



Thank you for taking the time to complete the feature questions below.

Please, tell us about you and the work that you do?

I retired in 2003, from a career as an R&D chemist and lab manager, moving from the US to central Mexico. I am an author and writer.

Has this, and if yes, how does, this link to mental health?

To me goal setting, working towards them, and achieving them, is mental health.



For me, my growth as a writer as a retirement career, has increased my self-confidence, and given me a strong sense of helping others.

What has been some of the best moments of your journey creating your work?

A few days ago I got my manuscript back from a developmental editor. Engaging him was a big step in commitment to the project, and his work breathed new life into it.

What projects are you currently working on? And if yes, which are there up-coming?

I have published a monthly blog, "Letters From Mexico," for over three years, and converted this into an eBook. My memoir in progress is "Better Living in Mexico."

Do you have any 'coping strategies' that you use, either with daily life or in mental health?

Just after waking up every morning, I meditate for a half hour. Then I do three pages of very rapid writing by hand, just getting down quickly whatever comes to mind. This is called "brain dumping." It helps me bring up subconscious material that I'd normally not bring into the light.

How do you view the journey of recovery?

First, it involves developing an unshakeable commitment to heal—to be dedicated to do whatever it takes, and to try different approaches. This step is perhaps the most important. Next, I see the use of intuition or paying attention to one's inner voice and not listening to what others say that is counterproductive. For me noncompliance with mainstream medical dictates helped. Like knowing that taking meds was harmful to me. Persistence is key.

What does the future hold for you?

I try to not look too far ahead but to make and work on small manageable goals. Baby steps. The path unfolds as it should when I walk it in balance.

Favourite Quote?

In this insane world, crazy is the new normal.

Web link: <https://www.donkarp.com>



PsyCope 'Coping with Psychosis'
Feature of the Month – April 2021
Interview with Don Karp

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