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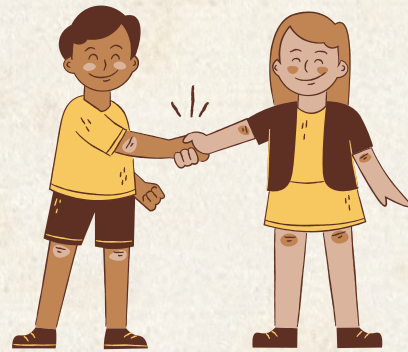


Index

- **Buddies Forever**
- **The race of being Ahead**
- **What's inside Psychology?**
- **Kick the negativity to the curb**
- **Teen Depression - A Silent Crisis**
- **Eating disorders in Teens and Children**
- **Drop all limiting beliefs and create the life you want**
- **Impact of relaxation exercises on mental health of toddler**

Buddies Forever

After making through 7 months of the year 2022, let's begin the month of August with hopes and wishes for a happy and healthy life ahead. A very beautiful memory of school life that everyone can relate to is, tying a band around our friends wrist celebrating Friendship Day. National Friendship Day occurs on the first Sunday of every August, International Friendship Day falls on 30th of July this year. Be sure to create a good day loaded with happiness and joy with your buddies!



Friends are the biggest possession of anyone's life and we all have a special place for them in our heart. We share a very close and affectionate bond with them. We don't choose someone to be our friend. It just happens with the right person. Friendship is one of the realest relationship in life that doesn't take looks, finance or any bar into consideration. A tone of comfort and ease sets between friends once they start vibing together.



It's really common for us to feel comfortable in sharing our deepest feelings with our friends rather than our family. Because we have a code of trust about not being judged by our pals. Not only while enjoying, real friends stand with us during our greatest falls as well. They play a major role in building our confidence again guiding with advices and experience of the past. There's always no sorry and no thanks between friends because it's thought to break the bond and create a distance.



But it's always important to acknowledge their presence in our lives and give them back all happiness and support through our efforts. No boat sails straight with only one person steering with the oar. Such friendships end up often with sours and complaints. Even we won't feel like being around such people where we are the only givers right? Not only friendship, every relationship on Earth needs equal efforts from the people involved in it. A disproportion leads to unhealthy fights and trust issues.

Meet your best friend this time on Friendship Day, give them a long and tight hug, express your gratitude and wish it lasts for a lifetime. Because no other bond is greater than Friendship

- Sriharshini

The race of being Ahead

Have you ever felt shattered by a failure to a point where you lost the confidence to rise, and even the hope to be successful? If you did, tap on your shoulder because you are a Learner, not a failure. As Barack Obama once said, "You can't let your failures define you. You have to let your failures teach you".



Since school, we have been taught to be competitive, to be more than Conventional, to stand out from the crowd, and always in a state of comparison. Does this look like a path to success? In this race to be ahead, we are losing touch with our humane selves. It takes a heavy toll on the mental well-being of a person as it creates an undying pressure to fulfil the never-ending expectations. The anxiety of being left behind, the fear of failing, and the unseen ghost of what society will say and think, shatters the confidence of an individual to the ground. It's a less commonly spoken truth but an evident one that all these things somehow develop inferiority and vulnerability towards stress, depression, and, in extreme cases, self-harm too.

Our body has different organs working together; if even one organ fails, the whole functionality of our body suffers; likewise, we need to be mindful of the significance we can deliver just by shifting our perspective from competition to collaboration, from rigidity to creativity, from comparison to learning from each other, and that's what the road to success should look like. As said by Scharf, "When 'I' is replaced by "we," even "illness" becomes "wellness."



- Yogesh Uniyal

What's inside Psychology?

There is a serotype surrounded by the word psychology. Let's see what it really means, so psychology is a scientific study of human behavior and its cognitive process(brain process). Psychology comes from Greek. Psyche means mind. So this is the basic meaning of psychology. It will help us to know about how behavior and personality are formed and also explain the reason for mental illness and disorders with the help of famous authors who made a great contribution to the development of psychology. It paves the way to know about how to diagnose psychological disorders, maintain mental well-being, maintaining social relationships, impression formation, verbal communication, non-verbal communication and also ways to cope with mental illness. Psychology will help to analyze individual mental health and also helps in coping.



Psychology has a direct connection with human mental health and its well-being. Mental health interfere every activity of human in daily and its daily routine are also influence mental health.

Mental health is has two influence factor is physical health and social well-being. But what is the starting point of mental health, it's begins with individual perception. How we perceive things and handling it is important , if we thought "oh no it's really stressful " Then yeah your mind believe it stressful even though it not . So the good mental health always starts from having good relationships with our mind and self.

“ Psychology will give a correct explanation to all the Mental health related attention “

- Jenifer Joys

Kick the negativity to the curb

Negative emotions – Can we overcome them?- Let's look at some tips to cope with negative emotions.

“Happiness is not the absence of problems, but the ability to deal with them.”
-Steve Maraboli.

Emptiness, guilt, sadness, frustration, helplessness, resentment, fear, extreme anger, Do you experience these negative emotions often?, What are the circumstances under which you experience them? What can you do to change the situations that induce such emotions?. There are some strategies that can help you overcome the negativity within as well as around you.



- Recognise
- Identify the source
- Take responsibility
- Communicate
- Meditate



Recognise your emotions

Acknowledging your emotions and interpreting how you feel can help you identify the nature of your emotion. Knowing your feelings is the kickoff that enables you to take appropriate action. Understand that it is okay for you to feel not okay.

Identify the source

A failure in personal or professional state of affairs, abusive and toxic parents and significant persons, and grumpy and discouraging social relationships can make it difficult for you to control your emotions. It is always necessary to accept that you can avoid people who forge down and push your buttons the wrong way.



Take responsibility for your feelings

All humans are emotional beings and you should believe that we are allowed to have negative emotions. Rather than justifying your feelings or self-blaming, you can take responsibility for how you feel at the moment. It is vital to cultivate this habit if you wish to exert willpower and feel mentally strengthened.



Communicate

Words have healing power and sometimes the words that come from people who mean a lot to you can encircle you with positive vibes. Express your feelings to others and look out for help if you are immobilized by negative emotions.

Meditate

Several research studies reveal that meditation serves as an indirect regimen for depression and loneliness. Train your mind with mental exercises as you train your body with physical workouts. Meditating, learning a new skill, teaching that skill, and reading a new book can help you cope with negativity and increase cognitive functioning

- Dowlath Nisha

Teen Depression - A Silent Crisis

Teen Depression is a serious mental health problem that causes a persistent feeling of sadness and loss of interest in activities. Teen Depression isn't a weakness or something that can be overcome with willpower - it can have serious consequences and requires long-term treatment. The increased academic pressures, social challenges and hormonal changes of the teenage years mean that about one in five of us suffer from depression in teens. Depression is not a sign of a character flaw.



Some common symptoms are

- 1) Feel irritable sad or angry
- 2) You feel bad about yourself
- 3) You feel you are a blurt
- 4) Do You sleep too much or not enough
- 5) Anything and everything makes you cry
- 6) You're thinking about death or suicide

Coping with suicidal thoughts-

- 1) There is always another solution, even if you can't see it right now.
- 2) If your feeling is uncontrollable, tell yourself to wait for 24hrs before you take any action.
- 3) If you're afraid you can't control yourself, make sure you are never alone.
- 4) Talk to an adult you trust.
- 5) Try not to isolate yourself - it makes depression worse.
- 6) Spend time with your friends and family who make you feel good.
- 7) Cut back on your social media use.



There is always a question of why depression is common in one's teenage years. One of the main causes of teenage depression is extreme trauma. In other words, teenagers are depressed when they are sexually, mentally or physically abused.

TEEN DEPRESSION IS A LIFE-THREATENING CONCERN.

Depression might alter teenagers life's, therefore it has to be treated effectively to prevent serious effects.



" Depression is like a heavy blanket. It covers all of me and it's hard to get up. But there is comfort in it too. I know who I am when I am under it ."

- Isha Bora

Eating disorders in Teens and Children

Every mental illness wreaks a devastating toll on the person who is suffering and his or her family. However, teen eating disorders are perhaps the most dangerous of all. Eating disorders are not uncommon among teens and children. Eating disorders in children and teens cause serious changes in eating habits that can lead to major, even life-threatening health problems.

The three main types of eating disorders are-

● **ANOREXIA NERVOSA-** a condition in which a teen refuses to eat adequate calories out of an intense and irrational fear of becoming fat.



● **BULIMIA NERVOSA-** a condition in which a teen grossly overeats and then purges the food by vomiting or using laxatives to prevent weight gain.



● **BINGE EATING-** a condition in which a teen may gorge rapidly on food, but without purging.

During the pandemic, we have seen many more children and teens go to the emergency room with mental health problems and there has been a notable rise in eating disorders, particularly among adolescent girls.

Doctors aren't certain what causes eating disorders. They suspect a combination of biological, behavioural and social factors. For instance, young people may be influenced by cultural images that favour bodies too underweight to be healthy. Also, many children and teens with eating disorders struggle with one or more of the following problems-Distress, Low self-esteem, and feeling of helplessness.

To cope with these issues, children and teens may adopt harmful eating habits. In fact, eating disorders often go hand-in-hand with other psychiatric problems such as Anxiety disorders, Depression, and Substance abuse.



It's not surprising that eating disorders have been on the rise in children and teens during the pandemic, given the disruption, isolation stress and excessive time on social media. It's important that parents watch for possible signs that their child or teen could have an eating disorder including-



- Change in what, when and how much they eat.
- Being restrictive about their eating.
- Exercising much more than usual.
- Spending a lot of time in the bathroom.
- Expressing unhappiness with their body or their weight.

- Yogita Sanwal

Drop all limiting beliefs and create the life you want

Limiting beliefs are false beliefs that hold us back from pursuing our goals and aspirations. All of the limiting beliefs can be easily categorized into one of the following:

1. ABOUT YOURSELF:-

These beliefs make you feel like you can't do something because you feel you don't worthy enough about yourself.

2. ABOUT THE WORLD

AROUND:-

These beliefs make you feel like you can't do something because other people around you will not let you.

3. ABOUT YOUR OWN LIFE:-

These beliefs make you feel like you can't do something because you feel life is too complicated and full of despair.

These beliefs make you feel like you can't do something because you feel life is too complicated and full of despair. All those beliefs inside the head are self-developed. They aren't built in brick and mortar so the good news is you can take steps to break them by changing the way you think.

If you have a doubt about your own ability to do a certain task, obviously you'll tell yourself, "I don't know if I can do this."



This statement gives you the option of saying "Yes, maybe it is not possible!" and you drag yourself down even before you step in and try.

On the other hand, if you change the statement, you modify your belief and bring new outcomes. Rather than saying "I don't know if I can do this", tell yourself "Let me find how to do this". This brings in a whole new perspective for the same problem only now there are multiple solutions.

- Guruvayurappa K R

Impact of relaxation exercises on mental health of toddlers

Teaching children how to relax their own body and mind is incredibly valuable for them, it can help them to manage their emotions as they grow up, it can help them to deal with stress well in the future and it can help kids to fall asleep peacefully at night. To create relaxation exercises, take mindfulness and meditation practices and simplify them as much as you possibly can, simple breath and body awareness practices are best for this age group. After each class, spend some time letting kids get set up for their relaxation exercise, this may include getting a teddy bear or comforter, an eye pillow or eye mask and a blanket, a pillow or a cushion.

Simple Relaxation Techniques

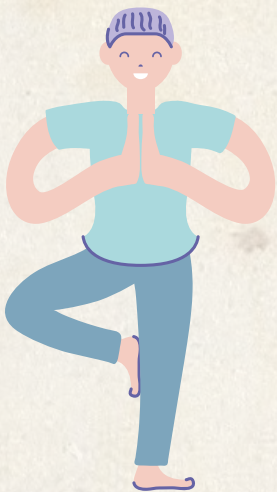
● Wiggle and shake

Reach for the sky, stand on your toes and inhale.

Let arms fall loosely to the ground and exhale.

Imagine releasing all stiffness.

Hang loose for a moment.



● Soup Breathing

Imagine you are holding a bowl of hot soup in your hands.

Slowly breathe in through your nose to smell the delicious soup.

Slowly breathe out through your mouth to cool down the hot soup.



●Bubble Breathing

Imagine you have a wand to blow bubbles.

Take a deep breath in through your nose.

Slowly breathe out through your mouth as if you are blowing a bubble through a wand.



In the above ways, we can link the breathing techniques with the classroom themes. Toddlers don't have much vocabulary to express their feelings, emotions and health aspects. Such simple breathing techniques not only help them to calm their mind but also helps in channelizing their energies in the right direction.

- Preeti Manan

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