


# Figure 220: Health care expenditures from Physical Inactivity and Excessive Alcohol Use

Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending


ART & HEALTH   CREATIVITY   GLOBAL BRAIN   CREATIVITY AT WORK   WHO IS ARTIST   ART THERAPY

## Physical Inactivity



Not getting enough [physical activity](#) comes with high health and financial costs. It can lead to heart disease, type 2 diabetes, some cancers, and obesity. Physical inactivity also costs the nation \$117 billion annually for related health care.<sup>13</sup>

## Excessive Alcohol Use



[Excessive alcohol use](#) is responsible for 140,000 deaths in the United States each year, including 1 in 10 deaths among working-age adults.<sup>14,15</sup> In 2010, excessive alcohol use cost the US economy \$249 billion, or \$2.05 a drink, and \$2 of every \$5 of these costs were paid by the public.<sup>16</sup> Binge drinking is responsible for over 40% the deaths and three-quarters of the costs due to excessive alcohol use.<sup>14,16</sup>

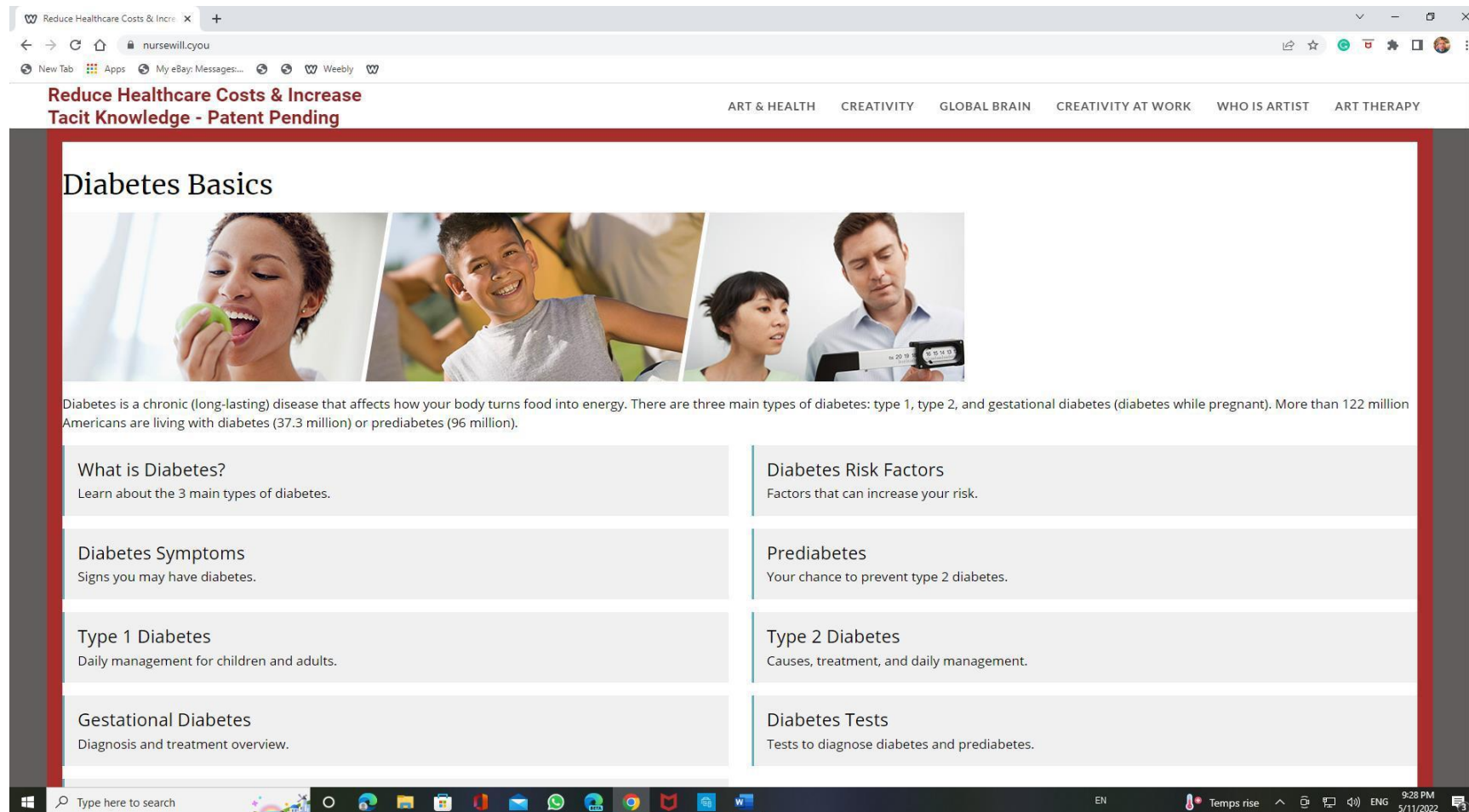
[Top of Page](#)

## References

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3. Benjamin EJ, Virani SS, Callaway CW, et al. Heart disease and stroke statistics—2018 update: a report from the American Heart Association. *Circulation*. 2018;137:e67–e492.
4. Mariotto AB, Enewold L, Zhao J, Zeruto CA, Yabroff KR. Medical care costs associated with cancer survivorship in the United States. *Cancer Epidemiol Biomarkers Prev*. 2020;29:1304–1312.
5. American Diabetes Association. Economic Costs of Diabetes in the U.S. in 2017. *Diabetes Care*. 2018;41(5):917–928. [PubMed abstract](#)

[https://www.rand.org/content/dam/rand/pubs/tools/TL200/TL221/RAND\\_TL221.pdf](https://www.rand.org/content/dam/rand/pubs/tools/TL200/TL221/RAND_TL221.pdf)

Figure 221: What is Diabetes? Type 1 Diabetes for children and adults. Type 2 Diabetes Causes, treatment, and daily management. Gestational Diabetes Diagnosis and treatment. Diabetes Tests to diagnose diabetes and prediabetes.



The screenshot shows a web browser window with the URL `nursewill.cyou`. The page title is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". The main content area is titled "Diabetes Basics" and features a grid of topic cards. The cards are arranged in two columns and four rows. The first row contains three images: a woman eating an apple, a smiling boy, and a man and woman looking at a device. Below the images is a paragraph of text. The grid of cards includes: "What is Diabetes?", "Diabetes Risk Factors", "Diabetes Symptoms", "Prediabetes", "Type 1 Diabetes", "Type 2 Diabetes", "Gestational Diabetes", and "Diabetes Tests".

## Diabetes Basics

Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). More than 122 million Americans are living with diabetes (37.3 million) or prediabetes (96 million).

- What is Diabetes?**  
Learn about the 3 main types of diabetes.
- Diabetes Risk Factors**  
Factors that can increase your risk.
- Diabetes Symptoms**  
Signs you may have diabetes.
- Prediabetes**  
Your chance to prevent type 2 diabetes.
- Type 1 Diabetes**  
Daily management for children and adults.
- Type 2 Diabetes**  
Causes, treatment, and daily management.
- Gestational Diabetes**  
Diagnosis and treatment overview.
- Diabetes Tests**  
Tests to diagnose diabetes and prediabetes.

# Figure 222: Know Your Risk for Heart Disease: Heart disease is the **leading cause of death in the United States**. Prevent Heart Disease, Resources for Health Professionals


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Heart disease is the [leading cause of death in the United States](#). The term “heart disease” refers to several types of heart conditions. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. You can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medicine.


[Learn more about heart disease.](#)

### About Heart Disease




Learn about heart disease and its related conditions.

### Know Your Risk for Heart Disease




Find out what increases your risk for heart disease.

### Prevent Heart Disease




Learn what you can do to lower your risk and manage conditions that lead to heart disease.

### Resources for Health Professionals




Find tools and resources to help your patients.

### Featured Resources



#### February is American Heart Month

Check out our partner toolkits for resources, graphics, and social messages about hypertension control and share the tools with your audiences.



#### Alliance for the Million Hearts® Campaign Partner Toolkit

Health care professionals can use these resources developed by Million Hearts® and the CDC Foundation to encourage people to practice heart-healthy habits that can help lower their risk for heart disease and stroke.



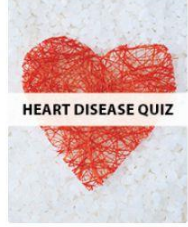

Windows taskbar: Type here to search, 9:28 PM 5/11/2022



# Figure 223: Featured Resources: February is American Heart Month, Alliance for the Million Heart Campaign Partner Toolkit, How much do you know about heart disease, and Women and Heart Disease

The screenshot shows a web browser window with the URL [nursewill.lyou](http://nursewill.lyou). The page title is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". The navigation menu includes "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY".

## Featured Resources

- February is American Heart Month**  
Check out our partner toolkits for resources, graphics, and social messages about hypertension control and share the tools with your audiences.  

- Alliance for the Million Hearts® Campaign Partner Toolkit**  
Health care professionals can use these resources developed by Million Hearts® and the CDC Foundation to encourage people to practice heart-healthy habits that can help lower their risk for heart disease and stroke.  

- How Much Do You Know About Heart Disease?**  
Share this quiz to see how much your audiences know about heart disease prevention and management.  
  
**HEART DISEASE QUIZ**
- Women and Heart Disease**  
Learn about women's signs and symptoms of heart disease. Find resources, facts, and statistics about women and heart disease.  


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## Stroke

Stroke is a leading cause of death in the United States and is a major cause of serious disability for adults. It is also **preventable** and **treatable**.

Learn the [signs of stroke](#), and call 9-1-1 right away if you think someone might be having a stroke. Getting [fast treatment](#) is important for preventing death and disability from stroke.

[Learn About Stroke and Its Causes](#)   [Know Your Risk for Stroke](#)   [Treat and Recover From Stroke](#)   [Resources for Health Professionals](#)

The Windows taskbar at the bottom shows the search bar, various application icons, and the system tray with the date and time: 9:29 PM 5/11/2022.

# Figure 224: Stroke is a leading cause of death in the United States and is a major cause of serious disability for adults. It is also preventable and treatable.

The screenshot shows a web browser window with the URL [nursewill.cyou](http://nursewill.cyou). The page title is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". The navigation menu includes "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY".

## Stroke

Stroke is a leading cause of death in the United States and is a major cause of serious disability for adults. It is also **preventable** and **treatable**.

Learn the [signs of stroke](#), and call 9-1-1 right away if you think someone might be having a stroke. Getting [fast treatment](#) is important for preventing death and disability from stroke.

### Learn About Stroke and Its Causes

Learn about stroke and how it happens.

### Know Your Risk for Stroke

Find out what increases your risk for stroke.

### Treat and Recover From Stroke

Learn what steps you and your health care team can take after you have a stroke.

### Resources for Health Professionals

Find tools and resources to help your patients.

### Featured Resources

#### Stroke Signs and Symptoms

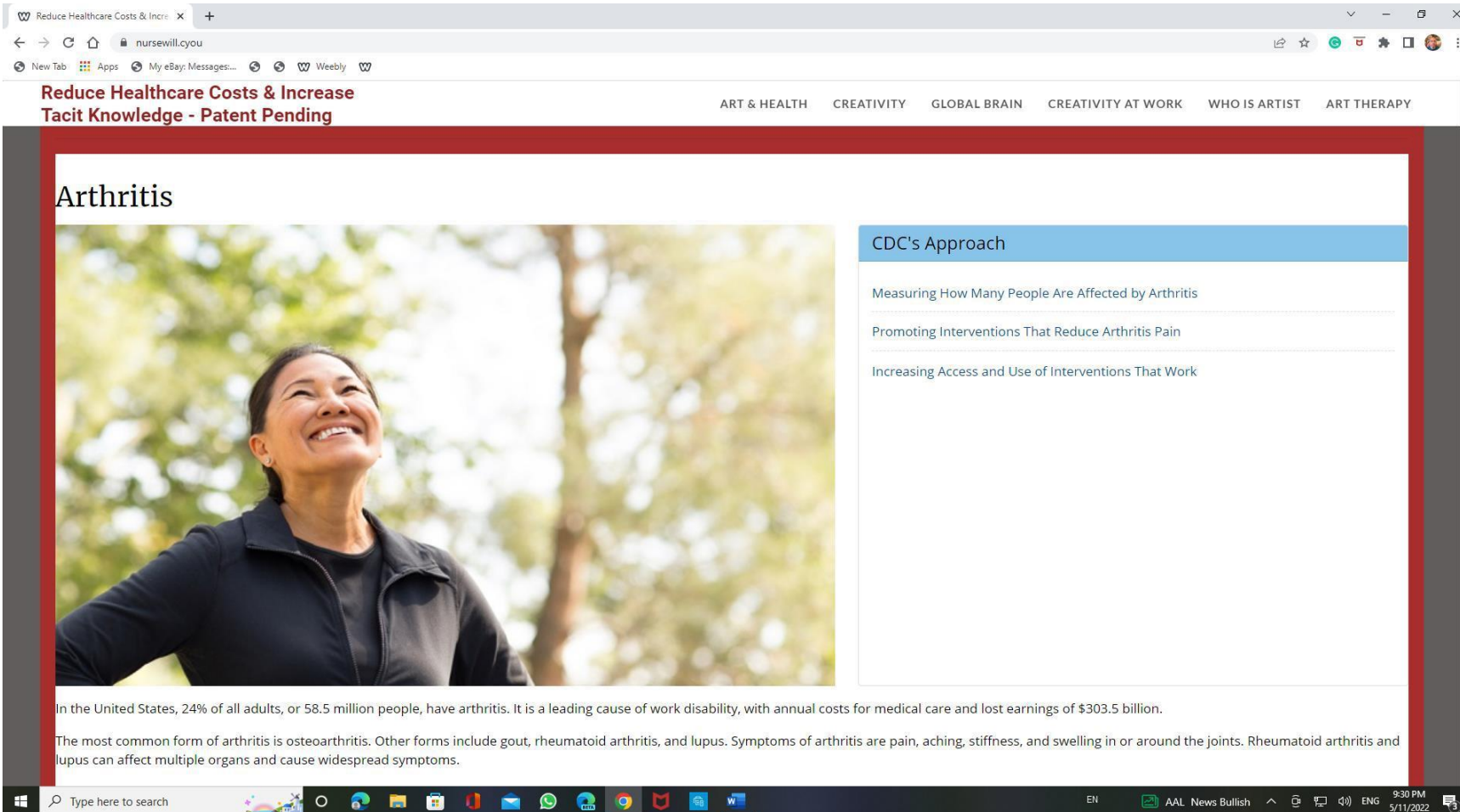
Learn what to do if you or someone else is having a stroke. By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life.

#### "Live to the Beat" Campaign

This Million Hearts® and CDC Foundation campaign focuses on empowering Black adults to pursue heart-healthy lifestyles on their own terms—to find what works best individually and consistently—as they live to their own beat.

Windows taskbar at the bottom shows the time as 9:29 PM on 5/11/2022.

Figure 225: In the United States, 24% of all adults, or 58.5 million people, have arthritis. It is a leading cause of work disability, with annual costs for medical care and lost earnings of \$303.5 billion.




The screenshot shows a web browser window displaying a page titled "Arthritis". The page header includes the text "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending" and a navigation menu with items: "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY". The main content area features a large image of a smiling woman in a dark jacket. To the right of the image is a sidebar titled "CDC's Approach" with three sub-sections: "Measuring How Many People Are Affected by Arthritis", "Promoting Interventions That Reduce Arthritis Pain", and "Increasing Access and Use of Interventions That Work". Below the image, there is a paragraph of text: "In the United States, 24% of all adults, or 58.5 million people, have arthritis. It is a leading cause of work disability, with annual costs for medical care and lost earnings of \$303.5 billion. The most common form of arthritis is osteoarthritis. Other forms include gout, rheumatoid arthritis, and lupus. Symptoms of arthritis are pain, aching, stiffness, and swelling in or around the joints. Rheumatoid arthritis and lupus can affect multiple organs and cause widespread symptoms." The browser's address bar shows "nursewill.cyou" and the Windows taskbar at the bottom displays the time as 9:30 PM on 5/11/2022.

Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending

ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

## Arthritis



### CDC's Approach

- Measuring How Many People Are Affected by Arthritis
- Promoting Interventions That Reduce Arthritis Pain
- Increasing Access and Use of Interventions That Work

In the United States, 24% of all adults, or 58.5 million people, have arthritis. It is a leading cause of work disability, with annual costs for medical care and lost earnings of \$303.5 billion.

The most common form of arthritis is osteoarthritis. Other forms include gout, rheumatoid arthritis, and lupus. Symptoms of arthritis are pain, aching, stiffness, and swelling in or around the joints. Rheumatoid arthritis and lupus can affect multiple organs and cause widespread symptoms.

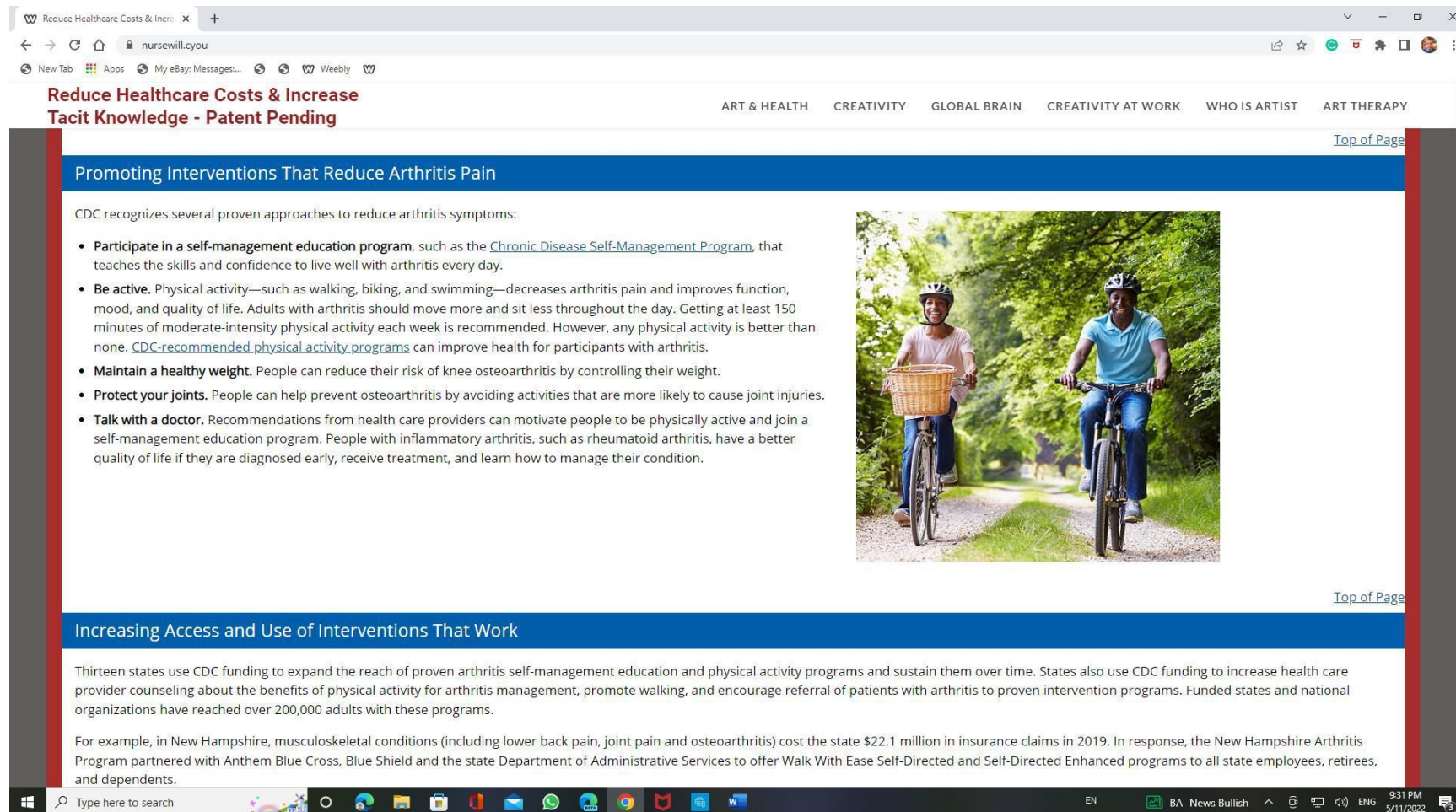


Figure 226: 1 IN 4 ADULTS has arthritis, 1 IN 4 ADULTS with arthritis reports severe joint pain, 1 IN 10 ADULTS limits activities because of arthritis. \$303.5 BILLION is the annual cost of arthritis in medical spending and lost wages.

The screenshot shows a webpage with the following content:

- Page Title:** Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending
- Navigation:** ART & HEALTH, CREATIVITY, GLOBAL BRAIN, CREATIVITY AT WORK, WHO IS ARTIST, ART THERAPY
- Text:**
  - In the United States, 24% of all adults, or 58.5 million people, have arthritis. It is a leading cause of work disability, with annual costs for medical care and lost earnings of \$303.5 billion.
  - The most common form of arthritis is osteoarthritis. Other forms include gout, rheumatoid arthritis, and lupus. Symptoms of arthritis are pain, aching, stiffness, and swelling in or around the joints. Rheumatoid arthritis and lupus can affect multiple organs and cause widespread symptoms.
  - More than half of US adults (57.3%) with arthritis are of working age (18 to 64 years). Arthritis can limit the type of work they are able to do or keep them from working at all. In fact, 8 million working-age adults report that their ability to work is limited because of their arthritis. For example, they may have a hard time climbing stairs or walking from a parking deck to their workplace.
  - CDC conducts research and supports programs for people with arthritis so they can work and do other daily activities, have less pain, manage their own care, and prevent or delay disability.
- Fast Stats:**
  - In the United States:**
    - 1 IN 4 ADULTS** has arthritis.
    - 1 IN 4 ADULTS** with arthritis reports severe joint pain.
    - 1 IN 10 ADULTS** limits activities because of arthritis.
    - \$303.5 BILLION** is the annual cost of arthritis in medical spending and lost wages.
- Section:** CDC's Approach
- Footer:** Measuring How Many People Are Affected by Arthritis

Figure 227: CDC recognizes several proven approaches to reducing arthritis symptoms: Participate in a self-management education program, Be active, and Maintain a healthy weight. Protect your joints. Talk with a doctor.



The screenshot shows a web browser window displaying a page from nursewill.cyou. The page title is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". The main content area is titled "Promoting Interventions That Reduce Arthritis Pain" and lists several CDC-recognized approaches to reducing arthritis symptoms. To the right of the text is a photograph of two people, a woman and a man, riding bicycles on a path through a wooded area. The woman is wearing a pink shirt and blue pants, and the man is wearing a light blue polo shirt and blue pants. Both are wearing helmets. The page also includes a "Top of Page" link and a navigation menu with items like "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY".


**Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending**

ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

### Promoting Interventions That Reduce Arthritis Pain

CDC recognizes several proven approaches to reduce arthritis symptoms:

- **Participate in a self-management education program**, such as the [Chronic Disease Self-Management Program](#), that teaches the skills and confidence to live well with arthritis every day.
- **Be active**. Physical activity—such as walking, biking, and swimming—decreases arthritis pain and improves function, mood, and quality of life. Adults with arthritis should move more and sit less throughout the day. Getting at least 150 minutes of moderate-intensity physical activity each week is recommended. However, any physical activity is better than none. [CDC-recommended physical activity programs](#) can improve health for participants with arthritis.
- **Maintain a healthy weight**. People can reduce their risk of knee osteoarthritis by controlling their weight.
- **Protect your joints**. People can help prevent osteoarthritis by avoiding activities that are more likely to cause joint injuries.
- **Talk with a doctor**. Recommendations from health care providers can motivate people to be physically active and join a self-management education program. People with inflammatory arthritis, such as rheumatoid arthritis, have a better quality of life if they are diagnosed early, receive treatment, and learn how to manage their condition.



Top of Page

### Increasing Access and Use of Interventions That Work

Thirteen states use CDC funding to expand the reach of proven arthritis self-management education and physical activity programs and sustain them over time. States also use CDC funding to increase health care provider counseling about the benefits of physical activity for arthritis management, promote walking, and encourage referral of patients with arthritis to proven intervention programs. Funded states and national organizations have reached over 200,000 adults with these programs.

For example, in New Hampshire, musculoskeletal conditions (including lower back pain, joint pain and osteoarthritis) cost the state \$22.1 million in insurance claims in 2019. In response, the New Hampshire Arthritis Program partnered with Anthem Blue Cross, Blue Shield and the state Department of Administrative Services to offer Walk With Ease Self-Directed and Self-Directed Enhanced programs to all state employees, retirees, and dependents.

Top of Page



Figure 228: High blood pressure increases the risk for heart disease and stroke, two leading causes of death for Americans. High blood pressure is also very common. Tens of millions of adults in the United States have high blood pressure, and many do not have it under control.

The screenshot shows a web browser window with the URL [nursewill.cyou](http://nursewill.cyou). The page title is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". The main content area is titled "High blood pressure increases the risk for heart disease and stroke, two leading causes of death for Americans.<sup>1</sup> High blood pressure is also very common. Tens of millions of adults in the United States have high blood pressure, and many do not have it under control. [Learn more facts about high blood pressure.](#)"

Below the main text, there are four columns of content:

- Learn About High Blood Pressure**: Includes a diagram of an artery with red blood cells and the text: "When the heart pumps blood through the arteries, the blood puts pressure on the artery walls. This is known as **blood pressure**." Below the diagram, it says: "Learn about the dangers of high blood pressure."
- Know Your Risk for High Blood Pressure**: Features a photo of a diverse family and the text: "Find out what increases your risk for high blood pressure."
- Prevent and Manage High Blood Pressure**: Shows a photo of a man and a woman walking outdoors and the text: "Learn what you can do to keep a healthy blood pressure."
- Resources for Health Professionals**: Includes a photo of a doctor at a desk and the text: "Find tools and resources to help your patients."

At the bottom, there is a "Featured Resources" section with two items:

- We've Got This!** logo next to the title "The Surgeon General's Call to Action to Control Hypertension". The text below reads: "Read *The Surgeon General's Call to Action to Control Hypertension* and share it with your colleagues, peers, and loved ones. Incorporate actionable steps into your work, community, or personal life to help reduce high blood pressure."
- Hypertension Control Change Package (Second Edition)**: The text below reads: "The Hypertension Control Change Package lists process improvements that outpatient clinical settings can implement as they seek optimal hypertension (HTN) control. This updated version was prompted by new clinical guidelines, development of new resources, and general advances in quality improvement for HTN management."

The Windows taskbar at the bottom shows the time as 9:31 PM on 5/11/2022.

Figure 229: The Surgeon General's Call to Action to Control Hypertension. The new clinical guidelines, the development of new resources, and general advances in quality improvement for HTN management. Watching your sodium intake is important for your health.

The screenshot shows a web browser window with the URL [nursewill.cyou](http://nursewill.cyou). The page has a navigation menu with items: ART & HEALTH, CREATIVITY, GLOBAL BRAIN, CREATIVITY AT WORK, WHO IS ARTIST, and ART THERAPY. The main content area is titled "Featured Resources" and contains four cards:

- The Surgeon General's Call to Action to Control Hypertension**: Accompanied by a graphic with a heart and the text "We've Got This!". Description: "Read *The Surgeon General's Call to Action to Control Hypertension* and share it with your colleagues, peers, and loved ones. Incorporate actionable steps into your work, community, or personal life to help reduce high blood pressure."
- Hypertension Control Change Package (Second Edition)**: Accompanied by an image of a person using a tablet. Description: "The Hypertension Control Change Package lists process improvements that outpatient clinical settings can implement as they seek optimal hypertension (HTN) control. This updated version was prompted by new clinical guidelines, development of new resources, and general advances in quality improvement for HTN management."
- 2020 Hypertension Control Champions**: Accompanied by a "2020 Congratulations Champions!" graphic from Million Hearts. Description: "Million Hearts® recognized 15 health care practices and systems as 2020 Champions for their efforts to achieve blood pressure control for at least 80% of their adult patients with hypertension."
- Sodium 101: Put Your Sodium Smarts to the Test**: Accompanied by an image of various food items with a "SODIUM 101" banner. Description: "Share this quiz to test your sodium savviness. Get the scoop on sodium and why watching your sodium intake is important for your health."

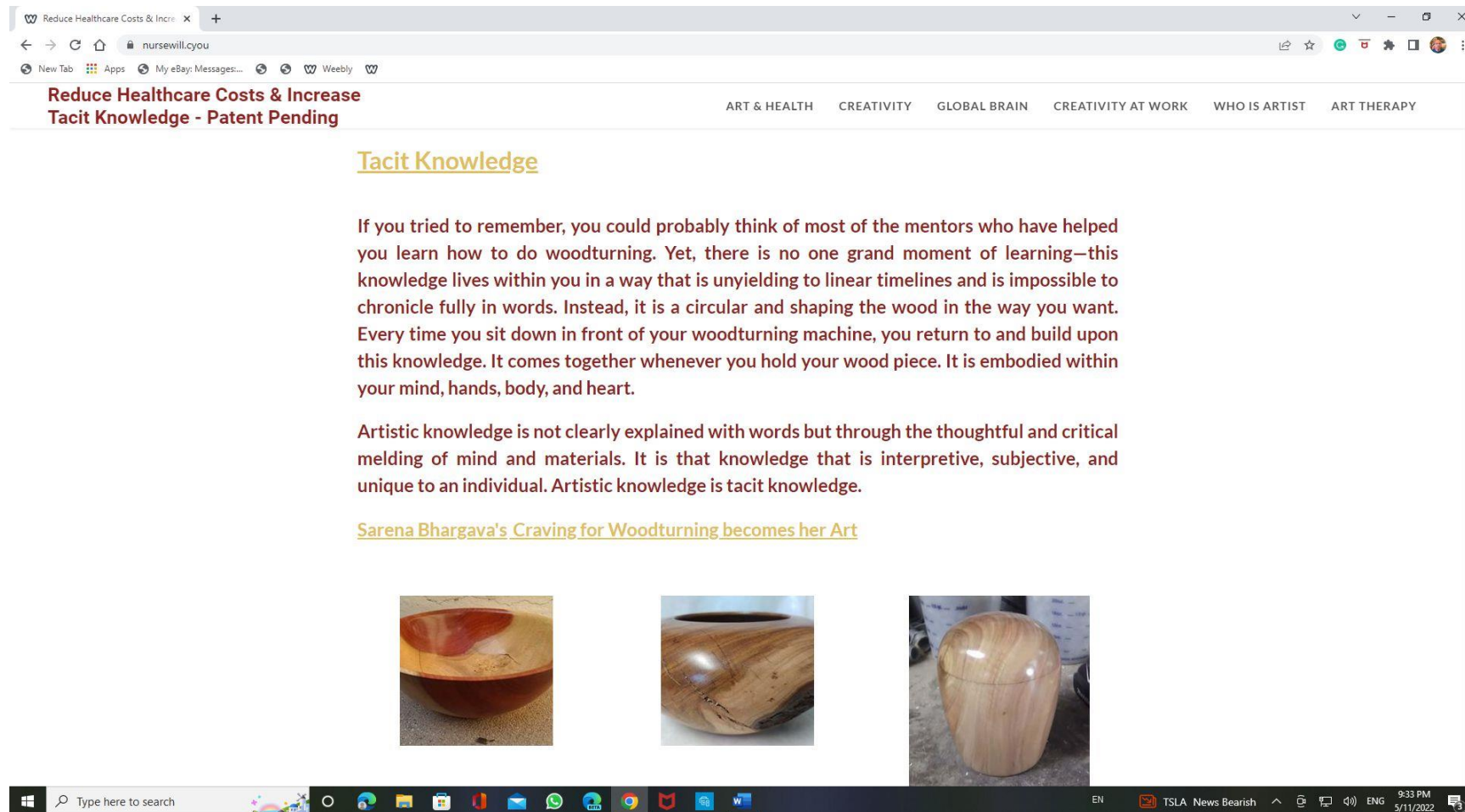
Below the resources is a "Reference" section with one entry:

- Kochanek KD, Murphy SL, Xu J, Arias E. [Deaths: Final Data for 2017](#). [PDF - 1.76M]. *National Vital Statistics Reports*, 68(9). Hyattsville, MD: National Center for Health Statistics; 2019.

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The browser's address bar shows the URL: <https://www.qzqr.com/c/quiz/374967/sodium-101-put-your-sodium-smarts-to-the-test-c786c5d1-539a-4567-b118-44cd22ba2640>. The Windows taskbar at the bottom shows the time as 9:32 PM on 5/11/2022.

Figure 230: This knowledge or know-how is embedded or rooted in the mind of talented people, acquired through years of experience. Sarena Bhargava's craving for woodturning becomes her Art.




The screenshot shows a web browser window with the URL [nursewill.cyou](http://nursewill.cyou). The page title is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". The navigation menu includes "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY".

### Tacit Knowledge

If you tried to remember, you could probably think of most of the mentors who have helped you learn how to do woodturning. Yet, there is no one grand moment of learning—this knowledge lives within you in a way that is unyielding to linear timelines and is impossible to chronicle fully in words. Instead, it is a circular and shaping the wood in the way you want. Every time you sit down in front of your woodturning machine, you return to and build upon this knowledge. It comes together whenever you hold your wood piece. It is embodied within your mind, hands, body, and heart.

Artistic knowledge is not clearly explained with words but through the thoughtful and critical melding of mind and materials. It is that knowledge that is interpretive, subjective, and unique to an individual. Artistic knowledge is tacit knowledge.

### Sarena Bhargava's Craving for Woodturning becomes her Art



Three photographs of woodturned bowls are displayed in a row. The first is a shallow, wide bowl with a reddish-brown stain. The second is a similar shallow bowl with a natural wood finish. The third is a taller, more rounded bowl with a smooth, light-colored finish.

The Windows taskbar at the bottom shows the search bar, various application icons, and the system tray with the date 5/11/2022 and time 9:33 PM.



Figure 231: The artistry of Sarena Bhargava may be found among varied means from curated fine collections to galleries to industrial artwork and the movie screen. First generation American-Indian, Sarena is a master of sculpture, welding, painting and woodwork, holding a Master of Fine Arts from Cranbrook Academy of Arts.

The screenshot shows a web browser window with the URL `nursewill.cyou`. The page title is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". The navigation menu includes "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY".

### SARENA BHARGAVA

The artistry of Sarena Bhargava may be found among varied means from curated fine collections to galleries to industrial artwork and the movie screen. First generation American-Indian, Sarena is a master of sculpture, welding, painting and woodwork, holding a Master of Fine Arts from Cranbrook Academy of Arts.

Sarena has commissioned sculpture work housed within the permanent collection of Cal State Fullerton (her baccalaureate alma mater). Sarena has also collaborated with Disneyland Tokyo, Disneyland (Anaheim, CA, USA) and Universal Studios Hollywood on industrial artwork.

Sarena's sculpture work and artistic credits within the movie industry span two decades. You may learn more about Sarena's filmography at the International Movie Database (IMBd) by clicking [here](#).

In recent years, woodturning has become an artistic craving for Sarena's creative expression, allowing her to explore the organic splendor and diverse energy of wood. Each piece has a story to share and is transformed into a distinctively inspired expression of beauty and function.

The gallery at the bottom of the page displays a grid of 12 images showcasing her diverse artistic work, including abstract sculptures, paintings, and architectural pieces.

Figure 232: Sarena has commissioned sculpture work housed within the permanent collection of Cal State Fullerton (her baccalaureate alma mater). Sarena has also collaborated with Disneyland Tokyo, Disneyland (Anaheim, CA, USA) and Universal Studios Hollywood on industrial artwork.

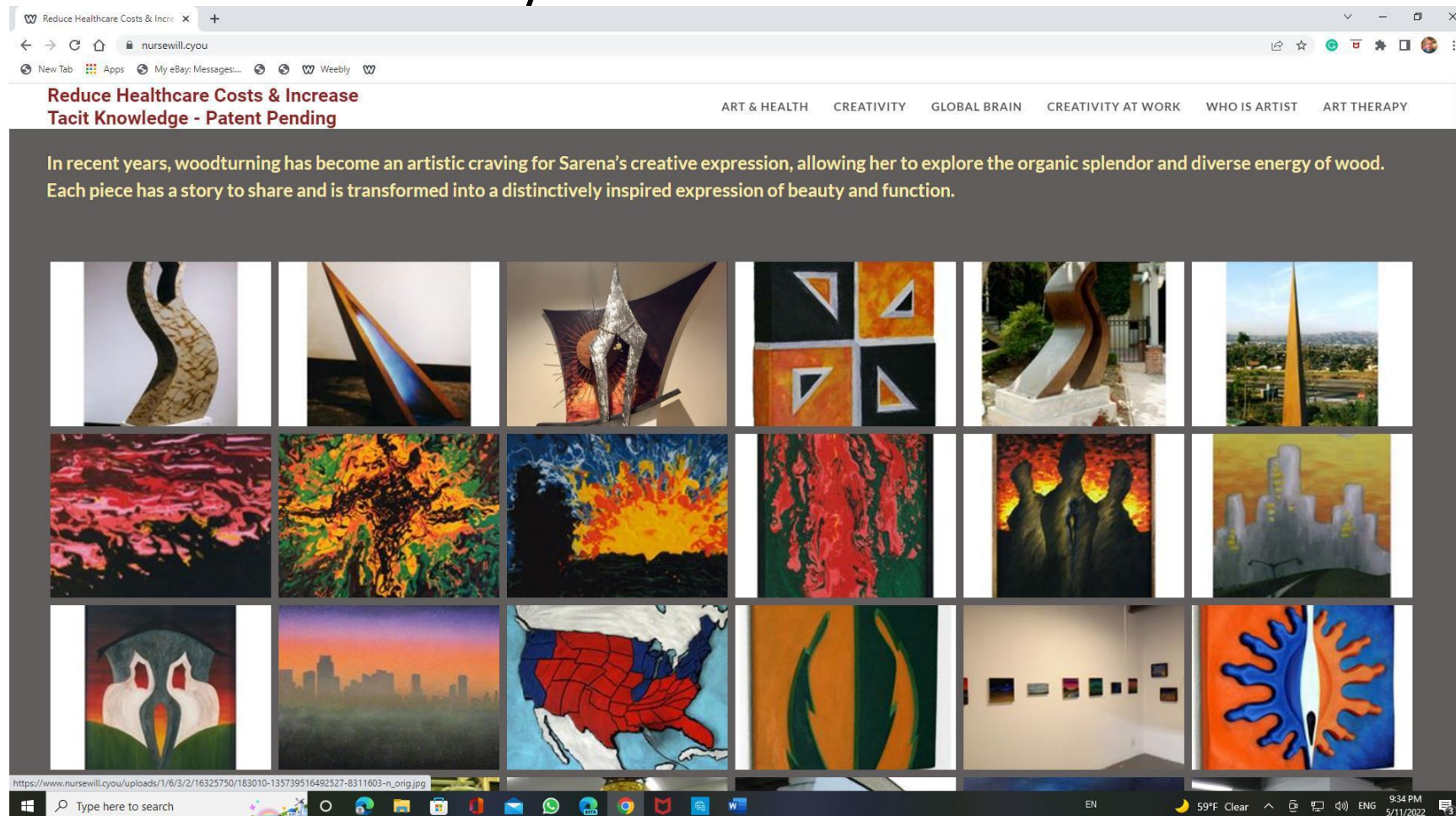
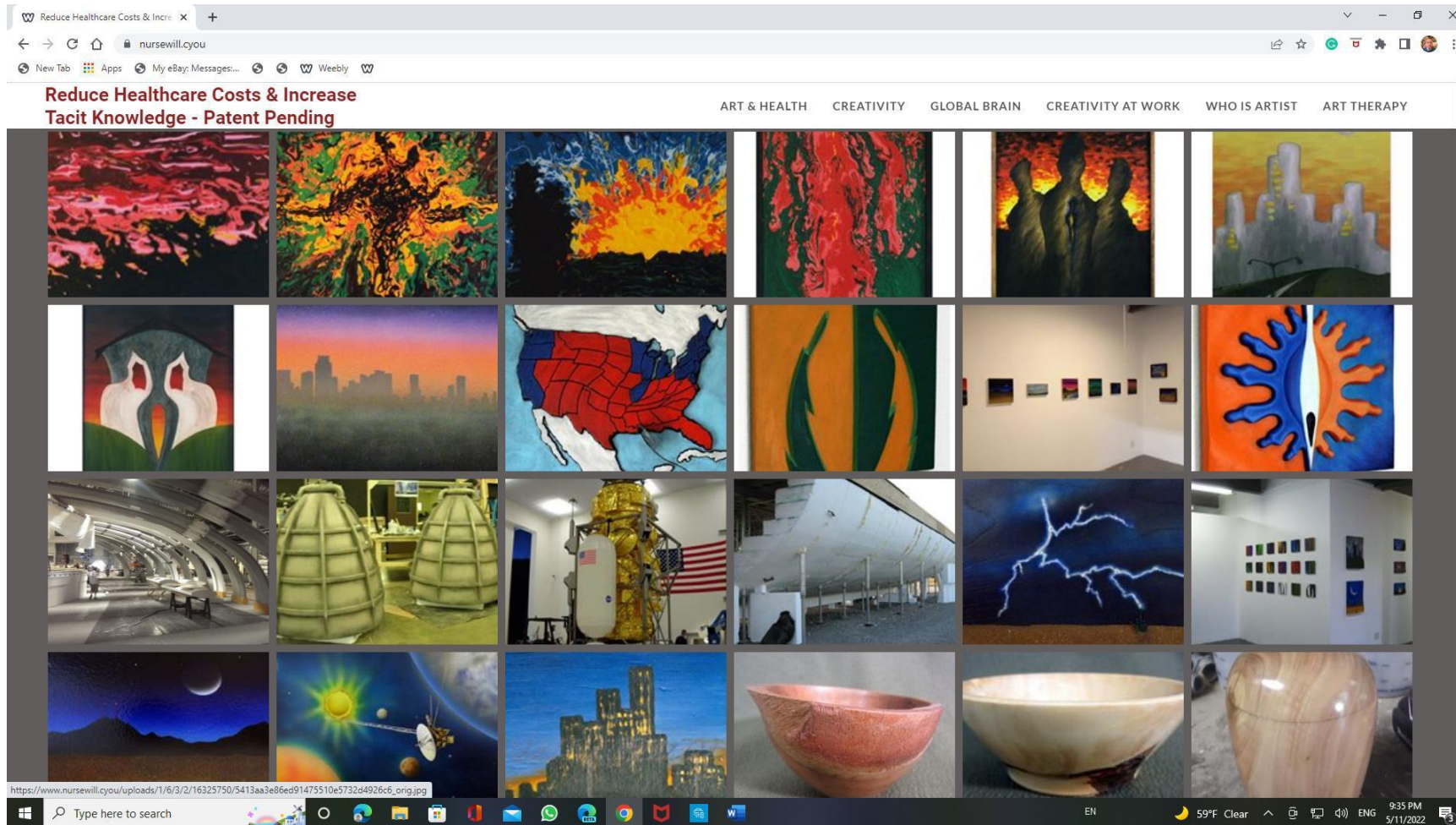


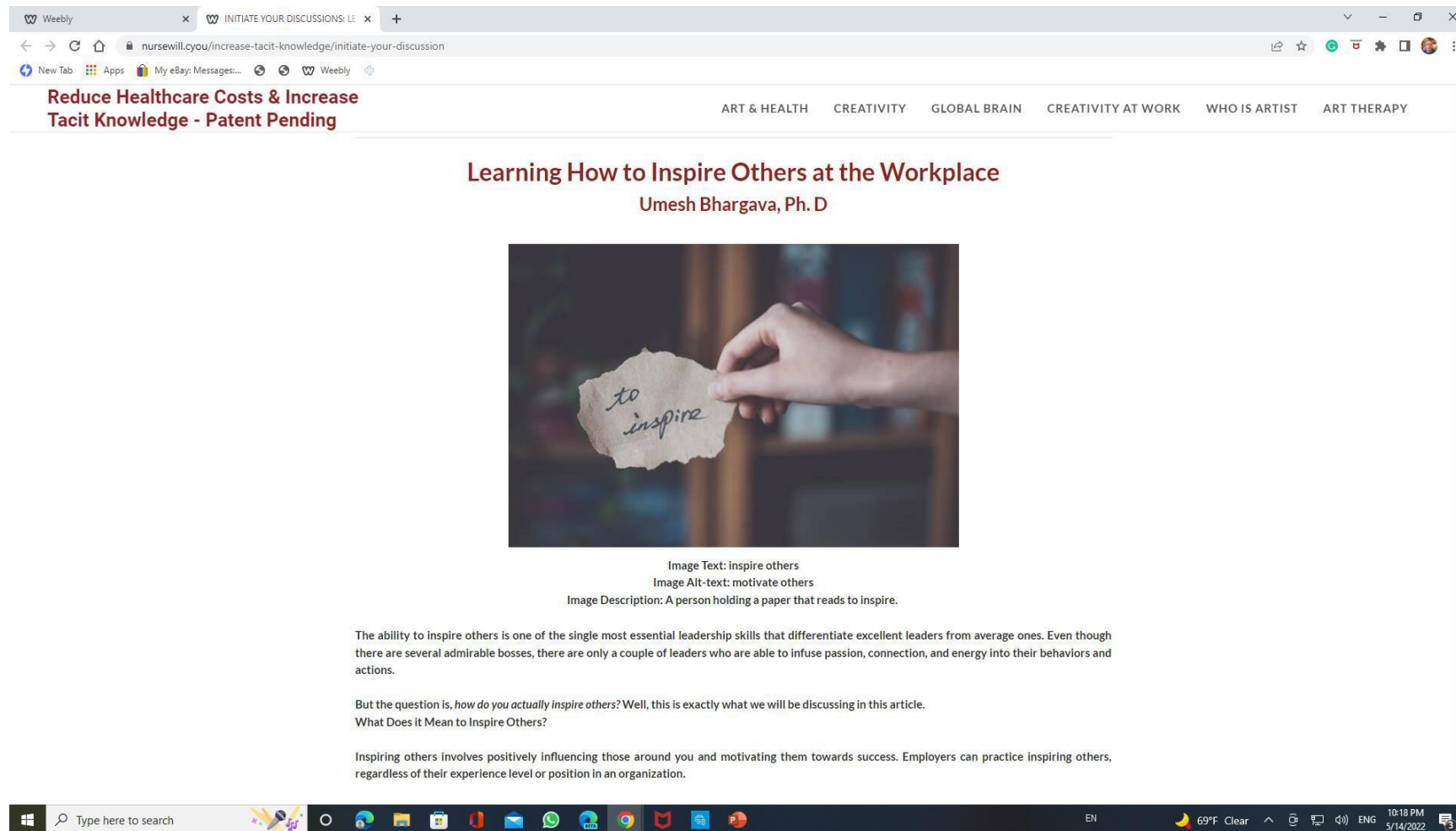


Figure 233: Sarena's sculpture work and artistic credits within the movie industry span two decades. You may learn more about Sarena's filmography at the International Movie Database (IMBd).





**Figure 234: Good leaders don't need to claim all of the credit on a project to earn other people's respect. They can, in fact, inspire their team more by praising them. Recognizing when an employee is performing well and being specific in your positive feedback offers motivation and a sense of pride.**  
Last Few Words



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## Learning How to Inspire Others at the Workplace

Umesh Bhargava, Ph. D




Image Text: inspire others  
Image Alt-text: motivate others  
Image Description: A person holding a paper that reads to inspire.

The ability to inspire others is one of the single most essential leadership skills that differentiate excellent leaders from average ones. Even though there are several admirable bosses, there are only a couple of leaders who are able to infuse passion, connection, and energy into their behaviors and actions.

But the question is, *how do you actually inspire others?* Well, this is exactly what we will be discussing in this article.

### What Does it Mean to Inspire Others?

Inspiring others involves positively influencing those around you and motivating them towards success. Employers can practice inspiring others, regardless of their experience level or position in an organization.

Figure 235: Those people who can pull their internal strength within them and amplify, gaining much-untold power due to their incredibly strong visualization from the third eye can accomplish anything to the fullest extent.

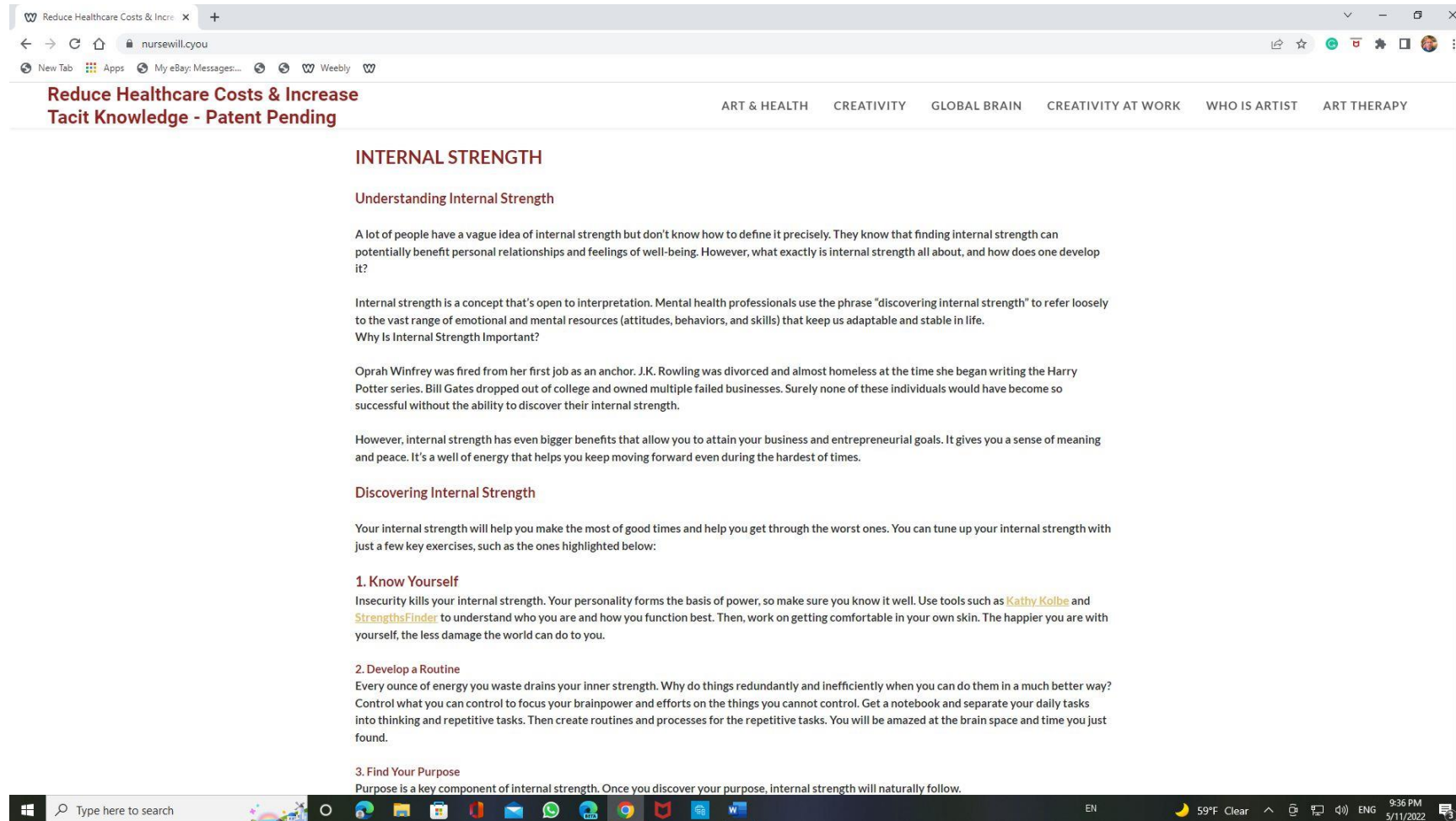
The screenshot displays a Weebly website editor interface. The browser address bar shows the URL `weebly.com/editor/main.php#`. The editor's top navigation bar includes options for 'Build', 'Pages', 'Theme', 'Apps', 'Settings', 'Help', and a 'Publish' button. The main content area shows a blog post titled 'How to Build Your Internal Strength?' by 'Umesh Bhargava, Ph. D.'. The post features a large image of a person's silhouette standing on a rock with arms raised against a sunset sky. Below the image, there is a caption: 'Image Text: Inner strength', 'Image Alt-text: Internal strength', and 'Image Description: Person standing on a rock.'. The sidebar on the left contains various widgets under categories like 'BASIC', 'BLOG SIDEBAR', 'STRUCTURE', and 'MEDIA'. The bottom of the editor shows a 'New Post' button and a system tray with the date '5/14/2022' and time '9:31 PM'.

Figure 236: The Self Power is that kind of power that helps you see things through your inner eye. It is the source of energy for your mind, body, intellect, and psychic center.

The screenshot shows a Weebly website editor interface. The browser address bar displays 'weebly.com/editor/main.php#'. The page title is 'Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending'. The main content area features a title 'Self Power Leadership' by 'Umesh Bhargava, Ph. D.' Below the title is an image of silhouettes of people walking on a hill at sunset. The image alt-text is 'self power leadership' and the description is 'Man leading a group of people.' Below the image, the text reads: 'The Self Power is that kind of power that helps you see things through your inner eye. It is the source of energy for your mind, body, intellect, and psychic center. Using the benefits of Self Power, you can eliminate several unproductive paths that do not lead to successful results. With Self Power, you can achieve the results much more quickly.' The Weebly editor sidebar on the left includes sections for 'BASIC' (Title, Text, Image, Gallery, Slideshow, Map, Read more Break, Button, Embed Code), 'BLOG SIDEBAR' (Flickr Badge, LinkedIn Button, Blog Archives, Blog Author, Blog Categories, Blog Feed), 'STRUCTURE' (Divider, Spacer), and 'MEDIA'. The bottom of the editor shows 'Comments' and 'Blog Settings' buttons, and a 'New Post' button in the bottom right corner. The Windows taskbar at the bottom shows the time as 9:33 PM on 5/14/2022.



Figure 235: Internal strength has even bigger benefits that allow you to attain your business and entrepreneurial goals. It gives you a sense of meaning and peace. It's a well of energy that helps you keep moving forward even during the hardest of times.



The screenshot shows a web browser window with the address bar displaying "nursewill.cyou". The page title is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". The navigation menu includes "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY". The main content area is titled "INTERNAL STRENGTH" and contains the following text:

### INTERNAL STRENGTH

#### Understanding Internal Strength

A lot of people have a vague idea of internal strength but don't know how to define it precisely. They know that finding internal strength can potentially benefit personal relationships and feelings of well-being. However, what exactly is internal strength all about, and how does one develop it?

Internal strength is a concept that's open to interpretation. Mental health professionals use the phrase "discovering internal strength" to refer loosely to the vast range of emotional and mental resources (attitudes, behaviors, and skills) that keep us adaptable and stable in life.

#### Why Is Internal Strength Important?

Oprah Winfrey was fired from her first job as an anchor. J.K. Rowling was divorced and almost homeless at the time she began writing the Harry Potter series. Bill Gates dropped out of college and owned multiple failed businesses. Surely none of these individuals would have become so successful without the ability to discover their internal strength.

However, internal strength has even bigger benefits that allow you to attain your business and entrepreneurial goals. It gives you a sense of meaning and peace. It's a well of energy that helps you keep moving forward even during the hardest of times.

#### Discovering Internal Strength

Your internal strength will help you make the most of good times and help you get through the worst ones. You can tune up your internal strength with just a few key exercises, such as the ones highlighted below:

- 1. Know Yourself**  
Insecurity kills your internal strength. Your personality forms the basis of power, so make sure you know it well. Use tools such as [Kathy Kolbe](#) and [StrengthsFinder](#) to understand who you are and how you function best. Then, work on getting comfortable in your own skin. The happier you are with yourself, the less damage the world can do to you.
- 2. Develop a Routine**  
Every ounce of energy you waste drains your inner strength. Why do things redundantly and inefficiently when you can do them in a much better way? Control what you can control to focus your brainpower and efforts on the things you cannot control. Get a notebook and separate your daily tasks into thinking and repetitive tasks. Then create routines and processes for the repetitive tasks. You will be amazed at the brain space and time you just found.
- 3. Find Your Purpose**  
Purpose is a key component of internal strength. Once you discover your purpose, internal strength will naturally follow.

The Windows taskbar at the bottom shows the search bar, taskbar icons for various applications, and system tray information including "59°F Clear" and "9:36 PM 5/11/2022".

Figure 236: #1. Psychic Abilities Your Third Eye will give you the ability to foresee the future, #2. Clairvoyant Abilities, #3. Powerful Intuition, #4. Lucid And Vivid Dreams, #5. Logical Thinking, #6. Creative Thinking, the human brain can think both creatively and logically, #7. Increased Problem-Solving Skills.

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ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

The following two excerpts I have taken from two sources tell me that they are your inner strength to guide you on what to do day to day, and they may be the examples of tacit knowledge and from where tacit knowledge may be originating. Inner strength is an essential skill, necessary for carrying out the daily tasks, and chores, seeing what is the next step to take, and how to make proper decisions for the achievement of your goals. The employees can push their hidden strength within them and amplify it, gaining much-untold power due to their incredibly strong force of will. The employees will be able to bypass all limitations they've possessed with their overall abilities, increasing them to the fullest extent.

### 7 Abilities Of The Third Eye

**#1. Psychic Abilities**  
Your Third Eye will give you the ability to foresee the future. At first, you might notice some small proofs of psychic ability, such as knowing who is calling before looking at your phone. But In time, these events will become more and more spectacular and you will be amazed by your psychic ability.

**#2. Clairvoyant Abilities**  
The Third Eye has the ability of Clairvoyance, enabling you to "see" future events in the form of visual images, called flashes. These flashes will be shown to you whenever you need to receive information about a future event.

It could even be a present event, which is taking place without your knowledge and the Universe wants to make you aware that it is happening. These images will be vivid and will seem very real.

**#3. Powerful Intuition**  
Perhaps one of the most important abilities that the Third Eye has is intuition. You might be tempted to think intuition is not a big deal since everyone has it, but make no mistake, the intuition that you will have once your Third Eye opens is very powerful and will help you a lot throughout life.

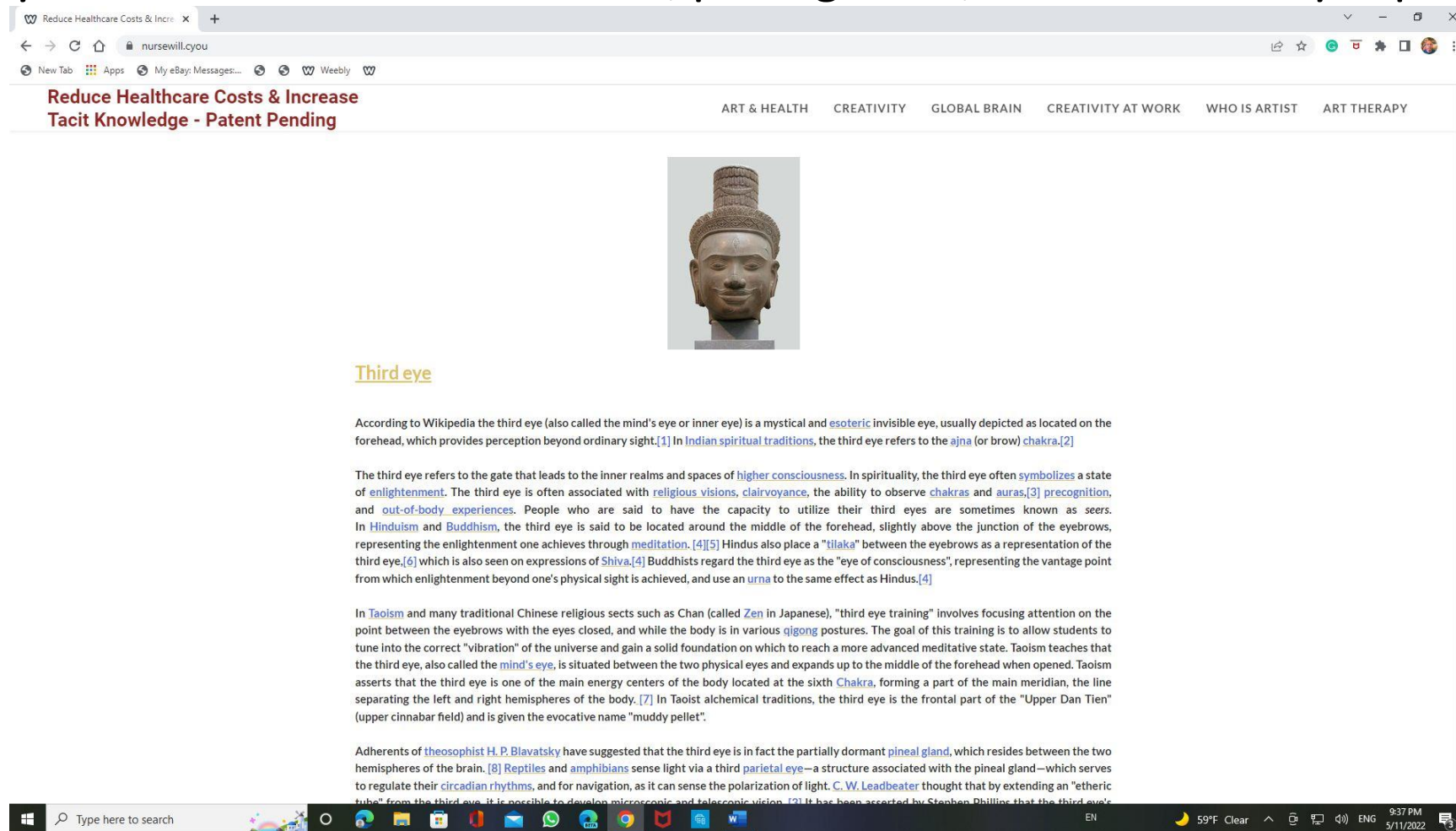
**#4. Lucid And Vivid Dreams**  
You may wonder why lucid dreams would be counted as an ability. Some dreams will bring you information about the future, such as what you need to know or what you need to do.

**#5. Logical Thinking**  
Once your Third Eye is fully opened and you managed to overcome the initial obstacles that come with this process, your brain hemispheres will be in perfect balance and you will manage to integrate both logical and creative thinking into your day-to-day life. Logical thinking will help you a lot with any problem-solving process you may find yourself in, and also will contribute to your mental and emotional peace and balance.

**#6. Creative Thinking**  
The human brain can think both creatively and logically, but the school system in which we're all educated favors logical thinking. Logical thinking is governed by the left brain hemisphere, whereas the right hemisphere is responsible for creative and intuitive thinking as well as for any psychic or clairvoyant abilities you may have. The right brain hemisphere is like a muscle, in the sense that it loses the ability to function well if it's not used for a long time. Thus, if we do not practice creative thinking, we lose the ability to be creative.


9:37 PM 5/11/2022

Figure 239: The third eye refers to the gate that leads to the inner realms and spaces of higher consciousness. In spirituality, the third eye often symbolizes a state of enlightenment. The third eye is often associated with religious visions, clairvoyance, the ability to observe chakras and auras, precognition, and out-of-body experiences.



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### Third eye

According to Wikipedia the third eye (also called the mind's eye or inner eye) is a mystical and [esoteric](#) invisible eye, usually depicted as located on the forehead, which provides perception beyond ordinary sight.[1] In [Indian spiritual traditions](#), the third eye refers to the [ajna](#) (or brow) [chakra](#).[2]

The third eye refers to the gate that leads to the inner realms and spaces of [higher consciousness](#). In spirituality, the third eye often [symbolizes](#) a state of [enlightenment](#). The third eye is often associated with [religious visions](#), [clairvoyance](#), the ability to observe [chakras](#) and [auras](#),[3] [precognition](#), and [out-of-body experiences](#). People who are said to have the capacity to utilize their third eyes are sometimes known as seers. In [Hinduism](#) and [Buddhism](#), the third eye is said to be located around the middle of the forehead, slightly above the junction of the eyebrows, representing the enlightenment one achieves through [meditation](#). [4][5] Hindus also place a "[tilaka](#)" between the eyebrows as a representation of the third eye,[6] which is also seen on expressions of [Shiva](#).[4] Buddhists regard the third eye as the "eye of consciousness", representing the vantage point from which enlightenment beyond one's physical sight is achieved, and use an [urna](#) to the same effect as Hindus.[4]

In [Taoism](#) and many traditional Chinese religious sects such as Chan (called [Zen](#) in Japanese), "third eye training" involves focusing attention on the point between the eyebrows with the eyes closed, and while the body is in various [qigong](#) postures. The goal of this training is to allow students to tune into the correct "vibration" of the universe and gain a solid foundation on which to reach a more advanced meditative state. Taoism teaches that the third eye, also called the [mind's eye](#), is situated between the two physical eyes and expands up to the middle of the forehead when opened. Taoism asserts that the third eye is one of the main energy centers of the body located at the sixth [Chakra](#), forming a part of the main meridian, the line separating the left and right hemispheres of the body. [7] In Taoist alchemical traditions, the third eye is the frontal part of the "Upper Dan Tien" (upper cinnabar field) and is given the evocative name "muddy pellet".

Adherents of [theosophist H. P. Blavatsky](#) have suggested that the third eye is in fact the partially dormant [pineal gland](#), which resides between the two hemispheres of the brain. [8] [Reptiles](#) and [amphibians](#) sense light via a third [parietal eye](#)—a structure associated with the pineal gland—which serves to regulate their [circadian rhythms](#), and for navigation, as it can sense the polarization of light. [C. W. Leadbeater](#) thought that by extending an "etheric tube" from the third eye, it is possible to develop [microscopic](#) and [telescopic vision](#). [9] It has been asserted by [Stephen Phillips](#) that the third eye