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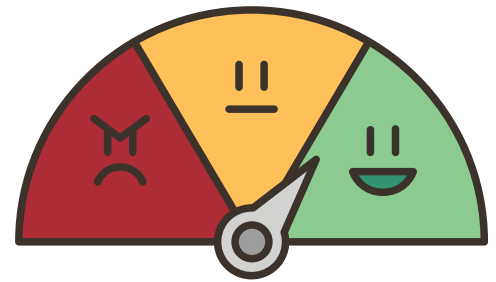
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Beautiful Minds

" There's a crack in everything, that's how the light gets in." — Leonard Cohen.

Well- being and health is a conception that has long been of interest to experimenters. Well- being refers to the ideas that individualities have about themselves, feeling healthy, happy and well. It generally includes global judgments of life satisfaction and passions ranging from depression to joy. Mental health can be defined as the balanced development of an existent's personality and emotional stations, which enables him to live harmoniously with his fellow men and the community. Mental health is an integral part of health. It isn't limited to the absence of internal illness and goes further. It refers to a wide range of conditioning directly or laterally affiliated to internal well- being, the forestallment of internal diseases and the treatment and recuperation of people affected by internal diseases.



Interventions aimed at raising mindfulness of internal health issues and marshaling sweats to promote internal health are necessary to address the situation. Mental health, like other aspects of health, is affected by a range of socio-profitable factors which need to be addressed through comprehensive strategies for support, forestallment, treatment and recovery as part of a total of government approach. The determinants of internal health and internal diseases include not only individual attributes similar as the capability to manage one's studies, feelings, geste and relations with others, but also social, artistic, profitable, political and environmental factors similar as public programs, social protection, living norms, working conditions and social support of the community.

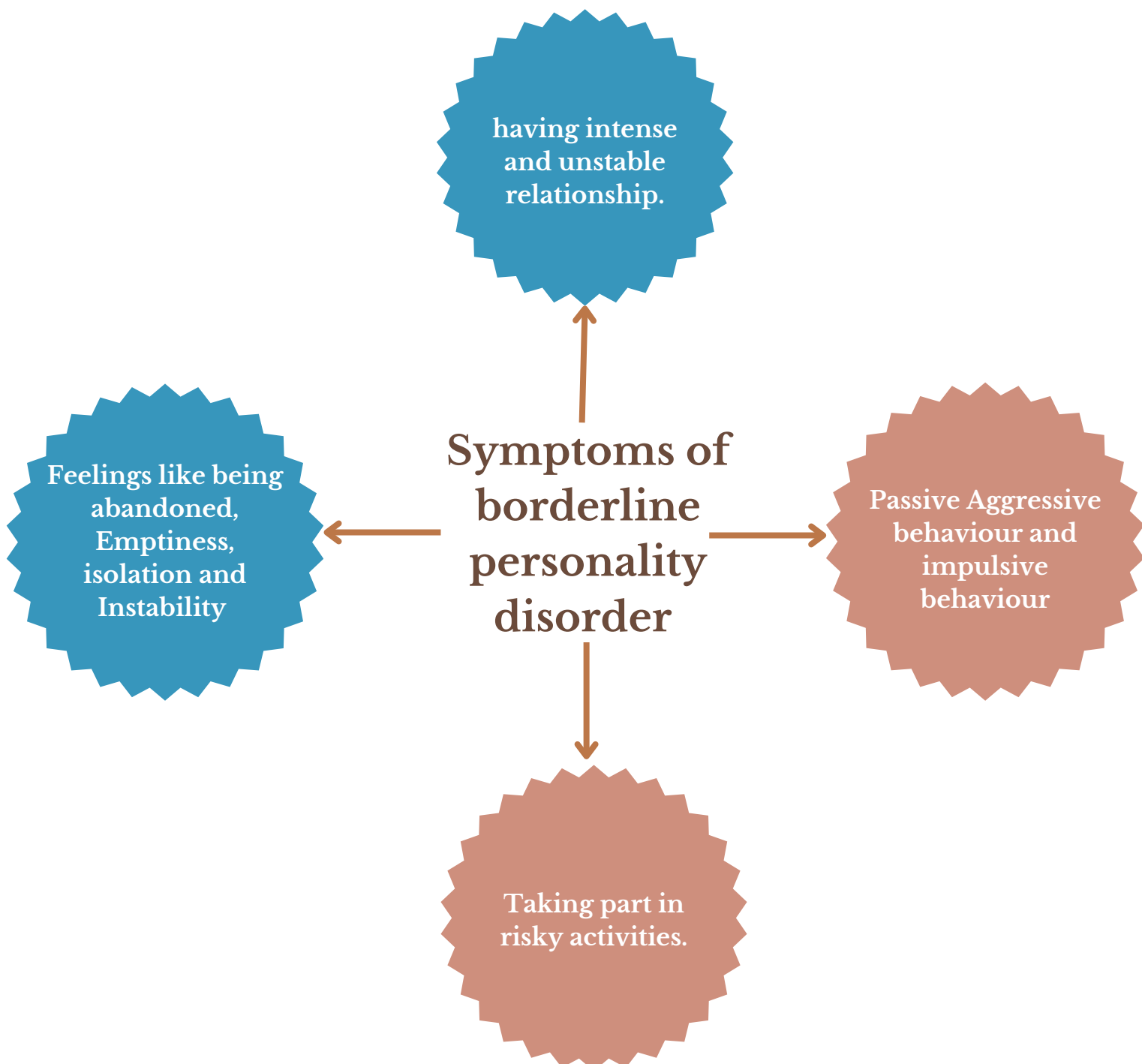


- Sehaj Kaur

Role of pets in BPD

Borderline personality disorder (BPD):

Borderline personality disorder is a mental illness in which the person feels difficulty in controlling and regulating emotions.



One of the most Successful steps of therapy for borderline personality disorder is being surrounded by animals.

There are many benefits in having a pet to have good mental health . Pets provide un conditional love and helps to face emotional and social challenges.

Pets and BPD

Feeling of loneliness and emptiness is the major signs of borderline personality disorder. Pets ease loneliness and it fills the space of emptiness. In this way pets play a major role in the life of bpd persons.



It can help them to increase their self confidence

people with borderline personality disorder find difficulty in Socializing and pets helps them to maintain good social relationship and helps them to build a better social structure in their life.

Pets had a calming influence in the mood of People with Borderline personality disorder.

- Shobika D

Right Change is powerful



It's a beautiful month, February, and it's the second month of the year; let us begin it with the goal of improving our quality of life. It is significant to deal with the casualties of mental health as these days it's become an issue where we need to commit tremendous paramount importance and direct our efforts towards relieving the plight for mental health ourselves and encouraging people around us to do the same. In this regard Making disciplined-positive changes can help enormously.



Everyone goes through it.

It's very necessary to understand that it's normal to feel all kinds of emotions, sulking and mewing over past events but if a person exhibits harmful comporment, such as seclusion, it's very important to talk to someone or an expert. We all cope with problems but don't effectively deal with them. To aid ourselves and find solutions to challenges we should self-examine. It's also very important to voice out and ask for help if you are going through mental illness. It's not abnormal to go through mental illness; it's a natural part of life.



Don't skimp on sleep.

Sleep issues exacerbate mental health, making it harder for people to concentrate and be productive throughout the day. Prioritizing your sleep will charge your body, allowing you to complete tasks and parallelly be productive. This year, make a fantastic shift in your life! Even if it means canceling party plans to get a full night's sleep.

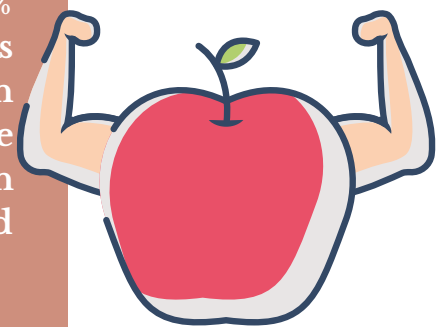


Enjoy Nature.

Yes, restful sleep is important but spending all day in bed is not healthy after a point of time, as life should be in equilibrium. Research has proved exercising or walking in a natural area can have decreased rumination or brooding, making us happier and more focused.

Be mindful of food.

Our brain is the hungriest organ and requires 20% of the body's total energy since it directly influences the shape and function of the brain, which in turn affects our mood. Physical health might also be profoundly affected. So, since food plays a key role in mental conditions, improving nutrition is a safe and practical strategy to treat or alleviate mental illness.



Maintain an optimistic attitude!

To lead a peaceful and successful life. Always think of solutions, not problems. Keep focusing on self-improvement and stay positive.

-Mutahhara Bahjath Ashraf

Happiness is unhappiness

What is the pursuit of happiness, if one cannot be happy with his happiness? The emerging troublesome issue of modern society is the “Fear of happiness”. One might wonder, what more is there in life if one had found his happiness which can be described as transient feelings of elation, pride, gratitude and a sense of satisfaction with life. As the saying goes, “What goes up, must come down!”, humans are intrinsically loaded with the belief that being happy might soon bring bad happenings in life.



This belief is culturally embedded, that is it is more common among Asian cultures rather than its Western counterparts. This may largely stem from the reason that Asian culture is more about in-group lifestyle as opposed to individualistic societies of the Western culture.

The second reason one might find aversion towards happiness is the belief that being happy may make them a bad person. People might overstress themselves by feeling guilty about their happiness because others are suffering.





Aren't we all running towards the same goal in life?- FINDING HAPPINESS. Yet, for some reason, our happiness makes us unhappy. Various scientific studies indicate that working on your self-esteem and self-efficacy can resolve the panic faced during happy situations. "Perfect, but not too perfect!", as this saying goes striving to be too perfect can also create over-expectations about ourselves and there is ample chance of our self-image being crushed if the expectations are not met.



Therefore, setting unrealistic goals and striving for perfectionism can also stop us from experiencing true happiness. Being mindful to create awareness of the present to live in the present can help us overcome hidden fears or anxieties that pull us back from experiencing happiness or make us feel bad when we are happy. Practising gratitude and appreciation goes a long way by enlightening us about the purpose and meaning in life thereby aiding our personal growth that helps us find our path to happiness, well-being and peace.

- Dowlath Nisha

Improve your self-esteem by Practicing Mindfulness

Mindfulness and self-esteem are closely interconnected. Mindfulness is the practice of being present at the moment and aware of one's thoughts, feelings, and surroundings. It can help individuals develop a greater sense of self-awareness and self-acceptance, which in turn can positively impact self-esteem.

Self-esteem is the belief one has in their own abilities and self-worth. Low self-esteem can lead to negative thoughts and feelings, such as self-doubt and self-criticism. It can also lead to negative behaviours, such as avoiding social situations or engaging in self-destructive behaviours.



Mindfulness can help individuals develop a more positive self-image by helping them focus on the present moment rather than dwelling on past failures or worrying about future outcomes. It can also help individuals learn to accept their thoughts and feelings without judgment, which can reduce negative self-talk and increase self-compassion.

In addition, mindfulness can help individuals develop greater self-awareness, which can lead to a better understanding of their own values and goals. This can help them make more positive choices and take action towards achieving their aspirations.



Practising mindfulness can also help individuals become more aware of their own physical sensations, which can help them identify and manage stress. Stress can negatively impact self-esteem, so by reducing stress, mindfulness can help improve self-esteem.

Incorporating mindfulness practices into daily life can be simple and easy.



Some ways to practice mindfulness include taking a few minutes to focus on your breath, going for a walk and paying attention to your surroundings, or even just taking a few minutes to sit in silence and observe your thoughts.

Overall, mindfulness can be a powerful tool for improving self-esteem. By helping individuals develop greater self-awareness, self-acceptance, and self-compassion, mindfulness can help individuals build a more positive self-image and lead a more fulfilling life.

- R.Renisha Jerine

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