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Article No.1 Fixer: Mental illness due to Choosing Wrong Career direction and lost the Aim or Goals in your life

No. 1 Source: Due to choosing the direction of the wrong career it effects our health, poverty, distress in life and relation and for most frequent conflicts and migration since our life never settle, no matter we earned big soon we are going to lose it since without a Fundamental base in Career or Aim or Goals often caused accident in our life's journey and we tend to choose wrong people , wrong resources, wrong places, wrong organization, wrong schools & college for kids, friends, clients etc. are not worthy or ideal for you, since it's not only about you but it's also about your families, relatives and the people they are dependent on you they also effected in the process. Once it starts effecting all your relation around you i.e. a fitnah may enter in between husband and wife and may it spread conflict inside your home, organization, conflicts with clients or authority, you always had to change your career and adjusted with such career which may have the money or salary but it's not suitable with your skills, competency nor even with your work experiences which is always a matter for career direction and growth in your life. So, at the end of the day, you feel adjusting with many things, many people, suppressed your feelings, emotions may develop hidden anxiety, stress and may also develop chronic physical and mental problem which you may not aware off.

No.1 Fixer: All the problems are causing harm only to mental health so first safe guard it, and we often forgot about to protect it and we feel ashamed to discuss it in public or to approach a Psychiatrist for Counselling and medication. So, it's always a medical problem and we need to visit the doctor and take medication, if doctor prescribes anything we may need to undergo the test and never discontinue the doctor or any medication, listen to your doctor and then trust on Allah. **Changing your Career (No.1 Fixer)** as per your Core Competency, Skills and utmost which you love most will bring the fruit, and it will remove all of your mental illness slowly slowly, you will come back to main stream of your life.

No.1 Breaking Point: It's only due to Conflict we had to change from one job or career or business to another, as a result very frequently we had to leave behind our Fundamental skills, core competency and positive work place, people, experiences and network. Where these were our prime support and stair for success, but unfortunately, we lost all of them, and we tend make new one, but in between, our time and energy and focus were lost which also effects our relationship with clients, employers or friends or with any network which we had an easy access given before. Sometimes due to conflict or lure to bigger Salary or income opportunity we had to leave the city, place, country for it to adjust with another job which is less significant or not at all matched with our profile or to restart a business or venture which may need huge time , energy, investment and right people with us, but due to lack of money, time, people, resources we keep on losing the grip and tend to work in low profile area and adjusted to it and then its become our fear if we lose what will happen to monthly expenditure, savings and other cost etc. So my advice if you are having all blessings and you know you are doing great in your Career and have enough potential, so you must avoid conflict with anybody and if conflict arise, deal with diplomatically and try to avoid and follow the company rules and respect the authority, you may be now not earning that big or less monthly cash flow, but near future it will give you a return what it worth for your merit, patience and handwork. So all the best.