

# Destined to become psychotic

By Jeroen Nilis

# Destined to become psychotic

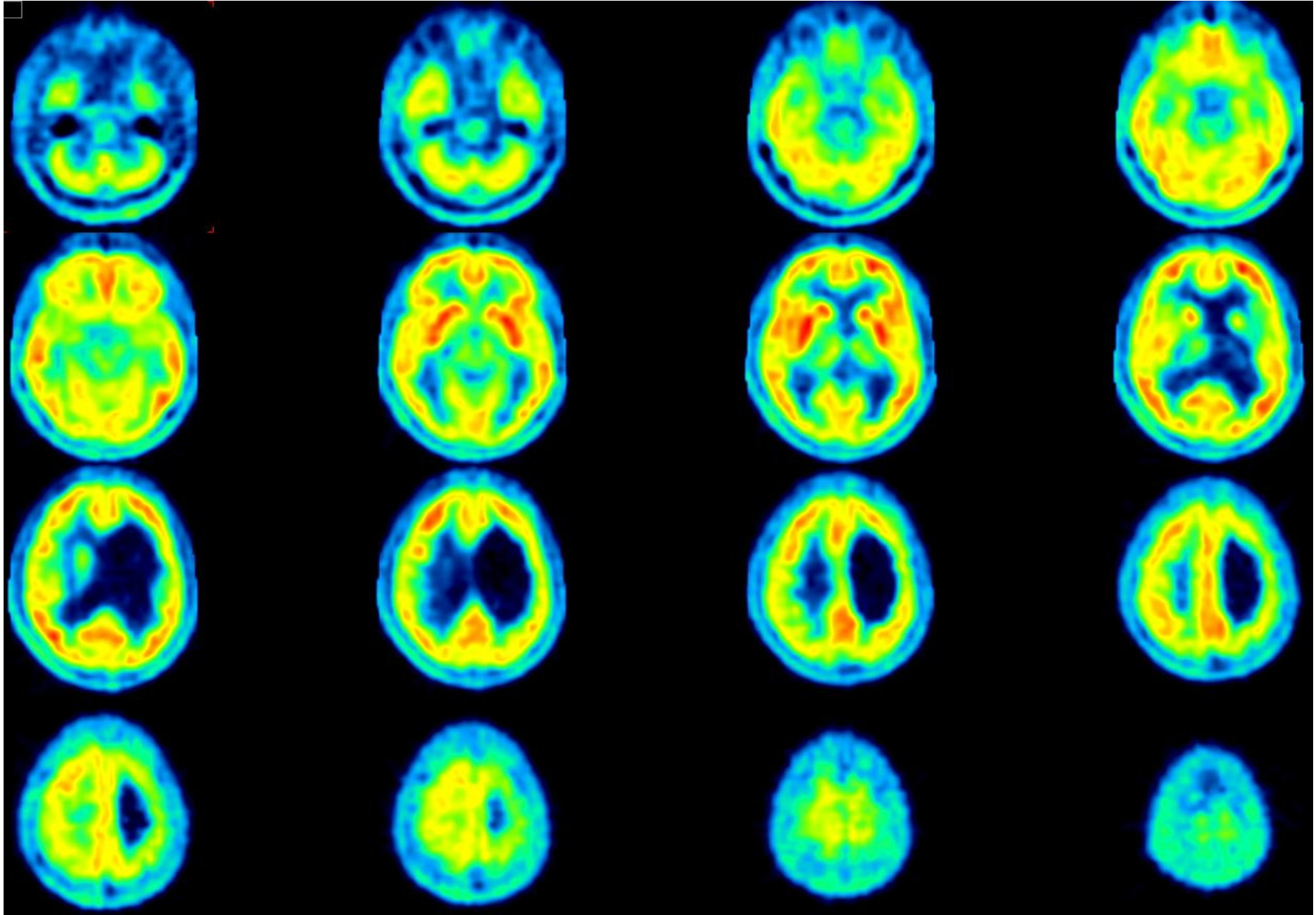
Rather heavy physical disability from birth (°1967)  
see scans

Family relatives with psychosis/ mental disorders

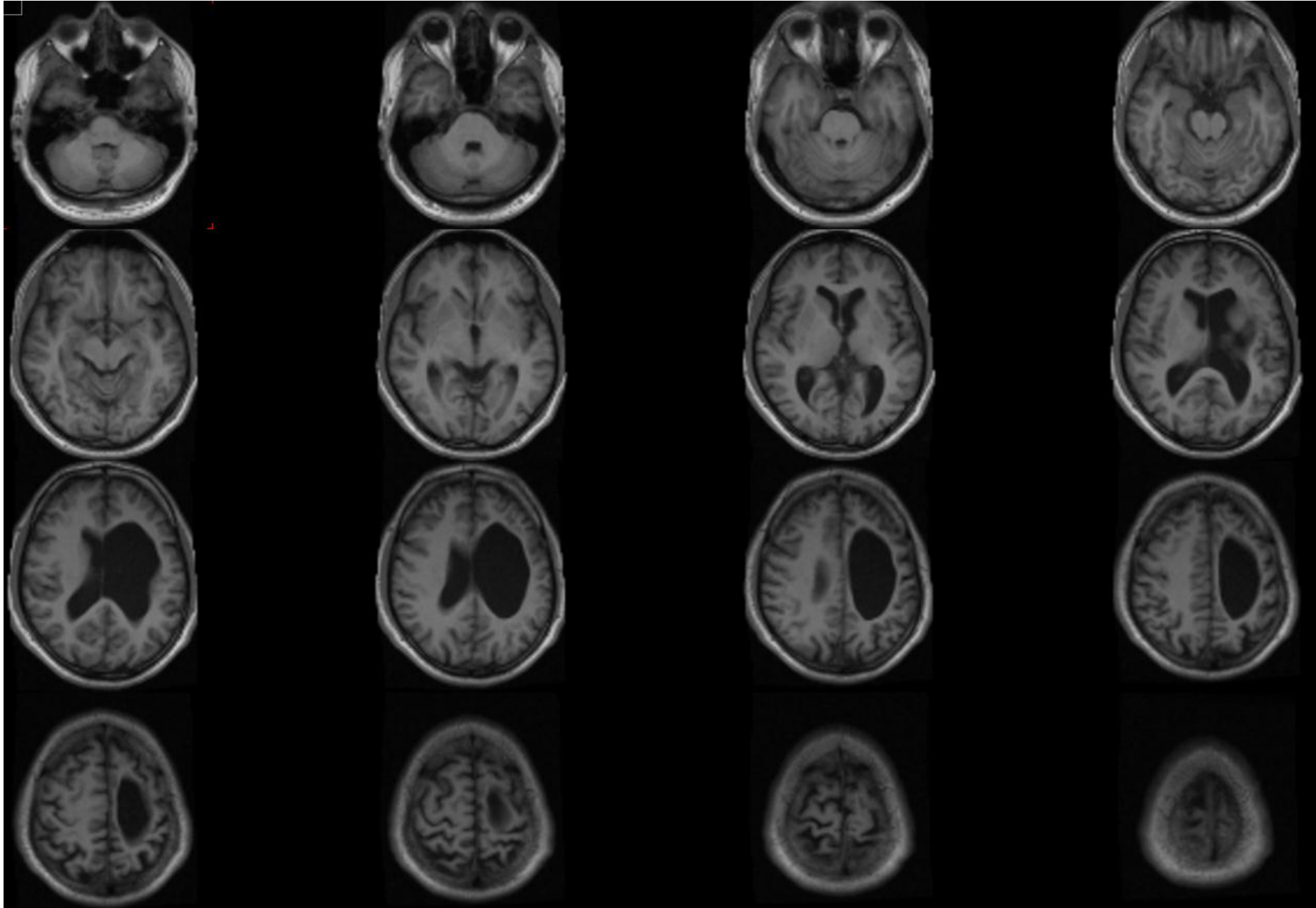
→ Increased risk to become psychotic

Normal happy youth & school education

# CB1\_SZF\_23\_NIJ : Nilis Jeroen



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Prolonged university studies (1986-1995)

First psychosis Rome, May 1997

Another two psychosis (2001, 2007)

cause: no longer intake of medication

# Overcoming psychosis

Knowledge: reading about it

Physical exercise & gardening

Yoga

Eastern philosophies: Zen-Buddhism, Tao

→ **Acceptance**

But also accepting always being prone to  
Stress and psychosis

# Overcoming psychosis

Taking daily medication

Weekly follow-up by a team of

GP

psychiatrist and

psychiatric home care

Writing a book, *Destined to become  
psychoytic*, about my med. Experiences