

**What better can we
be in a crazy world?**

Ourselves

A world that is just crazy or that is crazy and very hypocritical?

We live in a world so crazy that people complain about extreme temperatures but deforestation and pollution, and believe that nothing is related. We live in a world so crazy that money buys freedom, buys respect and is used to circumvent laws and statutes. A world where power is the goal, at any and all costs. A world in which we are a reflection of what purchasing power is capable of buying. Where prejudice is applauded and solidarity is rebuked. A world freed from slavery in its strictest sense only. A world in which theory preaches that skin color is not a determinant, but in which black people live in fear and cornered. In which having children too early is a problem, in which having children too late is a problem and in which not having children is an even bigger problem.

A world that is not at all sexist, but where women are still seen as the weaker sex, sexual objects, always submissive and oppressed. In which LGBTQIAPN+ walk the streets in fear of being physically and verbally attacked. Such a crazy world in which increasingly lethal bombs are created, with the argument that they are a security measure. Yes, this world we live in is crazy. But the crazy thing is to think that we did it this way and that despite the signs we continued along the same tortuous path.

Perhaps the hardest thing is choosing the craziest thing that's happening in the world. Being very bold, I would point out the change, or better said, the non-change in the way we deal with this whirlwind of situations and facts. Our society is increasingly psychologically ill.

The generation of immediacy, which criticizes young people who, in their early twenties, do not have a solid career, a well-paid job and a planned future. Where living with your parents is wrong and leaving your parents' house without enough stability is rebellious. More than a crazy world, it is a hypocritical world that imposes rules that are impossible to comply with.

Young people need to catch a lot of fish, but they are not taught how to fish. They are thrown from great cliffs without even knowing how to fly. Perfection is the minimum, no excuses. After all, being strong is a duty. Men can't cry and women can't fight.

Increasingly building internal and external barriers, and what used to bring people together now separates them. Wars imposed for reasons that no one will remember and young people forced to leave books to hold weapons. And in history written in blood, an increasingly cruel and limiting society.

How not to get emotionally sick living in a crazy world like this? Many young people with their lives ahead of them surrender to suicide, as a way of silencing the voices in their mind, voices that demand and criticize. Many young people using violence to be noticed, to be seen and heard. The pharmaceutical industry makes millions of dollars selling drugs for anxiety and depression.

Don't people realize that young people are getting sick at an earlier age? How not to notice the signs? They are not subtle! They're clear, but people only see what they want to see. One of the sources of disruption in our world today is immediacy and the demand for perfection, to the point of destabilizing our mind.

How to educate a generation that is being born without direction? And how can we expect this generation to be able to lead a crazy world like the one we are creating? Every action has its consequence, whether good or bad, are we prepared to deal with the consequence of imposing a way of living and thinking on our young people? This answer is easy, we are not because we should not limit, but encourage to create, innovate and recreate. When we tell them how to act and think, we take away the possibility that they will actually grow up and become mature, conscious people. We encourage mental problems to arise and reduce their chances of a happy life and personal and professional success.

No one gets sick by choice

During my graduation, when I had already attended half of the five years of college, I remember one of my professors coming to talk to me, to ask what was happening, because my performance had dropped considerably. I wanted to know, just like he did, what was happening, but I didn't know at that moment. But it wasn't just my grades that decreased, my desire to get out of bed every day did too. Do you know when you open your eyes at dawn and realize you have one more day to live? I no longer felt like I had one day to live, but one day to survive. I clearly remember avoiding places and streets where there were people I knew, simply so I wouldn't have to smile at the corner of my mouth and respond that everything was fine when in fact it wasn't.

I always liked following what was happening in the world, the news, but suddenly it became too heavy. I could no longer see that a pandemic was spreading and taking lives, that wars were starting in the 21st century, that fires entered entire cities and that hurricanes destroyed everything in their path. I, who liked to know everything, chose to live in ignorance for a while so as not to go crazy.

An aggravating factor of depression and anxiety is that thinking about the various geopolitical, social and ecological problems only makes this major socio-emotional problem even more accentuated. In other words, one problem triggers another and in reality we are submerging ourselves in problems that are connected.

In the years that passed until I finished law school I only did my minimum, lucky for me that it was enough and even luckier that along the way I had support. That degree was my choice and my dream, I wanted to be there. But at the same time, being there was so difficult for me at that moment. Many times my body was there, but my mind was not. But I did it, I finished. But what about after? What would I do with my life after that? On the last day of my internship, for the first time I fainted, in seconds everything went dark and when I opened my eyes I was already on the floor. At the time I came to the conclusion that it was just a drop in pressure, but today I know it was the stress and weight of not knowing where to go. I had learned law in college, but I hadn't learned how to deal with the pressure of living in the real world. A sick mind causes a sick body.

I wanted to be different, but I was afraid of not being what people expected of me. I wanted to cry, but I was afraid of being seen as weak. I wanted to scream, but I didn't want them to think I was playing the victim. After all, I was not and am not a victim, I am just a human being, with physiological and emotional reactions.

I reached a stage where my body couldn't handle it and started saying for itself what I couldn't put into words. The anxiety attacks became more and more frequent, the anguish that took over every part of my chest, the trembling of every part of my body, the feeling of suffocation, fear and despair. Depression and anxiety push you abruptly into the sea, and even if you know how to swim, the chances of you drowning are very high, because the current is too strong. All odds are against you.

And like I said, it's all connected. The binge eating I developed, the social isolation and the walls I built to protect myself. I wanted the silence of an empty room, I just tried to hear my own thoughts. Not even the things I loved doing gave me pleasure anymore. Simple, everyday things have become difficult. I felt guilty for not producing, guilty for feeling and guilty for causing concern. I put myself in the role of a villain, as if everything that was happening was my fault. But obviously it wasn't.

Being told this was drama didn't help me at all. Seeing that people treated depression and anxiety as something futile and for weak people made me even worse. You don't choose to have a heart, kidney or liver problem, why would you choose to have emotional problems?

I had everything: love, a healthy and stable home, a job, I was achieving my dreams – so why? I asked myself every day. Spoiler: I still don't know the answer.

Before, I knew few people my age who were or had been through the same situation, but now many people I know and work with are also going through it. Has it become commonplace? And what does that mean?

And the hardest part was admitting that I needed help, because I expected to be judged for it. In a job interview if I was asked about this, what would I say? Would that make me a less qualified and less trustworthy candidate? How would you explain to a future partner the reasons for taking controlled medication? Would it be seen as unstable? How can I explain at an airport the need for the medicines I was carrying with me in my suitcase?

I felt like I was being ungrateful for the life I had, but I wasn't. I was grateful for her and the opportunities I had. Even though I was grateful for my life, my family and my work, I still felt empty. I had a black hole inside me, invisible to everyone else, but growing bigger and bigger.

I just wanted to be strong and empowered like Michelle Obama, Marie Curie, Simone de Beauvoir, Frida Kahlo, Katherine Johnson and Beyoncé, but I clearly didn't feel that way at all. I wanted to run, but my feet were paralyzed, I couldn't move and even if I managed to get out, where would I run? What important thing would I do with my existence, to make history and be considered a strong woman? But after all, what does it mean to be a strong person?

The next education

As the daughter of an excellent teacher and a father who did not have the opportunity to study, but who always encouraged my studies, I grew up believing that the salvation of people and the world is education. My parents always repeated that the only thing that no one could take away from me was my knowledge. If bread is food for our body, education is food for our soul.

Today, I believe that, in the same way that young people are adapting to the chaos of the modern world, education needs to adapt to the new young people. The new young person needs to be welcomed and supported. That simple. In fact, what was supposed to be simple has become complex since we live in a stigmatized society.

It is not enough to teach science, art, languages - the young person must be emotionally well to absorb the knowledge. It is not enough for him to memorize words and formulas, but for him to understand them. According to the Pan American Health Organization (PAHO), in 2019, almost one billion people lived with some type of mental disorder, and these statistics include 14% of the world's adolescents.

In the wise words of Peter Drucker: *Management is about doing things right. Leadership is doing the right things.* The challenge is not to create young people to lead the world, but young people who can handle leadership. Everyone talks about how beautiful the view at the top of the mountain is, but few talk about what the road there is like. Young people should be prepared for the climb, so that they can enjoy the beautiful view.

Of note is the - World Report on Mental Health: Transforming Mental Health for All - presented by the World Health Organization (WHO), in which it proposes an approach plan on mental health for governments and academics, among others. It's an excellent starting point to bring this issue to a global scale. Therefore, as we discuss various issues that are of interest to various nations, we need to talk about mental health globally, because it is not something that happens in Europe, South or Central America, but across the world.

I believe that the next leaders should be focused on identifying and solving this problem, understanding that each individual is unique and that they have their importance within a team. Respecting the limits of each person, to extract the best from them, without creating feelings of inferiority within them. And above all, we should talk about mental health, because through this many other issues can be resolved. It is necessary to take care of the root of the problem, and currently in many cases the root is depression and anxiety.

The next education must prepare the psychological so that knowledge is absorbed. Let's think about a plantation: the first phase is taking care of the soil, which in this case is taking care of mental health; the second phase is sowing, that is, educating; The third phase is to reap good results, this phase being completely self-explanatory.

Tomorrow's leaders will need to understand that they will only be able to make good and correct decisions if their mind is healthy. Otherwise, your decision-making is completely hampered. It's even curious that a topic so important and capable of deciding the world's future is treated with so much disdain. We need to talk about mental health today, to have a better tomorrow.

I believe that the current educational system needs to focus on education that broadly explores the concept of being mentally healthy to truly learn. The human being is like a sponge, capable of absorbing. I understand that if stimulated you can go a long way, but for that to happen your mind needs to be perfectly taken care of.

I suppose that an individualized educational model, which respects each person's limits and which teaches at the same time how to act in the face of adversity, is ideal. An educational model that prepares you for the job market and the crazy world. After all, life is always unpredictable. And being individualized, each person could choose whether or not they would like self-directed learning, evaluating whether it works for them.

Immediacy must be extinguished inside and outside the academic world, in society in general. Everyone has their own time and difficulties. And that is the beauty of life, being ourselves – different. Learning to deal with processes and learning to be resilient.

Perhaps the best leader is the one who knows how to better understand their own mind and who has the sensitivity to help other people also understand. Welcoming and understanding that each person has moments of ups and downs, good and bad. A good leader is not one who criticizes and demands results, but who extends his hand. After all, the best of the best will also have their bad day, week, month or year. This doesn't make him any less good, it makes him more human. A real leader sees the long term and above all does not focus on egocentrism.

The next education must encourage the courage of everyone to follow their own path, even if that path is unconventional. Each person has different skills, and the next education must explore these individual skills, so that we have a more active collective. Following your own steps, at your own pace is an important step towards creating an emotionally happy and professionally fulfilled society. When you do what you love, you do it better and stand out. It's not enough to end mental problems, but it's a good start.

To top it all off, each government and each academic institution should prioritize the issue of mental health, offering free psychological help to the less privileged. And instructing anyone and everyone to seek self-knowledge and respect the limits of their mind and body. So we can have a society that cares as much about your mental health as it does about your appearance and your life on social media.

Conclusion

Education is the cure for human madness, and to have a good education it is necessary to have mental health. It is mental health that coordinates everything we do, are and will be in the future.

As Peter Drucker taught, *we cannot predict the future, but we can create it*. It is not possible to know whether we will continue to create a world that is crazy and so difficult to understand, a world that demands so much of our mental health, but we can start to create a more welcoming world from today. After all, as he himself taught, *the only thing we know about the future is that it will be different*. One day at a time, one step at a time, I want to be the difference I seek. Always being myself, imperfect and flawed – but absolutely being the best version of myself.

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