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Just Stop

The next time when you decide to respect your fellow men just stop expecting from them . Yes stop expecting them to be strong . Not all men are living with hefty muscles and they dont need it too.

Stop expecting men to earn more money aren't we allowed to pursue the jobs which makes us happy but pays less ?

Stop saying men dont express their emotions. Of course we do when we realize that our emotions are valued instead of being judged.

Stop putting your financial pressures on the men we aren't ATM Machines.



Stop saying that men should take care of women we ourselves aren't ready yet and just figuring out life on everyday terms

Stop expecting us to be brave and face all the problems even when we are fucked up left and right . We are Men but we are also Humans too .

Yes we are typical humans with zero superpowers and 100's of expectations on us.

JUST STOP.

Movie Review

Shutter Island

Shutter island is a great psychological movie with a main picture on delusional disorder, past trauma and defense mechanism.

Introduction

Movie's name - Shutter island

Genre - psychology

Language - English

Available on - Netflix

Directed by - Martin scorsese

Released on - 13 February 2010



About the movie:

At the start the protagonist of the movie, Leonardo DiCaprio is set to Shutter island via boat along with his partner named Chunk. Both these people are said to be US marshals. They were assigned to solve an escape case of a patient over there.

As the story goes, Leonardo reveals to his partner that his main motto of coming here is to collect evidence that this place is humiliating its patients by trying on brain surgery and new drugs and complain about this to the outer world. He believes that they are trying to control the patients by brain surgery turning them into zombies and creatures that would not feel pain, humanity and other human emotions.

He is also in search of a 67th patient named Andrew, who was nowhere to be found. In fact, the doctors and authorities over there declare there are only 66 patients. Andrew was the one who killed his own wife and has a dark past.

On his way to investigate this, he finds himself vulnerable. He starts having severe migraines and hallucinations. Towards the end is a great twist to the viewers, uncovering the mysterious delusional disorder. How a defense mechanism works to cover up the dark past filled with guilt. The altered sense of reality serves as a defense mechanism, a means by which he protects himself from the pain of his past experiences.

Conclusion

It is such a great treat and a must watch movie. More insights in the extent to which psychiatric patients can go is clearly shown in the movie.

-Keethai

Talk of the day



Are you really happy or pretending to be? Happiness is what you feel from inside reflecting with a smile on your face. If happiness was to be measured, there is no system or quantity for it. Does happiness always come from what others do? The answer is definitely not! Talking with an example, When you start getting happy only when around people, you are slowly poisoning yourself into instability. Expectation of others keeping you smiling increases, also making you more dependent on the rest even for the slightest satisfaction. You are no longer in your control. Agony of others not understanding you develops into hatred, thereby losing happiness forever. What should be done?

The acceptance rule : Even if things don't please you enough, accept it for what it is and never worry for what it should be. Counting on gratitude : You may not always get what you want. Remember, satisfaction and contentment aren't materialistic things. Be happy for all that you are provided with. Sharing equal-equal : Duty as a friend/ family doesn't stop with enjoying together. Be all ears to listen about their sorrows also. Problems shared is problem solved. If everything was happy and smooth with no ups and down, life would be boring. Enjoy the roller coaster ride with all teeth visible smiles!

-Sriharshini

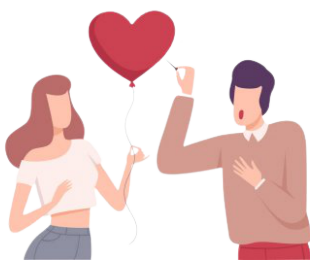
How to deal Rejection?



Have you ever wondered why rejection seems so hurtful?

Did you know that Rejection elicits the same pain responses as that of a broken arm?

Yes, Rejection which maybe defined as denial of love, attention, interest, or approval, as many researches have shown there is a link between rejection and physical pain. An fMRI scan of the rejected individuals showed increased activity in two of the regions of the brain that show, as same as in response to physical pain.



Rejection is harsh and can be experienced in different phases of life, it increases anger, anxiety, depression, jealousy and sadness. It reduces performance on difficult intellectual tasks, and can also contribute to aggression and poor impulse control.

Although affects of rejection does not last long in common but may have certain impact in higher frequency.

"The knowledge of rejection may not take away the pain it causes but atleast you know there's a reason for the heartache".

-Lydia John

Half glass of Sympathy

How do we get here? Seeking validation Seeking love.. The urge to scream out and ask what makes you deserve this pain?

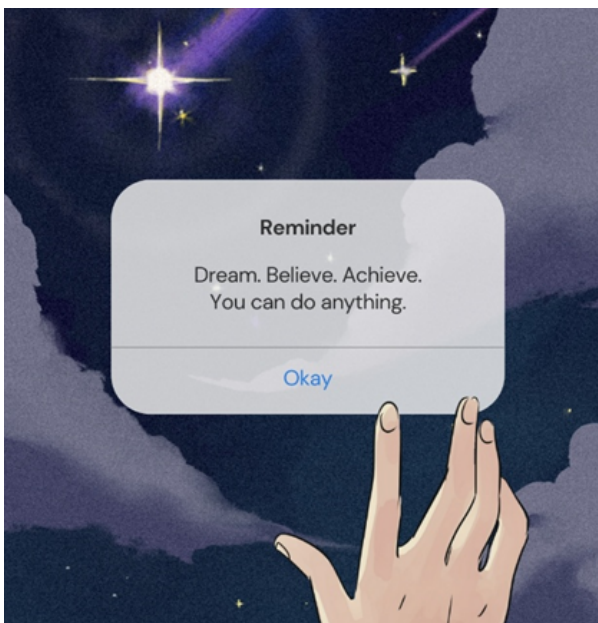
Do we cry out for seeking sympathy? Or Do we cry because we are running out of our resilience trying to pour out the pinching burns of betrayals, pain, separation, sorrows or maybe tears of joy. Why do people label the person seeking help and asking a shoulder to cry on? Why can't we see that the person is tired of holding every pain and trauma of years inside him....Maybe not sympathy....but a genuine warmth. It is difficult to move on when the person you lost was very close to your heart...



When your mini world used to revolve around them and all of a sudden their absence eats you up. Those memories which might be happy or sad starts haunting you. People vanish, people? Die. People laugh and people cry. Some give up, some will try. Some say hi, while some say bye. Sympathy involves understanding from your own perspective.

Some of the common statements we can see as:

“My deepest sympathies to you and your family” “What a lovely person, who will be deeply missed. You will get over it.”



"Everyone has problems. Its no big deal. Stop thinking about it. Keep your self busy." And so on.



We live in a world where we can see people smile yet with their heart filled with pain and bruises we can't see . A person can look confident yet have anxiety, Might look healthy but is feeling fragile inside Would be good looking but still feel ugly and have self-doubts or body image issues , They be smiling, laughing , talking yet feeling lonely inside. So be humble to everyone. Let's try to be more empathetic instead of showing sympathy. Empathy involves putting yourself in the other person's shoes and understanding WHY they may have these particular feelings...Listen actively. Effective listening must be active. Recognize their emotions. Emotions are important signs along the way to solving problems. ...Accept their interpretations. Put Away Your distractions , Your Judgments and Biases. Don't hesitate to seek professional help. Acceptance is the key...but the road towards it is full of constant efforts, tiny hopes. Things don't go wrong and break your heart so you can become bitter and give up. They happen to break you down and build you up so you can be all that you were intended to be.

-Aqsa Khatib

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