



About the Book: Sanity Maintenance

Look at this in this way: you know being human is as complex as something beyond our imagination. Generally each person is composed and controlled by the way they see things in their own way. Life is full of challenges, choices and complexities, ranging from the worst to enjoyable. The purpose of being in life is to live the way you would like to live, meaning the way that will never make you depressed. However, in this world in which we live, in some instances, people do not choose to be depressed, but circumstances force them to be. The society in which people live is either breaking or building an individual, depending on the forces dominating the mind of the individual. Depression prevention is the main concern of this book, with much attention needed. However, it should be noted that the book is not written with the intent to cure depression, but only to be used for sanity maintenance; that is, an attempt to prevent depression.

The approach would be to tackle the things, even the slightest of them, which cause depression; hence, the book. It is quite obvious that depression is not affecting a few, but almost everyone.

The main concern when writing this book was that majority of people are dying silently because of depression and, at some point, those lives could have come with something that could have changed the way in which they lived. As far as the youth is concerned, depression is quite sensitive and it needs resistance so that young people can come out powerful, and this generation (your generation) has the potential to make this world a better place than ever before.

The causes of depression are somewhat the build-up of small things. It's like a house – for it to be built as a complete house, it must be established by one brick, then the next brick, then the next. So is depression; it starts small with things that people mostly overlook and up to a point where they cannot handle them. It is not really easy to specify what these small things are, because they differ from person to person. Most young people are sick and the main illness they are sick with is just something that can be prevented.

The motive for writing such a book is to engage and provide mindfulness not only to youth, but to everyone in preventing depression by practising what we call a *sanity maintenance skill* (social intelligence). What this book is about to propose might really sound unprecedented, but, in reality, it is not. The health care department, social media and the

South African Depression and Anxiety Group are trying so hard to reach out to you and address the issues concerning depression. Please bear in mind that depression is no more or less important than any of the major issues that are currently faced by society; it is just out of concern for the young person that the main focus of this book is to prevent depression through social intelligence. This is because most are susceptible to it, going through it or recovering from it. The idea of the book is only to face depression with a more non-clinical/scientific methodology to prevent its causes.



Sanity Maintenance

If you consider most cars, you will realise that, at some point in time, they need to be serviced; this is done for the purpose of keeping the car on the road to keep moving. This is the same with a person, and the person is controlled by the mind and, just like a car, it needs to be serviced. All this process is called maintenance, which, in simple terms, is the process called 'keeping it in a good state'. However, regarding the person and the mind, it is called sanity maintenance. So, according to the English dictionary, *sanity* means the condition of being sane (mentally sound; possessing a rational mind); being reasonable and having rational behaviour. So the obvious question would be: why is sanity maintenance necessary? And the obvious answer would be: to avoid depression. Depression, if you are to analogise it with a car, would be the process where the car has some faults along the way, making it difficult to keep moving in a proper and flowing manner. Had it been serviced, it probably would not be faulty, but would move smoothly with no hindrances in reaching its destination. So

it is vital to service a car from time to time, to be always in a good state. Considering the mind and the person, the servicing process would be based on what is proposed in this book, which is *social intelligence*, the *sanity maintenance skill*. For the mind to be always sane, it needs to be serviced with social intelligence and that process is called sanity maintenance.