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Mood Swings

How to deal with friends who are suffering with mood swings?



Humans are social animals and we rely on each other for help and cooperation during difficult and uncertain times. Now let's talk about how we can be of some help to a friend dealing with mood swings. Though not as a substitute for professional help, as friends there are certain steps we can follow to make a friend with mood swings feel better. Firstly, it is advisable to maintain your calm. Though it is hard to keep your cool when someone snaps at you, not losing your calm helps the other person relax as well. Secondly, ask him/her the reason for their mood swings. It is important that we are empathetic and we listen to them attentively. Talk to them. Mood swings may cause them to distance themselves from others and they might not be responsive. But realise that it is not the person that is snapping at you, but the mood swings are forcing them to. Make sure you let them know that you are there for them to rely on. Hence talking to them and making their issues and pain validated will go a long way. Once they are in a better state of mind, advise them to seek professional help. If possible accompany them to a therapist. Let's all do our part to make the world a better place for all our friends.



-Vyshnavi

Online Relationships

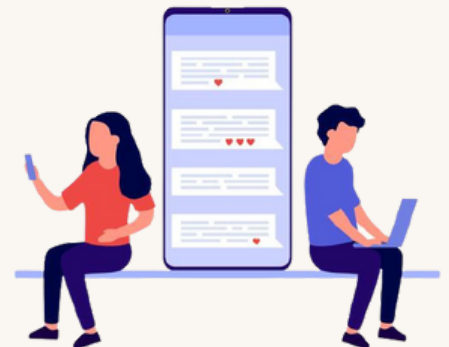
Relationship Development is a crucial process for all social animals. It helps people to survive in this social world and enjoy their time. This development involves three stages, namely initial encounters, getting acquainted and establishing relationships.

When it comes to initial encounters, what factors draw two strangers together? Three important factors that draw strangers together are proximity, familiarity and physical attractiveness. With the online setting, we can see that all the three domains have been hampered.

- **Proximity:** Geographic or Spatial closeness is lacking and has been replaced by telecommunication. We often hear stories about couples who got into a relationship because the professor seated them next to each other in a college classroom. These stories are adorable, and often leave a smile on the listeners' face. The online setting has obstructed proximity.

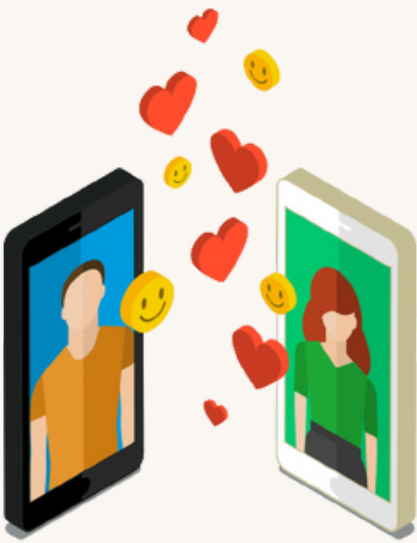
- **Familiarity:** The online setting has also interrupted the process of getting to know each other. Familiarity is crucial, and the online setting has facilitated the process of faking one's identity. One can claim certain likes and dislikes, but it is difficult to actually understand another person.

- **Physical Attractiveness:** In the online world, physical attractiveness can also be "filtered". One's edited pictures determine their perpetual image, and the importance of superficial beauty increases. It is a known fact that one's looks should not determine initial encounters.



However, the online setting has also made communication easier for some individuals. People who were afraid of social interactions have found it easier to interact online.

Next, there is the process of getting acquainted with the other person. This basically involves reciprocal liking and perceived similarity. Reciprocal Liking means liking those who show that they like you. In the online setting, it becomes difficult to identify whether a person actually likes you or not. Reciprocating appropriately also becomes a problem then. Perceived Similarity is important and perhaps, the online setting does not interfere much with this aspect of getting acquainted.



Lastly, there is the essential step of maintaining established relationships. With the pandemic, we have seen people facing a lot of difficulty with maintaining established relationships. Communication became difficult, and the physical distance worsened the situation. Sustaining relationships became difficult.

Thus, we can see that the online setting has put a lot of pressure on relationships. Maintaining and building relationships became a daunting task. This article is a gentle reminder that if you went through a similar experience, it is alright to accept and acknowledge the issue at hand. You were not alone in this difficult situation, and you may be able to find support in unexpected individuals at unexpected times.

-Sakshi Bajoria

Awareness to parents

How to give Awareness to parents on dealing with poor performing child



Parents may have high expectations of their children's academic performance and some may demonstrate this by urging the child to achieve good grades, while others may over-react when the child makes mistakes. However, parents should be mindful of their behaviour and not push their children too far, as their actions may lead to unintended consequences. Parents should not push their children over the edge. Children should be given a conducive environment to learn, and part of learning always involves making mistakes and learning from them. When parents become intrusive, they may take away this conducive learning environment, may be detrimental to the child's well-being as it increases the risk of the child developing symptoms of depression, anxiety and even suicide in very serious cases. One small practical tip might be the way to ask children about their academic performance. For instance, instead of asking, "Did you get full marks on your test?" parents can try asking, "How did you do on your test?." The former question conveys a message to the child that he or she is expected to get full marks on the test while the second question does not convey such a message.



-Renisha Jerine

Divorce : end or beginning?

Relationship always work both ways. When one stops trying and caring, the bond no longer remains the same. During unfortunate conditions, it sometimes lead to break up and even worse is divorce.

Marriage is very much different from a regular love story. A bond between two families who come together promise a lifetime of happiness and joy to the newly wed couple. It entirely runs on understanding, compatibility, love, trust, little sacrifices and lots of acceptance. All the named and unnamed relationships created by humans are destined to see little downs time and often. When not addressed properly, it grows steady that pulls people apart and someday, cuts off completely.

Various reasons may include,

- Misunderstanding between the couple
- Unsolved problems
- Interference of a third person
- Infidelity of one
- Abusive family and unsupportive spouse
- Financial claim of the family
- False allegations and oppression
- Inhumane behaviour



Is break up and divorce same?

Definitely not! Break up between two grownups with no official relationship cited, is a lot more acceptable than being stated as a divorcee, tells the society. It's obviously more painful to leave behind a family that was once the persons happy place. So there is no comparison between the two. Both hurt when someone has cared more and loved more than the other.



The next time you meet someone who recently had a divorce or is a single parent, instead of pointing out to them and judging try asking out for better solutions. Discuss the new turn of events, their happy tasks and recent achievements. Someone's personal life is absolutely not a thing of social discussion. It's private and let it be.

Divorce is not the end. Marriage is not a prison. Unlock yourself from what's burdening you but always, think of all possible consequences. What matters in the end is our happiness!

-Sriharshini

Bullying and Cyber-bullying: Differences and Effect

Bullying is a repetitive unwelcomed behavior of some people that can be physical, verbal or relational. The people indulged in bullying are bullies irrespective of the gender, age or sex factor. They are often relentless and do not care much about the consequences that may follow. Bullying is also linked to power imbalance.



Physical Bullying includes hitting, kicking, pushing, etc. as well as stealing and hiding stuff. This all is done with the intention to harass or humiliate the victim.

Verbal bullying includes calling names, teasing, taunting, mocking, insulting, or abusing verbally. More or less the intention is same.

Relationship bullying is when a person is refused to talk with or not included in groups or activities, spreading rumors and making them do what they don't intend to.



Boys indulge in physical bullying while girls take up verbal or relationship bullying to humiliate a person. But this does not mean that either girls or boys are justified with what they do while bullying. No kind of bullying is acceptable with anyone.

Cyber-bullying on the other hand is the same repetitive annoying behavior that not only includes the victim but also her/his family. This has high potential to mar the mental and physical health of individual. However, the effect of cyberbullying can be most detrimental on the victim, as they may experience a number of emotional issues that affect their social and academic performance.



Who are the bullies and why do they do so?

Bullies are the people who are less satisfied, stressed and somehow being bullied themselves. They resort to act on it by bullying others who are submissive, or weak than they are. These are people who suffer from insecurities and feel powerless. They try to control others through intimidation or threatening or insulting them and enjoy the rewards they get from bullying.

Sometimes bullies are motivated by envy, individual traits, skills, or relationship that they are not capable of possessing. However, a bully's end goal is to humiliate or harm other individuals with the intent of ruining their image or harming their mental peace.

Bullying exists on a spectrum. Not all resort to hitting or calling, sometimes they engage in campaigns against their targets rather insulting them on faces. This trick is often resorted by sophisticated adults engaged in bullying their work companions or collegemates.

Children bully to gain popularity, employers or seniors bully their subordinates to hide their incompetence or set an example for others. They also get the desired outcomes sometimes and they start using this technique to make sure their needs are fulfilled.

Difference between Bullying and Cyberbullying

Though the intention behind both is same but there are some minor differences between the two.

·Anonymity

Face to face bullying as the name suggests- includes the physical encounter with the bully. Usually in this the bully is known to the victim. Even if they slander behind the back; they usually show it.

On the other hand, cyberbullies are behind veils. No one knows who they really are. So basically, they are anonymous. They use pseudo names to bully other and this keeps them out of the reach of the victim.

·Audience

The audience of bullying where the bully and the victim are familiar to one-another are the people who are known to them. Unlike this, appeal of cyberbullying, besides anonymity, is ease of access. Bullying on internet can spread like wildfire and can take any form. People know or unknown any one can join the bully setting up a snowball like effect on the victim. They join in to threatening by direct messages or spreading rumors and even photoshop images of the victim.

·Detachment

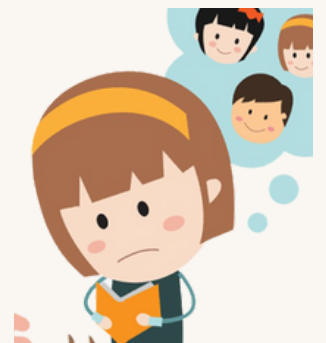
Bullies are not really thinking about how the other person feels. They are rather concerned with the results they get for their actions. Online bullies are more detached from what they do and the consequences they bring.

They feel little or absolutely no remorse for whatever harm they have done to the person. And mental harm is always more dangerous than any physical harm. People online behave differently from how they behave in reality. They may use hostile or abusive language that they can't use because of their internal fear. But this obviously takes the wrong path.

How is cyberbullying worse than any other form of bullying.

In the real world, bullying incidents occur in schools and playgrounds. Bullying may also be common in groups of friends where the most submissive is bullied by other members of the group. This may range from calling fabricated names to rumor-spreading and harassment or physical harm in some cases. This may result in the victim's leaving the group or stop attending the place where the incident occurs. However, real world bullying can be granted reprieve when they get back home.

Apart from this, cyberbullying doesn't stop anywhere. It continues every time, everywhere. It can be in any form, text message, social media post, chat-box message, morphed image or video, etc. Cyberbullying leaves little opportunity to defend oneself. There is no one who can intervene in between and save the victim from bullies. The only method to tackle them is stop paying heed.



“People will do and say hurtful or demanding things online that they would never say in person,” says Eric Alcera, M.D., medical director of Hackensan Meridian Behavioral Health. He also points, “If a cyberbully decides to spread rumors or hare embarrassing photos on social media, the word of images can go viral within no time.”



In essence, cyberbullying is crueler and more relentless and much more damaging than real-world bullying. It is one of the most significant stressors in a young individual's life. Children who are not open to their parents are more susceptible to cyberbullying and that can harm them in many ways mentally.

Changes in behavior

- Detachment from family and friends
- Isolating oneself
- Finding difficulty in concentration
- Losing interest in favorite things
- Eventually dropping school
- Resorting to alcohol and narcotics
- Expressing dark thoughts
- Suicidal tendencies

Physical effects of bullying

- Insomnia
- Gastrointestinal issues
- Harmful eating pattern
- Self-harming tendencies

Effects of bullying and cyberbullying and how can it be prevented

Bullying in any form is highly detrimental to the mental and physical well-being of the victim. Though the bully enjoys it, someone suffers in this matter, so bullying is never an option to gain power or control.

The victim is made to feel hurt, angry, afraid, and hopeless. The assault makes the victim feel ashamed and guilty that this is somehow their mistake.

The victim suffers physically and is at greater risk to develop mental health issues that are even more detrimental and can even lead to fatal.

Victims are likely to miss or drop school. Cyberbullying can occur anywhere, making the person's safe havens as hell. They are no longer safe even at their own place.

Lots of cyberbullying takes place through veiled faces. There is no real identity or image of the bully. They cannot be recognized but can attack anytime. This can create even more traumatic situations.



At personal level, one can resort to family and well-wishers to tackle bullies and the best way is to not give them importance, but it may not be possible every time.

For that we have different laws by different bodies to prevent bullying. There is CBSE School Bullying Protection law introduced by CBSE to prevent bullying in schools.

There is UGC circular against bullying in university campuses.

The Indian Penal Code (IPC) contains relevant sections to tackle bullying and cyberbullying which is punishable under the ambit of law.

Bullying and cyberbullying experiences can be reported in police stations under relevant sections of IPC.

Conclusion

There is a tread like difference between a joke and bullying. So one should be cautious while speaking. It is said that a sentence should be judged hundred times before speaking. We do not know what the person standing in front going through. Don't ridicule someone, they might have their own issues as we do have. Teach your siblings and children how to become a good listener and not to bully anyone with or without intention. Cyberbullying affects all age of people across societies. Campaigns, legislation, school administration program should be held to improve awareness among children. This needs to be stopped and can only stop when the adults indulge into right practices.

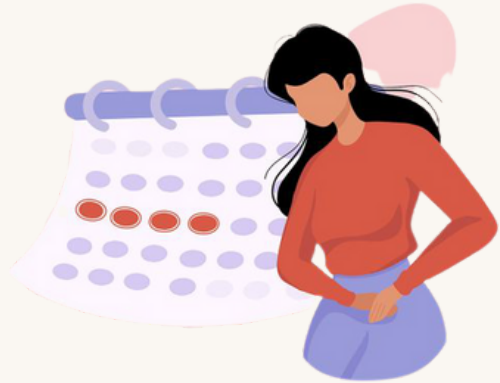
-Ashutosh Rai

Partners relationship during PMS

(PMS) premenstrual syndrome or stress are one of the most constantly monthly experience of women's life.

The male partner in the relationship have to face a different avatar of their female partner during or before menstrual cycle. PMS cause a sense of anger and tension, Depression, irritability, tiredness, headache, back-pain ,cramps and hormonal Imbalance among partners.

This change is due to Hormonal imbalance and causes a stressful life for women. Woman who acknowledge their premenstrual changes engaging in self-care and self support and become less likely to face extreme premenstrual stress.



According to psychologist or we can say in a psychological view PMS can be reduced by making partners aware of the coping strategies which include:-

- 1.supportive nature of the male partner
2. avoiding conflicts with others
- 3.Pampering by the male partners
- 4.Take help of some therapies to cope with the PMS.
- 5.Making the female partner relax through massage, yoga etc.
- 6.Medicating them in case of severe cramps and body pain.
- 7.Helping female in household work.

Many research's result shows that, if men be the part of the therapy session it shows great positive impact on woman partner participant towards therapy session.

-Shree Gupta

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