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CHANAKYA

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Let them cry



Recently something very usual happened near the place I lived.

A man in his 20's was crying while talking to someone in his phone. I heard the noise from my room and went to check it out .

The guy stopped crying and pretended to be normal . Even though we were complete strangers he was controlling his emotions before me not to get judged.

I didn't stop him , I didn't ask him what happened but I left the place asap because I personally believe the best thing we can do when someone is crying is to let them cry itself.

Why did I mention it as a " common thing " because almost all the Men/ Boys do it. We pretend, we fear about judgment, we try to project our so called masculinity even to random strangers.

The next time when you see a Man / Boy suffering from pain or crying their heart out don't judge them ,don't console them just leave the place .

LET THEM CRY



- Nikhil Vyaas



A bite of chocolate



From kids to elders, this particular eatable is loved by all. Made from cacao beans, processed with additional flavours, nuts and fruits of choice, we get the ultimate product 'Chocolate'!

Chocolate is known to have existed since 4000 years, earlier discovered in the regions of present day Mexico where cacao beans were found. Chocolate is very much connected to the human happiness and peace, since it contains various neurotransmitters that triggers the happy hormones in us. They include serotonin, endorphins and opiates. Endorphins are responsible to reduce depression. Serotonin regulates mood, promotes a healthier sleep cycle, maintains the cognitive functioning of the body and brain and thus, it is often quoted as an anti-depressant.

Ladies out there! Chocolate alleviates pain, that's why it is often recommended to have a piece of dark chocolate during menstruation to reduce the pain of severe cramps and outbursting mood swings. You'd have seen many in many sports the players consume chocolate during the break or time outs. That's because chocolate instantly boosts our energy, keeping us active for a longer period of time.

Chocolate keeps the human body and brain healthy, happy, active and sane! A healthy amount of chocolate incorporated into daily diet benefits the mind and soul in all ways always!

- Sriharshini



Upscaling: Our Mindset



Let us cope up and Prioritize Mental Health
“Preventing mental deterioration's and burnout.”

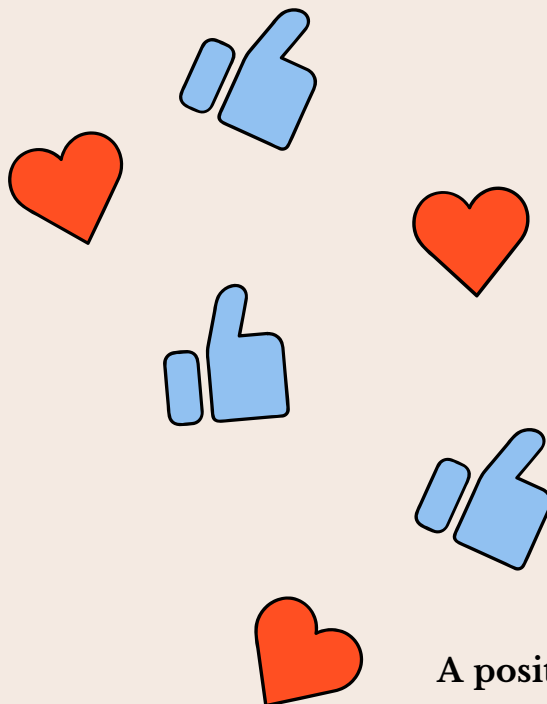
Acceptance is the first step to start the journey of healing. Everyone has unique variations in terms of core schemas, thinking patterns and beliefs. Stress is a common cause of declining mental well-being. Some optimal amount of stress is needed as a driving force to complete any task for best outcome, perhaps it should not hinder the psycho-social functioning. Then it turns to distress and negatively impacts the individual.

POSITIVE MINDSET is a state of productive activeness of thinking rationally where an individual can cope with life stresses and functions with optimal potential. Feasible tools to upgrade; -

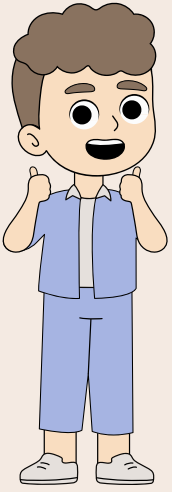


- 1) Be self-aware and self-conscious to identify the problematic thinking pattern or behavior.
- 2) Find out the cause and effect of the problem
- 3) List out best alternatives for the issue or concern.
- 4) Select an appropriate decision.
- 5) Review it before implementing it.

Our mental health can be boosted up by practicing meditation (adopt mindful lifestyle), practicing our hobbies, being connected with loved ones for social support, be solution focused rather than problem focused, follow a driving force, and aim to keep the resilient power high, maintain healthy routine with good quality of sleep and healthy diet.



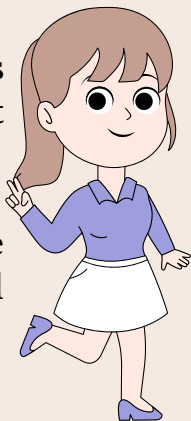
A positive approach is key to being a resilient person and easily bounce back to any difficult situation. Changing our perspective and working on our limitations also results in higher self-esteem. We need to adapt and adjust to our environment well rather than complain and compare. Normalize the usage of mental health services provided on various platforms like- through online mode, tele helpline mode and physical appointments.



UPSCALING DEPENDS ON FLEXIBLE MINDSET-

Transforming into a positive personality.

- We undergo a lot of hassles and daily challenges which lead to overthinking and pessimistic approach or perspective.
- Being aware and using remedial measures to level up the resilience power
- Societal norms and self-unrealistic expectations are one of the major reasons that people lead to psychiatric illness.
- Creating a healthy mindset is an investment in your own overall wellbeing
-
- Focus on being thoughtful and growth oriented.
- Venting out and releasing emotions helps to work on distortions.
- Take problems as challenges and overcome them to the best possible.
- Starting any initiative can be small but persistent to attain bigger accomplishments.
- Persist to face setbacks and increase resilient power (bounce back ability).
- Learning from criticism and working on own self helps to achieve wholeness.
- Social desirability leads to dissatisfaction and traps us into a rat race or centered towards others.
- Emotional dependence needs to be self-centered, and our emotions (happiness, agreeableness, achievement) should be guided and not depend on other approvals.
- A flexible mindset is the dealings among self-awareness, adaptive strategy use, and determination that enables learners to progress and enhance self-directed approaches.



- Harman Kaur

Are Gossips cause mental health?



The most common behavior in everyone's characters is gossiping, we are so enthusiastic to know news about other people, and yes! Talk about our enemies and gossip events are perfect for us right!! But is this healthy?

As we all know "too much of anything is good for nothing" While gossip creates happiness in ourselves, especially with our friends is the best time we all pledge to cherish! But, it's causing mental health, because the way of expressing negative words might tend to change your positive thoughts into negative thoughts.

Just imagine for a second! You are doing gossip because you are curious and happy to insult them but in case words and acts tend to know by the person who gossiped might affect their behavior and mental health in a way, such words are reducing their confidence, self-esteem, and so on..., yeah! Gossips are good too when you are within the boundaries to achieve!!

"Chatty talk is good to do until they know! Just be our limits is better for everyone"

- Iswarya K



The Facts behind mental breakdown



Mental breakdown have become a popular term nowadays. And also a commonly used term among people.

So, let's talk about the real meaning and reason behind Mental breakdown. It is also called nervous breakdown. It happen whenever you are overloaded by stress, worries and anxiety. There is no such mental health diagnosis called mental breakdown in ICD(International classification of diseases) and DSM(Diagnostic and statistical manual of mental disorders).



When we loss control over work stress, personal life balance or overloaded emotions, It may causes mental breakdown, It is also a sign that we are physically and emotionally tired of things around us .Mental breakdown can last for an hour or for a week. The best way to overcome mental breakdown is to let out the overloaded emotions . Some people feel relief after crying, going for a ride, chatting with friends and so on. But if you can't handle this distress for more than a week then it's time to check your mental health and get help from mental health professionals. The prolong distress can be a symptom of any kind of mental illness so, pay attention to your mental health.

“MENTAL BREAKDOWNS ARE THE WARNING TO MENTAL HEALTH RESTART”

- J. Jenifer Joys



Contributors



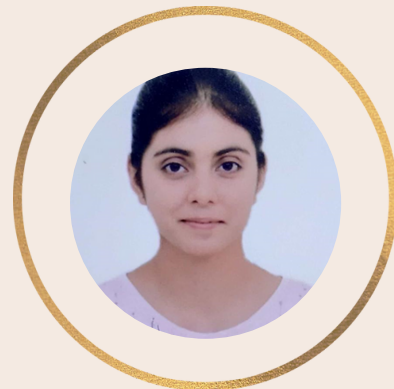
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