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# CHANAKYA

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## The elder one



It is not easy to be the first born in a house. Because you are already born with high expectations of being protective, responsible, all-rounder, understanding, compassionate, the let go-er etc. But has anyone felt or even thought about what goes through the elder ones in families with two children or more?

Well, being the elder one it is hard and painful to watch our parents become close to another new born baby. It seems like all their attention and love are completely showered upon the little one, while the older one gets aloof. Children who are practically able to understand the situation tend to be unaffected by the changes and generally get into the play soon. Those who are extremely close to their parents and are possessive about their attention, love and care feel dejected to see their happiness being shared with someone new.

This is absolutely common and requires only minimum efforts from the side of the parents to ensure their elder son/daughter feels bad about having a sibling. Playing the role of an elder brother or sister comes with also being a role model and example of discipline. It could be overwhelming for the child to be suddenly expected to behave well mannered before the baby, never eat without sharing, do their own work when mamma or pappa is busy with the baby etc.

Remember they are children who have seen all this happening to him, and the arrival of a newborn to share his love and care could be or will be tough to cope up with for the elder sibling. Give them a lot of opportunities to express themselves, play with them, include them while playing or taking care of the new born and most importantly understand them without getting irritated.



**From the first born and the only born of a close knitted family!**

**- Sriharshini**

## People Pleasing



In today's generation the term word " people pleasing" is often heard or used by many people in society. So, let us get some idea about what is people pleasing.

People pleasing is a type of condition or behaviour which is exhibited or performed by individuals who face difficulty in saying "No", and have an intense urge to please others even if their requirements are not fulfilled. Therefore these individuals are called " People Pleasers".

According to psychology people pleasing is affiliated with a personality trait known as "Sociotropy", but yet as per the survey people pleasing is not a Medical condition or a trait that psychologists evaluate.

The people Pleasers are the Individuals who often put up the other people's wishes or tasks at first even if they have no time for their task. These people also think of what other people think about them and alter their behaviour and feelings and act according to them. This eventually harms them, as they have limited means to look after themselves.

**The basic signs of a people pleaser are:**

- Starting to accept other people's opinions even if you do not like them.
- Feeling guilty when you say "No" to others.
- You are always lost in thoughts or have a fear of what others might think.
- You alter words and behaviour for the other person's reaction and feelings.
- You tend to say sorry even though you haven't done any mistakes.

The Causes of people pleasing may be due to Resisting disputes, Society and Culture, Anxiety, Low self-esteem, Impeccability, Insecurity, Past Experiences and Traumas.

The Effects or Factors that affect people Pleasers are Frustrations and Anger, Over committing themselves, Stressed and Anxious, Lack of self-esteem and Prioritization.

Some Remedies or Tips to overcome people-pleasing are:

- Setting healthy boundaries.
- Practicing to say "No".
- Prioritizing yourself first.
- Have an optimistic self - image.
- Voice out your thoughts, opinions and feelings.
- Set time limits while helping others.



Hence, there is a Major difference between being kind and selfless and people-pleasing.

Being kind and having a selflessness trait is good and appreciable until it becomes complex and overbearing to stop.

- Yuvadharshini P

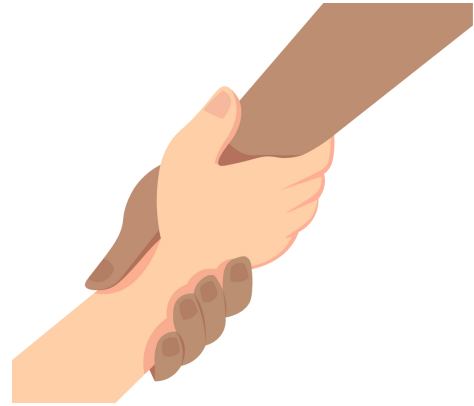
## To prevent Self-Underestimate

Mitigating self-underestimation, which plagues many adolescents in this stage, demands concerted efforts from society, families, and educational institutions. The propensity for self-underestimation arises due to a lack of awareness regarding one's inner strength and is exacerbated by societal influences. This detrimental phenomenon erodes self-esteem, confidence, and hampers growth. Crucially, schools and families play a pivotal role in fostering self-underestimation.



Critics argue that teenagers lack the maturity to make decisions, stifling their potential and pushing them to doubt their capabilities. Consequently, they recoil from expressing opinions and shy away from confronting failures. Furthermore, body image concerns, intensified by the 20th-century emphasis on appearance, contribute to diminished confidence in displaying one's true self. Social media significantly influences teens' lives, fostering negativity and fueling self-underestimation.

Preventing self-underestimation necessitates various techniques. Parents must consistently encourage their children, celebrating even minor achievements to bolster self-esteem. Avoiding comparisons with others is imperative, as such practices sow seeds of insecurity and inferiority complexes. Positive reinforcement from parents plays a pivotal role. In schools, fostering a nurturing environment and teaching self-esteem enhancement techniques are crucial. Ignoring external feedback and valuing self-assessment can counteract self-underestimation.



Exposure to motivational literature aids in building confidence. Heightened self-esteem helps teenagers overcome public speaking apprehensions and feelings of inferiority. Embracing failure as a stepping stone to success and cultivating resilience is vital. Encouraging a focus on self-ideal rather than external distractions is essential. The government's involvement, through well-being-oriented classes, is critical in fostering self-confidence and equipping students to confront challenges.

- Jaya Harini S



## Stop using Mental Illness as Adjectives

Unshared feelings, heaviness, teary eyes, shattered dreams, still smiling for the world –

this is what mental illness many times look like. It's quite a sensitive situation and many times we feel pity for them.

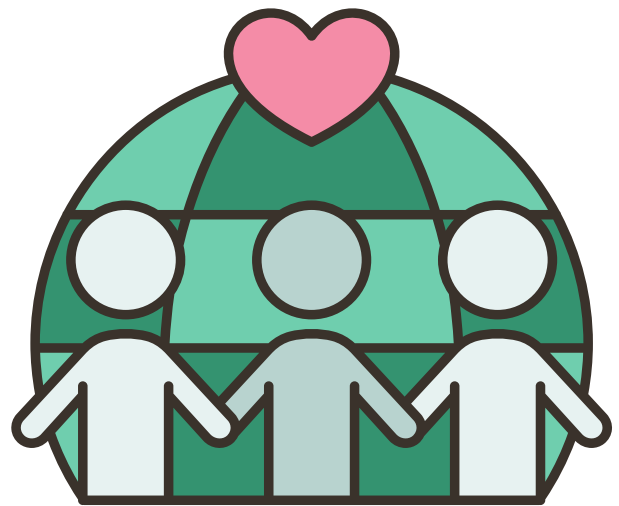
There was a time when the intensity of mental illness was not given importance and oppositely, the sufferers were admonished, overlooked and trivialized. Times changed, people got aware of psychological issues, and started understanding their severity and, a few of them added terms like Depression, OCD, anxiety, mania, and bipolar in their dictionary and use them often to put weightage on their words.

People often say, “You don't talk much nowadays, you seem depressed. You never get out without sanitiser you seem to have OCD. You many times talk to yourself in the mirror, such a schizophrenic guy.”



We need to understand that if someone is disinterested in conversations, he might be sad. If someone keeps sanitiser, he might be hygiene conscious, if someone smiles back at himself in the mirror, he might be pampering himself. We can't use sensitive technical terms without proper knowledge. We never use typhoid or jaundice ourselves to emphasize the impact of fever. Then why, names of mental illnesses are casually used? They might seem fancy for a few, but they are not. These terms cannot be used as adjectives. If we are doing this, we are mocking the actual survivors.

Along with this, since mental health has started receiving acknowledgement, many people have started using these terms to justify their mistakes.



**We need to understand that it's a sensitive issue that should be handled with respect and empathy also, we need to STOP EXAGGERATING, STOP.**

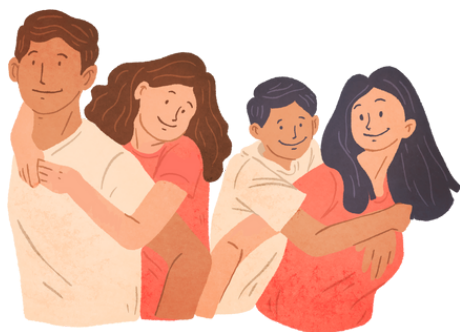
**- Rashika Suneja**

## Parenting Style - Sugar and Salt in Lemonade

Have you noticed when you put sugar and salt in lemonade? Why not only one of them? Simply because both are required to make it tasty and effective. So, is parenting style. People have a lot of doubts regarding what types of parenting style are there, which is appropriate and can one particular parenting style be adequate. Parenting style is how you communicate with your children for a better upbringing. There are ample of parenting styles in which 4 dominant styles are Authoritarian, Authoritative, Permissive, and Uninvolved Parenting Style, with each having its pros and cons. The authoritarian style is widespread in India. There is no hard and fast rule to use one but rather you can use different in differing situations rather than one in all.



The best is to be strict while inculcating the child with morals, values and discipline and leniency in someplace. It is also important to listen to what the child has to say and also use reasoning faculty to make them understand what is your point and what is their say. Try not to pressurise children as it won't work in the long run rather make them understand why you were saying something and why they are choosing something to do. So, there should be a mixture of Authoritative style (friendly corporative style) and strictness along with using strategies of classical conditioning, Operant conditioning and observational learning. All play vital roles just like the lemonade- salt and sugar. A mixture serves better.



- Himani Narkhede

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