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CHANAKYA

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*Healthy
Body*

+



*Healthy
Mind*

=



*Happy
Life*

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PTSD is referred to as Post Traumatic Stress Disorder. PTSD is a psychiatric disorder, that can result from the experience or witnessing of life-threatening or traumatic events such as violent crime and abuse, terrorist attacks, natural disasters, and serious accidents. People with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended. It can occur at any age including childhood. The disorder is often accompanied by depression, substance abuse or one or more anxiety disorder.

In severe cases, the person might have trouble working or socialising. PTSD happens when our brain stocks Perceptually Trying to Survive Danger. Children's with PTSD symptoms might have mistrust, anxiety, insomnia, poor concentration, nightmares, scared of loud noises, and flashbacks. It is not a sickness or a disease. We are not crazy or bipolar. We have been through trauma. Maybe several PTSD is the effect. We have both good days and bad days. Up days and down days.

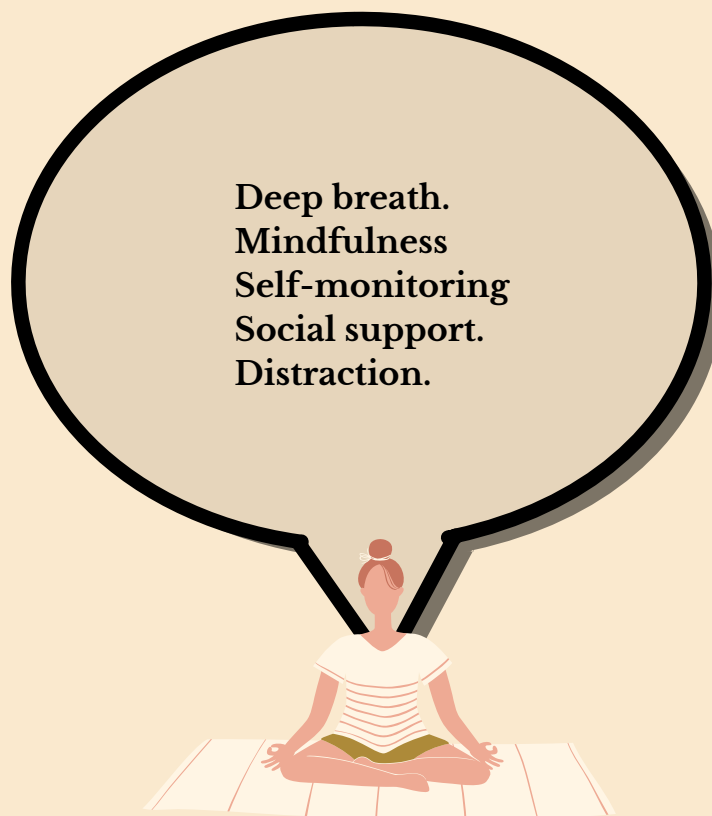
PSTD



Sometimes up and down in one day, sometimes even in an hour. Sometimes we know our triggers, sometimes we don't. Sometimes there are no triggers, it just is. Some of us have bad dreams, night sweats, shakes, anxiety attacks, depression, isolation and a slew of other symptoms and sometimes we don't. Some days are worse than others and yes we can have good days. We didn't ask for PTSD. We don't like our PTSD. But we have it, we are aware of it and we try to make it through each day without letting it control us.

Love someone with PTSD and want to know how to help?
LOVE. KINDNESS. PATIENCE. THIS IS WHAT WE NEED.

Some strategies to cope with PTSD



“ Always remember, if you have been diagnosed with PTSD, it is not a sign of weakness; rather, it is proof of your Strength, because you have survived”.

- Monika s

Have you ever felt lonely? It's okay because everyone might feel it at some point in their life. So I just wanted to say that you are not alone. In my opinion, loneliness is not caused by a lack of people around us! One could still feel lonely even when surrounded by people. It is due to a lack of communication. It's like when you feel nobody around you could understand you or the lack of like-minded people around you!

I guess it is the most prevalent thing nowadays among people! Loneliness doesn't have any particular age limit; it affects people of any age group! Being alone is different from being lonely. They are both two different things! When you feel empty inside and you seek out people, you may know that you are suffering from loneliness! Most introverts are badly affected by it since they don't communicate much!

Loneliness

It's similar to a common cold, but if it gets out of hand, it can cause serious mental health problems like depression, anxiety, low self-esteem, sleep problems, and increased stress! Humans are social beings, so it's okay to seek people, feel wanted to be loved, and crave human contact! This feeling of void may be caused by a lack of intimacy. For the person who is reading this, I hope your void gets filled and lets you feel complete! You deserve intimacy and to be loved! You deserve to be heard!



-Nethra J N

Surrounded by a bunch of people with all giggles and laughter around, Meghna sat there feeling empty and numb not able to feel the slightest warmth. Feeling empty is a metaphor and should not be taken as a biological aspect unless you're a serial killer who trades human organs(bad joke).

Filling the gaps



Imagine standing in front of a buffet with a range of dishes from starters to desserts. Still, the plate feels unappetizing without that one thing you love and crave. Meghna had her best buddies around but couldn't appreciate the time enough because she lost that one person who completes her. Being in love is fine, but don't over-love anyone and anything. You can't pour from an empty cup and similarly, you can't love yourself if you empty it for someone else. Understand, no love and relationship are worth draining your entire self out. Because they may leave anytime for something more appealing to them. You can't convince them, you don't have to cry out to prove how much they mean to you and how much their presence in your life adds value to your life. You could be head over heels in love truly with someone and they'll still have the audacity to ask you, "Did I ask for it?". So choose where you spend your time and feelings wisely. One bad day, one bad chapter and one broken dream is not the end of the world.

- Sriharshini



As human beings, we all go through many kinds of stress. They are influenced by social, and personal factors. Stress is normal but how we handle it and how we overcome it matters. There are more differences between stress and depression. The first way to overcome the stress is we should aware of the stressor (causes of stress), then we need to identify whether is this a stress or depression next we need to know the coping strategies like escaping, avoiding, taking a good amount of health care, positively values your own emotions and so on



Stress and Depression

Now, let's talk about depression, it looks like stress but if there will be prolonged symptoms for more than 2 weeks then we can name it depression. Stress may disappear in a day or an hour but depression is long term suffering, the most common symptoms of depression are lack of sleep, lack of interest in an activity that we are interested in our past, doesn't have proper care for themselves, Social isolation, we can see two side symptoms like overeating and less eating during the depression there are various depression disorders based on the duration and episodes.

I like to share coping strategies I used to do when I feel stressed, I try to engage myself in the activities I love like drawing, and gardening that's makes me relax and also diverts my thoughts from that stressful event. But for depression, I recommend speaking out about your inner suffering to the one who cares about you but the best way is to get professional help like going for counselling and therapy sessions that make you feel the new you. Trust me getting counselling will improve your mental well-being and it's not abnormal.

"STRESS AND DEPRESSION ARE NOT HUGE COMPLICATIONS BUT, UNTIL UNLESS YOU PAY GOOD ATTENTION "....."

- J. Jenifer joys

Tea-ri-fic Mental Health

For centuries, tea has been used to some extent to quench thirst. Around the sector, human beings drink it to relax, reinvigorate and soothe, and it is something we need now greater than ever. The sentiment that a therapeutic cup of tea makes everything better nevertheless holds genuine. whether or not its relaxing and alerting outcomes are a direct biological outcome of the compounds in tea or whether they arrive from the context wherein the drink is eaten up -- getting ready your brew, select your favorite cup, and sit down for a short relaxation from the hectic schedule Or both.

Green, oolong, and black tea come from the identical plant -- *Camellia sinensis*. Green tea, however, is processed in a distinct manner, which results in higher levels of a number of the compounds that have positive outcomes on our intellectual health.



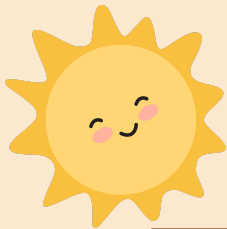
Drinking fresh tea has been observed to improve brain features in wholesome humans, It can have an impact on psychopathological signs and symptoms consisting of lowering tension; cognition through reaping benefits of remembrance and interest; and brain characteristic, mainly memory

Tea also has some advantages for our bodily health -- it's related to a longer existence, should reduce some risk elements for cardiovascular disease which includes coronary heart attack and stroke, and might also have a fat-busting impact. the benefits of flavanols, which can be located in tea, and cocoa, and a few effects. Some studies determined that folks that consume a weight-reduction plan rich in flavanol-heavy food -- along with berries, tea and apples -- generally tend to have decreased blood pressure.

- Iti Jain

We all come across different kinds of feelings and emotions daily at different points of time such as love, jealousy, hatred, guilt etc. It depends upon us. We all have hidden abilities which remain suppressed because we keep on focusing on the negative part of them selves. In the hush rush of our busy lives, we focus on worry and that is why we remain worried most of the time.

As it's said as you sow, so shall you reap, let's sow the seeds of love, purity, affection, and positivity, water them, focus upon and bear the fruits of same and share with others too. A healthy mind and a healthy body work together better. So let's get the double benefit, making our mind eat healthy stuff of positivity and keeping our body fit and healthy too.



What you sow shall you reap



We usually see others as competitors and get jealous of them which is why we develop a sense of hatred sometimes. If we will focus on love, we will develop love in ourselves too. If our focus will be on the strengths of our companions, they will develop skills. There are many things present, but it depends upon us what to choose and what not. Let us start focusing on the positives and get back positive in return.

what we want to sustain and what to leave. A healthy mind has the power to choose the right emotion, just needs a little bit of patience and attention. As the plant which we water, grows, the same as the emotion which is being focused upon, builds and strengthens. It depends upon us which emotion, ability, or trait we want to grow.

-Rashika Suneja

Comparison - Slaughterer to happiness

Comparing is one of the best ways to slaughter happiness. It can have a much deeper impact than you can imagine.

Comparing yourself to someone is surely cruel, but what's more cruel is comparing a person to somebody else. You may be just kidding when you say "look at them! they're much better" but this toxic attitude can make a person question their worth and he/she may end up losing self esteem. This cannot be considered as "joking", this is straight up bullying. It's pointless to tell how many people, especially teenagers, end up losing their lives due to bullying. We often say stuff like "I wish I was taller, fairer, thinner, more rich or had better parents".



There's no limit to the possible number of comparisons. We don't take this issue seriously but, It is the most poisonous element in our hearts as it destroys ingenuity, robs peace and inflates the person with jealousy. When we constantly compare ourselves to others, we waste our energy focusing on others' lives rather than our own. I strongly believe that we are too unique in our own way for this. Only you know your struggles, abilities and the milestones you have achieved. It's a hard pill to swallow, but no one actually pays this much attention to us like we think they do. Compare you with yourself only, learn to stay real, accept flaws and work on them. Mind your business, compare less and choose happiness over this vicious cycle

-Fakeyha khan

Conversation between a Psychologist and a client



Abbreviations: Psychologist (P) Client (C)

P: Hello. Please have a sit. How are you doing?

C: Yeah! Doing fine.



P: Okay Okay. Since we are meeting for the first time, we can introduce ourselves.

C: Sure.



P: I am Ms. P, your psychologist. I am here to listen to you, your concerns, thoughts and feelings and help you deal with them.



C: I am C. I am a college student.



P: Nice! Before we begin, I want to tell you that whatever we discuss will remain confidential. However, the only time I need to reveal the information out is under instances of harm to self or others. Please remember that this is a safe, non-judgmental space for you. I will now request you to share whatever comes to your mind, feel free.

C: Thank you. The environment at my home is really bad. My parents are always fighting, I think I'm the reason so I hate myself.

P: What thoughts come your way when you have this feeling?



C: I feel bad, irritated and I start shouting.



P: Okay. Let us divide this problem into three parts: 1. Parents fighting, 2. All the things are happening because of you, 3. And your feeling of hatred.

C: Okay.



P: Parents can fight for different reasons like relationship issues and parent-child issues. Now tell me few good and bad things that happened with your parents but you were not part of it.

C: My father travels a lot because of that he is not able to spend time with the family. My parents fight for this.



P: See, not all things happen because of you.

C: That sounds interesting. But What do I do with the feeling of hatred?



P: So that is your homework now. You have to go home and introspect on whatever we discussed today.

C: How?



P : Since today's was the first session, I will give you a line thought to begin with

C: I will do that. But this hate feeling is really not leaving me.



P: It is absolutely normal to feel that way at times. Try journaling. Write down all your thoughts and feelings in diary every day.

C: Okay I will try that too. Thanks for guiding me.



P: Sure. Will meet in the next session. Thank you.



-Anuja Sethe



Sriharshini



Iti Jain



Jenifer Joys



Harine



Monika S



Nethra J N



Rashika Suneja



Fakeyha Khan



Anuja Sethe