

ISSUE 19.JULY 2022

CHANAKYA

INDIA'S NO.1 MENTAL HEALTH MAGAZINE



TAKE WHAT YOU NEED

Index

Grief

Phobias

Mind Power

Boundaries

Mental Well-being

Acceptance is the key

Why should children shut you down?

Grief: A Normal Experience or a Disorder?

Loneliness is generally felt when we are confronted with loss of our beloved ones, generally the untimely death. It has been quite evident since the past two years that most of us have had felt the same way due to the devastating pandemic of COVID-19. The emotion of grief has been the most evident while we mourned over the sudden deaths of the people we knew and the figures just rising everyday. This has led to a lot of mental health issues among the witnesses and the survivors. According to the data by WHO it has been observed that the global prevalence of anxiety and depression has massively increased by 25%, a figure which is really shocking. Seeing such a rise, the researchers of the American Psychological Association included a new and separate diagnosis of Prolonged Grief Disorder (PGD) in DSM-V-TR which was released earlier this year in 2022, in the month of March.



In PGD, the bereaved individual may experience intense longings for the deceased who has died within a period of at least 6 months (for children and adolescents) and at least 12 months for adults. The grief-stricken individual may experience standard symptoms like intense sorrow, pain and rumination over the loss of the deceased almost everytime, everyday for at least a month with clinically significant impairment in important areas of daily functioning. PGD diagnosis require an intense and deeper understanding of the individual's condition. If we are able to identify any of the similar conditions, lets reach out to professional help.

- Jasleen Kaur

Phobias

Phobia is a persistent fear of an object or situation. It's a very common cause of mental illness around the globe.

Phobia symptoms can occur through the exposure to the feared object or situation, or they can occur when someone just starts thinking about the feared object. Some symptoms of phobia are dizziness, increased heart rate, nausea, breathlessness, a sense of unreality.

In some cases the symptoms may result in an anxiety attack (severe).

Types of Phobia



1. Agoraphobia- Fear of inescapable space or situation. So the individual would avoid such situations or space and in some serious cases the individual may fear to leave in order to avoid such situations.

2. Specific Phobias- Fear of particular objects like snakes, butterflies, smell etc. This includes four different types- situational, animal, medical or environmental.
3. Social Phobias- People may experience an extreme or pervasive fear of social situations. Individuals may face specific fear of speaking in public or may feel uncomfortable performing tasks in front of them.

Specific phobias like animals include, fear of rats, snakes, cockroaches, butterflies, lizards etc.

Environmental phobia includes, fear of lightning, wind, floods, mudslides

Medical phobia includes fear of injections, seeing blood or seeing a doctor.

Situational phobia includes fear of bridges, leaving home or driving

Phobia Treatments

1. **Exposure treatment-** Individual is exposed to the feared object or situation for extended time length, thus building up a self-belief in the individual that the feared object is not going to harm him/her and they must face it to overcome their fear/fears.



2. **Counter-condition-** In this method, an individual is taught a new response to the feared objects or situations. Rather than being anxious or panicking, the individual is advised to do some breathing exercise or other relaxation techniques.

3. **Cognitive Behavioral Therapy-** It includes learning the underlying conditions or thoughts behind the fear or feared object and this will be done by the person he/she starts noticing these negative thoughts and once they are able to identify these thoughts, then they can easily replace them with more positively and thoughtfully.

4. Finally, for both adults and children with social phobia, medication like a low dose of a benzodiazepine or potentially an antidepressant (like a selective serotonin reuptake inhibitor, or SSRI) in combination with cognitive-behavioral therapy can prove helpful

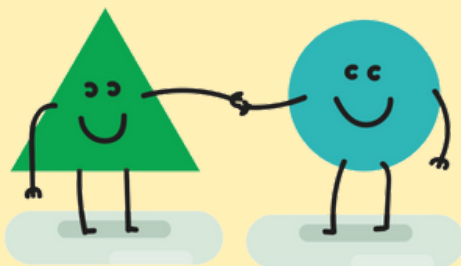
- Simran Gautam

Mind Power

We often hear people saying “I am not in good mood”, “You had spoiled my mood”, “I will do this work, when my mood becomes OK”. What does this ‘mood’ means ? Which part of the body is it in ? Does it arise by itself or prevails due to external circumstances? The questions are still on its way and it gives various answers to us over time. ‘Mood’ is an internal emotional state of feeling. It has no clear starting point of formation. It lasts longer than feelings. As human beings, we should be able to balance our moods and feelings. Some people are unable to express their feelings and some people express them in the wrong place in the wrong way. There are some people who hide their feelings and moods and lead a balanced life. Perhaps it is a skill, essential for life.



When King Dasharatha called his son Rama and said “Tomorrow is your Pattabhishek”, Rama’s face was like a blooming lotus. He touched his father’s feet and went. The very next day Dasharatha once again called him and said “You are not going to become a King and you will go into exile for fourteen years”, even at that situation Rama touched his father’s feet with the same glowing face and left to exile. One who is neutral in expressing his feelings, become ‘Mahapurush’ (great soul).



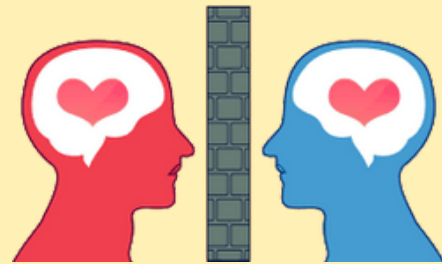
It is natural that we quickly become emotional in happy or sad situations. But as human beings, we should learn the art of expressing our emotions by controlling them. If we can recognize and control the power of emotions, then we can be successful in our life. It is the Power of Mind.

- R.Ramila

BOUNDARIES – not a barrier to our peace of mind

In the present times, we do hear people talking about having boundaries and respecting each other's boundaries to maintain a healthy relationship- be it with your spouse, friends, siblings or even your own parents. But, are we really aware of what a boundary is or what should it look like since people still hold misconceptions and think it as being rude to the people around them.

So, in the most layman's way possible, let's imagine two houses built beside each other and in between lies a fence or a 'boundary' sort of thing like a wall. Having a wall built around our house does protect it against a lot of untold adversities as well as gives people an indication about our territory, right? But it does no harm to the neighbours staying right next to us.



Similarly, setting clear and healthy boundaries is so essential and important and honestly, it never has anything to do with disrespecting anyone. Like our houses, boundaries that we create for ourselves safeguard our mental health, aid us in honouring our needs, setting realistic expectations and teaching others how to treat us. We could simply be like: "Hey, I really don't wish to talk about this right now. Could we please talk about this when I'm mentally stable because that is one of my emotional boundaries and I really need you to respect that." – And that could save us from unnecessary arguments, misunderstandings, and resentments and help us analyze the situations before acting on it impulsively which in turn could take a toll on our mental well-being.

- Anwasha Saha

Mental Well-being



Some of the way to achieve mental well-being start pay a attention to your physical health, tract regular routine and physical enrichment. Take care of your social well-being having good rapport in family circles and also having proper connections between the members of the society, work life balance. Psychological well-being is major influence factor paying attention to our emotions, allowing ourselves just as it , coping with stress and so on . If the human can handle good mental well-being then he can see a better progression in life . The starting point of mental well-being is ownself and its end point is self too so taking care of everything in your life is the best care for mental well-being. Mental well-being is becoming a popular topic nowadays because people's are came to it is so important to lead a peaceful life . This is a right time to start preventing mental well-being before its start prohibiting our peace.

Mental well-being is defined as how we perceive, react and handle each and every situation in our life. Mental well-being is influenced by physical well-being, social well-being and psychological well-being, if this three aspects are in good care then we can easily achieve good mental well-being. Stress, anxiety, depression, work loads, relationship problems, social relationships, family, Low self-esteem and so on every this have a direct pathway to mental well-being. Spreading our attention to each aspect will enrich our Mental state. If a person have a good Mental well-being then they can handle the stress, can take a good decision in every problem. And also not always we can remain happy or we can't overcome all the situations and that too normal and it's absolutely ok asking for a break, getting counselling and therapy and asking for help is one of the things that makes yourself to realize that you are giving important to mental well-being.



“Mental well-being is the most important path in human being”

- Jenifer joys

Acceptance is the key

"Even a bad day is just 24 hours" beautifully quoted by an unknown human. Bad days are inevitable. Someday, sometimes with someone something may go wrong and it's beyond one's control. We cannot change what happened, but we can control the way we react to it. Acceptance is the key to happiness. Stop looking for reasons, understand the facts behind why it happened so and start working to make yourself better. Embrace why certain things happened the way it did and let your emotions flow. Cry if you need to, scream if you want to, take a long walk along the sea shore, gaze at the starry night sky, listen to your favourite melody, talk your feelings or pour them out as words on a piece of paper, but don't sit idle.

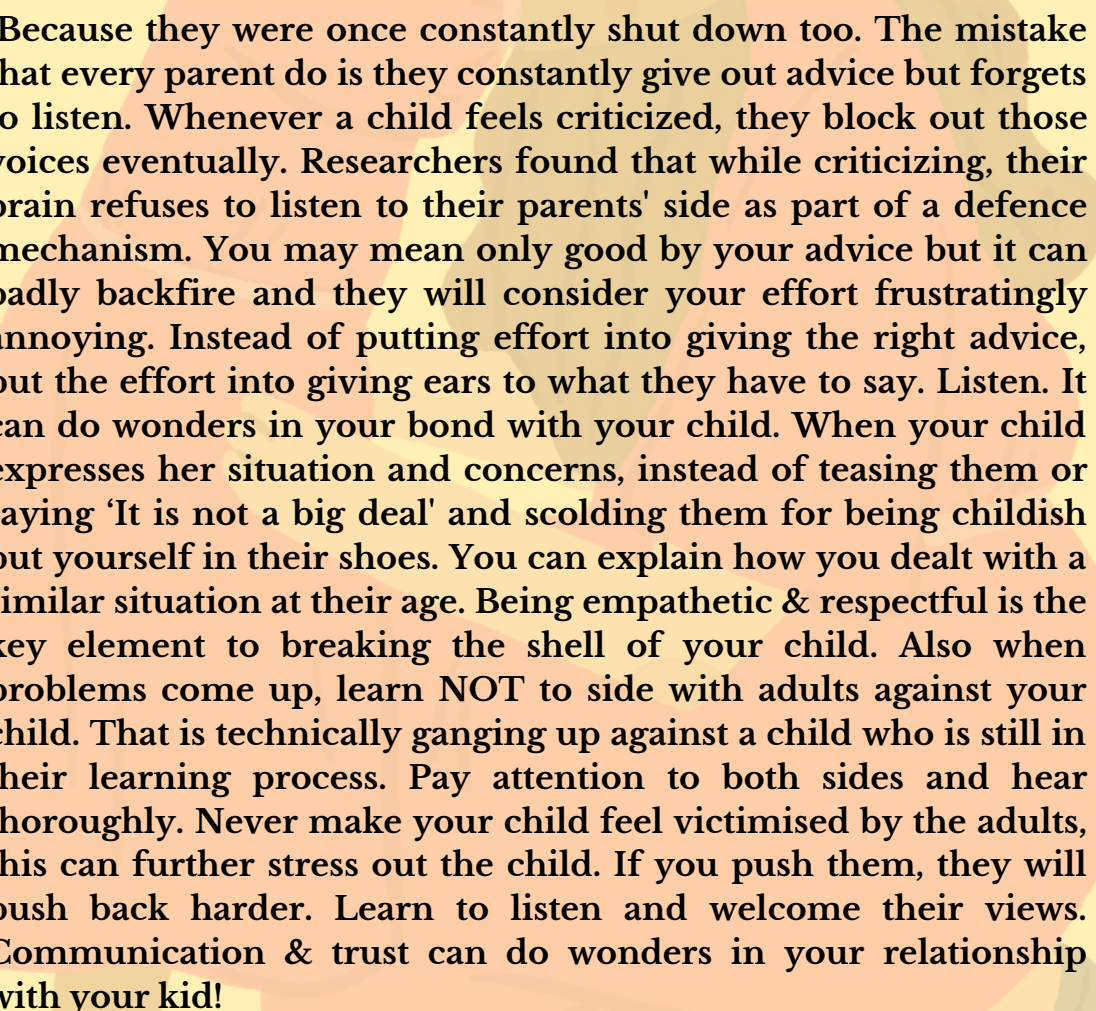


An idle brain is the devil's workshop. Negative and evil thoughts enter our minds easily when we are idle with no other productive thoughts. Anyone with too much time on their hands may find themselves in hot, troubled waters. Plans for the future, little goals helps to keep such troubling thoughts at bay. Self help is the best help. Give yourself the time to accept all that happened and meanwhile, keep moving ahead. Even small conquers are big victories. Celebrate the little joys of life. Remember it's not the end of the world. Every dusk is followed by a brighter dawn.



- Sriharshini

Why would Children shut you down?



Because they were once constantly shut down too. The mistake that every parent do is they constantly give out advice but forgets to listen. Whenever a child feels criticized, they block out those voices eventually. Researchers found that while criticizing, their brain refuses to listen to their parents' side as part of a defence mechanism. You may mean only good by your advice but it can badly backfire and they will consider your effort frustratingly annoying. Instead of putting effort into giving the right advice, put the effort into giving ears to what they have to say. Listen. It can do wonders in your bond with your child. When your child expresses her situation and concerns, instead of teasing them or saying 'It is not a big deal' and scolding them for being childish put yourself in their shoes. You can explain how you dealt with a similar situation at their age. Being empathetic & respectful is the key element to breaking the shell of your child. Also when problems come up, learn NOT to side with adults against your child. That is technically ganging up against a child who is still in their learning process. Pay attention to both sides and hear thoroughly. Never make your child feel victimised by the adults, this can further stress out the child. If you push them, they will push back harder. Learn to listen and welcome their views. Communication & trust can do wonders in your relationship with your kid!

- Sai Gayathri

Contributors



Jasleen Kaur



Simran Gautam



R. Ramila



Anwasha Saha



Harine K S



Sai Gayathri



Sriharshini



Jenifer Joys