrology planetary transits.

My Experience: My family relationships improved drastically once I learned to use astrology to predict my difficult periods and warn my husband and family when I needed extra support.

While it can seem daunting to make a living or fit in with a non-standard energy pattern, it's worth seeking flexible professions and activities that accommodate you.

DO pay attention to your unique energy cycles: daily, monthly, seasonal, and yearly rhythms.

DON'T berate yourself or use stimulants or depressants to fit into a standard "9-5, 5 days a week."

2. We don't function well in standard work environments.

Extra sensitivity can make us struggle where other people seem fine. Does this resonate with you?

You are excited to do something to help the world. You get a degree and training. You get a job. You have a MELTDOWN. The light is too bright. People are too upset. There are too many of them. You hate sitting indoors at a desk all day. You get distracted. It's noisy. It's boring. You can't handle your boss's emotions. You find yourself hiding in the bathroom. It's hard to come back from lunch. You find another job. The same thing happens...

It's not that you can't work. *It's that you can't work in environments where you are not supported...*which might be most of them because many modern workplaces bear little resemblance to environments we evolved to thrive in. Other people can handle it, and recharge on the weekends.

But you can't. *This does not make you weak. It makes you sensitive.*

Small tweaks might make a difference.

- ☐ Turn off overhead lights and use lamps. Ask if you can have a desk next to a window.
- ☐ Eat lunch outside whenever possible. You might need more time with coworkers...or less.
- ☐ Take a 5-minute meditation break once every hour.

My Experience: Sometimes you need big changes. Once I got off meds, I realized I needed to work from home, outside as much as possible – 2 hours on and then 2 hours off. I still work 5 days a week...but not 5 days in a row. When I needed to be nomadic, I became an editor and writer.

The modern era gives you greater flexibility than ever to design work that works for you.

DO expand your horizons about how, where, and when you work. Experiment to see what's good.

DON'T expect yourself to thrive in a standard work environment or berate yourself if you can't.

3. We can't tolerate some modern lifestyle habits.

Few people long to return to the days before dental anesthetic, indoor plumbing, or central heating.

But other modern habits like anesthetizing painful emotions with stimulants and ice cream or absorbing global bad news may be hard on your system. Your body evolved to feel comforted by physical and emotional contact with your environment and other humans. If you spend all your time

indoors, wearing synthetic fibers, eating food prepared thousands of miles away, and watching a screen 18 inches from your face, *your body may not get the message that you are safe and healthy.*

People who end up on psych meds may be very sensitive to this.

It's not that you can't live in an air-conditioned home or watch an occasional show on your phone. *But dissociating from anything that makes us uncomfortable by binge-watching or doom-scrolling doesn't produce long-term wellness.* You may need more time than you think:

- interacting with nature
- expressing yourself
- supporting others
- getting encouragement
- being creative
- connecting with your spirit team

If you've been put on psych meds, you need to become an expert in lifestyle habits that make you feel good. Pursue that even if it means pushing yourself to do difficult things like leaving the house or saying "no" to going to a noisy club and imbibing mind altering substances.

DON'T fall for a "comfort-first, order everything online and get it delivered to my door" lifestyle.
DO pay careful attention to what makes you feel good even if it's different from what others like.

What lifestyle habits do you wish you could change? What would you do differently?

4. We don't know how to handle sensitivity to emotions, energies, or the spirit world.

Evolving in bands of 20 to 50 hunter-gatherers, we benefited from having a *few extremely sensitive individuals* – they could intuit a coming hard winter or predict a flash flood on a perfectly sunny day!

On the flip side, very sensitive, cyclically energetic people may have difficulty engaging in regular activities. In ancient times, the sensitive person would be supported – fed, clothed, sheltered – when they felt too weak, sick, or sensitive to work. Plus, ancient environments weren't as stimulating, so that extra-high sensitivity wasn't as much of a disadvantage as it is today. However, in the modern world, blaring car horns, humming refrigerators, flickering artificial light, and emotionally intense entertainment and news can make daily life feel like a danger zone.

In addition to physical sensitivity, many people on psych meds have extra-sensory experiences. Traditional cultures often support people with high emotional, energetic, or spiritual sensitivity. But in many modern societies, sensitive youngsters are told they're "making it all up" and pressured to stop talking about what they experience. So, of course, they don't get any help.

My Experience: Growing up, I was told there was no such thing as the spirit world. I should keep my mouth shut about what I sensed. "Mind your own business. People will think you're crazy!"

Thus, I grew up bombarded by other people's emotions, energies of different places, and both positive and negative spiritual voices...that I had absolutely no idea what to do with. Keeping so much inside, no wonder I ended up getting put on psych meds! Once I learned to handle those experiences and make the most of them, life is so much better, and people have become much more supportive.

If you have extra sensitivity to emotions, energies, or the spirit world, you MUST find training to help:

- *Make sense of what you are experiencing*
- *Learn to use of what is for your highest good*
- *Weed out, recognize and weed out what is not*

Your society's response may be to put you on psych meds to get rid of ALL that you're experiencing.

But you probably need *the positive side* of it to thrive. You need positive voices, emotions, energies, or Spirit connection to help you balance. You need that wealth of encouragement, support, and advice. If you medicate it all away, you will never thrive. Accept that this is your natural way of functioning, and find training to *enjoy and benefit from it*.

DO consider that you are experiencing things other people may not – and learn to use that.

DON'T decide that getting rid of all of your experiences is the way to thrive. It isn't!

5. We need extra support and activities to bounce back from tough situations

Sensitive people, especially on meds, experience deep-dive depressions and steamrolling anxieties.

My Experience: Talking to a friend about why I banned political discussions from my birthday party, I mentioned that if somebody got into a rant, I might have nightmares for days. I used to ruminate over critical comments by family members...for years! It wasn't until I started to listen to my Spirit team that I got the pep-talks I needed. They encouraged me to learn to talk to my family and get over my shame and fear. Then I stopped spiraling and started bouncing back.

Medications prescribed to dampen negative feelings often decrease positive emotions, helpful energies, and Spirit-team advice as well.

Thus, we are missing our natural support to rebound from life's inevitable challenges.

You are designed to bounce back. But you probably need more-than-average support to do so.

Learn to connect with positive energies – encouraging people, places, activities, or spiritual support.

Don't underestimate how much you need positive influences to counter your emotional challenges.

Learn to connect with insight and wisdom sources *outside of your own thoughts* – astrology, tarot, other forms of divination, supportive community, wise advisors who understand how you thrive. When your inner ecosystem is struggling, lean on these to help you find a more healthy and progressive perspective. The ancient Chinese philosophy in the I Ching was a gamechanger for me!

Stop believing everything you hear in your mind. *Learn to recognize and kick out negative energies* (see my printable “5 Steps From Paralysis To Progress”) Tell friends and family that you need their support to regain your mental equilibrium...and let them cheer you up.

DON'T let the negative energies tell you that it's good for you to continue to feel bad.

DO healthy things it takes to feel better – no, not alcohol, excessive risky behavior, sugar, or caffeine...

DON'T decide that the world is a terrible place, and you should be upset about it.

DO Remember that getting yourself out of pain is the first step to helping yourself and others.

DON'T believe that what's healthy for other people is healthy for you.

DO become an expert in your own mental and physical health.

What habits help you bounce back?

- Talking to someone you trust
- Connecting with your spirit team
- Going to a place you like
- Listening to music (especially live)
- Spending time outside or with a pet
- Supporting exercise or dance
- Regulating breathing playing music or singing
- Engaging in activities you enjoy

6. BONUS: We were told *not* to do the things that *really* make us happy

Parents typically train their children to do what parents think is best: don't chew with your mouth open, don't blab other people's secrets, be seen and not heard...or the opposite – be super-outgoing, fight for your place, always do your best. This is often a mix of what worked for them and what they learned as kids (so they may just be teaching you their trauma).

If you are highly sensitive, that advice may not all be good for you.

School often trains us OUT of OUR WAY of doing things. Many modern activities like driving, taking crowded public transportation, or going to the doctor's office are deeply uncomfortable.

If you're struggling emotionally or mentally, you may have subconsciously gotten the message that *the things that make you happy are frivolous, disorganized, unproductive, wasteful, even shameful or*

selfish. But you can uncover your real happiness zone. You have to be brave and honest about what really makes you happy.

My Experience: My daily "sweet spot" rhythm was a terrible fit for my school system. As a result, I ended up largely ignorant of what made me happy. At age 51, when my spirit team asked me what I enjoyed doing, I drew a total blank for days. Then I came up with one thing: "eating ice cream." Weeks later, I added "going outside." It took four years to find a list of activities I enjoy.

But once I started adding those into every day, I began to feel better. If I could just make it to tomorrow, I could go to the thrift store, take a walk outside, work in the garden, cook with fresh produce, make a helpful PDF, connect with supportive people, sit in a cafe and have tea, walk by the water, or explore a new city.

I felt guilty that what made me happy wasn't work. But once my spirit team and my husband convinced me that my joy was good for myself...and others, I got serious. And I learned to create a life that rotates around what I enjoy. The result? I'm off psych meds, and I'm a lot happier.

DO fight through any obstacles to figuring out what you enjoy, acknowledging it, and finding space for it in your life (and not just a tiny bit of space, but, like, 80% of your activities...)

You might have to explain why these are so important if they don't fit with how you were raised or they trigger people who prioritize "productivity" or a conventional lifestyle. You might have to get very creative and experiment to figure out how to make a living in a way you don't hate.

You might need the help of your spirit team. You will certainly need the support of your loved ones.

DON'T let anything block creating a life that supports mental, emotional, physical health.

DO ask for help. **DON'T** do it alone.

I am cheering you on!

A nomadic happiness coach who's helped thousands of clients find success and joy, Robin Pool shares her insights at www.spiritsaid.com and on [Substack](#) and art on Instagram and YouTube [@robinpoolfiberart](https://www.instagram.com/robinpoolfiberart).