

The Challenges of Physical and Psychological survival

What I'm going to share in this essay are three physical challenges I've come across and three strategies I use for psychological survival in prison. The three physical challenges are (1) Nutrition (2) Cleanliness and (3) Exercise. The three psychological survival strategies are for (1) Anger (2) hopelessness and (3) Fear.

The physical challenges for (1) Nutrition is that your eating nothing that is fresh from chow hall and canteen sells ~~off~~ junk food. Our best option is the chow hall food added with a multi-vitamin that is sold in canteen. Not every thing in chow hall I recommend to eat cause it all will not agree with your stomach and lead you to explosive diarrhea.

As for (2) the cleanliness of yourself, clothing and your room is in your control. As long as you've got soap and water or cleaning product. Cleaning product is hard to come by cause by the time it gets to you it's watered down. Soap and water is king in here only luck will get you adequate Bleach. Wash your own clothes laundry sucker in here.

(3) Exercise is a challenge because you only get to go outside once a week. The next best option is working out in your cell. Doing up Down, Push up and sit ups is better than doing nothing.

The psychological survival is the most important. If your mind ain't right everything else goes. The strategie I use to combat (1) Anger is I don't take things personally, We meaning inmates

happened on our minds and dealing with it. If someone interact with me a little aggressive including officers, I assure myself it's not me it's him with the issue, and communicate in the most non-violent way possible towards the individual.

② Hopelessness is another psychological drainer. I make sure I know who I'm dealing with, not everyone in the system is against you. It's good to study not only which officers are congenial towards you but other inmates. ③ Fear is one emotion you don't want to show in prison, really none of the 3 emotions I covered. This environment is filled with predators and pray.

Show any of these emotions for too long and the predators are coming. As far as dealing with fear. Show respect to everyone and those who do not, pretend they don't exist. ~~There is an old~~

There is an old saying deal with people that respect you and you'll get respect. Only deal with people that like you and you'll feel liked.

What you've just read is my take on three physical challenges in prison such as ① Nutrition ② Cleanliness ③ Exercise and three psychological survival strategies I use for ① Anger, ② Hopelessness ③ Fear.