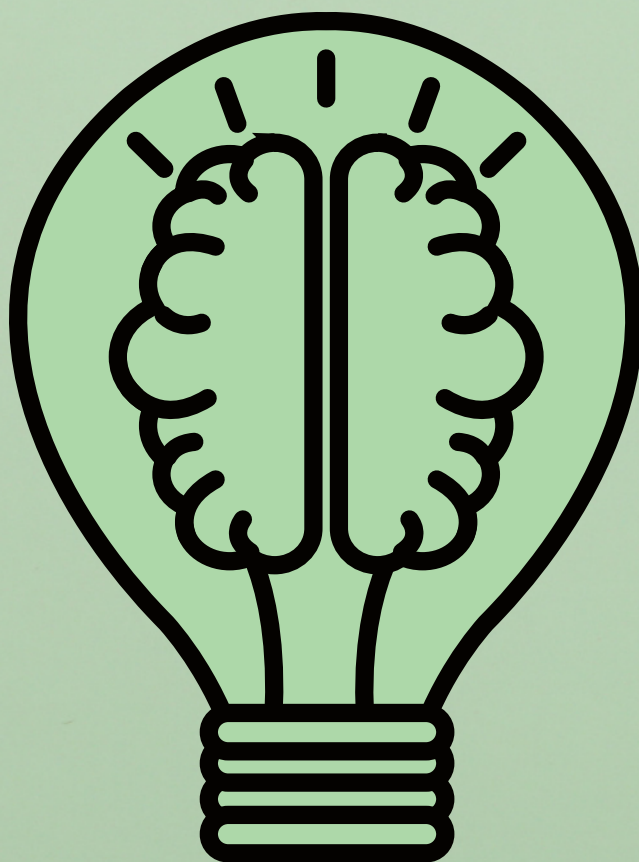


# CHANAKYA INDIA'S NO.1 MENTAL HEALTH MAGAZINE

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# Index

**1.How to maintain a healthy relationship with Your partner**

**2.Expressive Arts Therapy: A reflection of personality and unconscious mind**

**3.Self Compassion The Key of Beautiful Life**

**4.Dream Journaling**

**5.Tea, to the rescue**



# How to maintain a healthy relationship with Your partner

Trust plays an important role in each and every relationship you break, then it's very hard to fix it. Being in a relationship is not a difficult thing, It's a Responsibility and Commitment. Be loyal to your partner. Tell them everything about what you feel about them and what you feel inside. If you don't like something, just tell them.

Respect for each other's feelings and emotions leads to healthy relationships. If you love somebody, you should respect them. Open Communication is the main thing you should do with your partner.

Share Everything with your partner. You can talk about your future plans; you can talk about also your sexual interest. You can say what kind of thing you are interested in and not interested in.

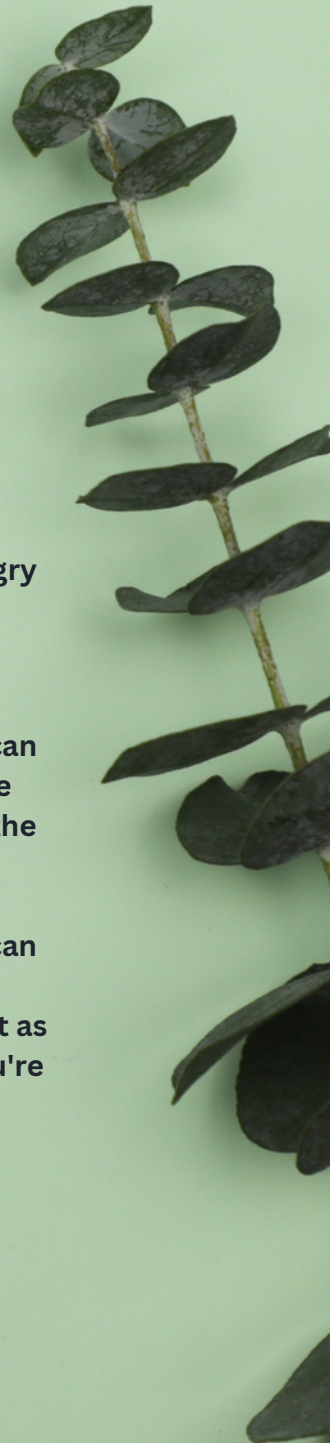
Give personal space to your partner. Because most people's breakup reason is they interfere in each and everything and that leads to a breakup. If you love somebody, trust them and give them space. Share your decisions. You can share what you are going to do in the future.

Support each other. If your partner does something wrong don't shout or get angry with them. Tell them with an Assertive tone that leads to a strong and healthy relationship. Be kind to your partner.

Don't dominate your Partner. Equality must be in a healthy Relationship. You can share everything that you feel inside. Like If you're happy express them, if you are sad express them and tell them why you are sad and tell them which thing hurts the most.

Understanding each other plays a very important role in Healthy Relationship. Motivate your partner. If they feel down, If they struggle to do such a thing, you can motivate your partner to do that thing.

Accept your partner's flaws. Listen to each and every person has flaws. So, Take it as a normal thing. Nobody can be perfect. Be with your true self. Don't act when you're with them. If your partner loves you when you are being your true self, then the Relationship is absolutely healthy. If not, then it's absolutely unhealthy.



By

Asalina Parveen

# Expressive Arts Therapy: A reflection of personality and unconscious mind

Our personality is dynamic and imbued with novel characteristics and interests. Some central traits can be exhibited in our choices, triggering points, extreme emotional situations, artwork, creative writing work, hobbies, and interests. Childhood plays an important part in shaping our personality. As a child, we observe others, learn from positive and negative consequences and are an indicator of our mental health. Art cannot be specified and is limited only to painting, sketching, or creating something on paper. It helps us to attain healthy mental health. Art has various variations based on how we can reflect our feelings, thoughts, and ideologies. Every individual has his unique perspective for every aspect and so the way to manifest it. Expressive Arts denote an art form which is highly self-reflective about the individual's personality and core identity. It can be utilized to understand the unconscious aspects. It prominently mirrors our inner self. Expressing ourselves without any filters and boundaries is very essential to determine our distinct character. Some ways to express ourselves as an art yet beyond ancient artistic definitions revealing our personalities and mental health:

## POETRY

Poetry is a detailed expression of one's thoughts, feelings, and perceptions. It is a wider area of showing and presenting our inner selves. Self-love and compassion can be towards our own is appropriate. It can be based on any virtue or belief too.

## ABSTRACT ART

The art is very subjective and conceptualized vividly in nature. It is highly expressive and provides imprints about the artist's character and underlines the unconscious mind. Everyone interprets this art differently and as per one's own ideology and reveals their imagination.

## SCULPTING

Transforming a 2D figure into a 3D art piece is also based on a glimpse of the core characteristics of a person. Visualization of individualistic imagination is as per the respective perspective with fine motor skills.

## COLLAGE ART

Mosaic art is very vague and displays a profound sense of creative vision. Using various word styles and fetching various aspects to create and build a new art form. It reflects our innovative aspect and ability to manipulate the present object to create an artwork.

## POTTERY

Shaping wet clay and moulding it to an equal structure also defines our organizational qualities and abilities. It is a form of meditation. By therapy also. It denotes if mental health is not optimal the artwork would not be balanced well.



By

Harman Kaur

# Self Compassion

## The Key of Beautiful Life

In today's world, everyone is running behind materialistic things to get a comfortable & peaceful life. They are chasing Happiness without knowing that happiness is not in the outer world but rather in the inner world of us... Self Compassion is the Key to leading a Beautiful & Fulfilling life. It involves treating yourself with kindness, care, and understanding, especially during difficult times.

When we practice self-compassion, we are showing ourselves kindness, understanding, and acceptance. This mindset can help us to become more resilient in the face of challenges, reduce feelings of anxiety and depression, and increase overall life satisfaction. By treating ourselves with the same care and compassion that we would offer to a close friend, we can cultivate a sense of inner peace and contentment that can positively impact all aspects of our lives. There are three main components of self-compassion: self-kindness, common humanity and mindfulness.



Self-kindness involves being warm, gentle, and understanding with ourselves when we are struggling, rather than being self-critical or judgmental.

Common humanity involves recognizing that suffering and setbacks are a normal part of the human experience and that we are not alone in our struggles.

Mindfulness involves being present with our experience, without trying to suppress or avoid difficult emotions. Together, these three components can help us cultivate greater self-compassion and resilience in the face of life's challenges.

In short, it can be said that Self Compassion is an essential component of living a peaceful & charming life. You have to Love yourself fully

"Accept yourself The way you are  
Believe in yourself completely"

By

Nisha Khandelwal

# Dream Journaling

Everybody dreams, some good and some bad. There are some dreams which are of deep sleep, but there are some dreams which come in light sleep and leave a deep impression. Sometimes they can become a part of our lives, helping us to guide and inspire our future. Psychologists say that such dreams should be written down, remembering which we can get happiness. Immediately after waking up in the morning, they should be noted in a diary. At that time it may be a bit difficult to understand those dreams, but they have deep meaning. You must have heard about Dream Diary or Dream Journal. Nowadays therapists or doctors associated with mental health are advising to adopt it.



A dream journal or diary acts as a therapy for mental health patients. When you note down good dreams and live in that feeling throughout the day, you get positive energy. This keeps you positive and also relieves stress. It is also called Dream Interpretation. To avoid mental diseases in today's time, keep a dream diary of your life. Note not just the dream, but the feelings and happiness associated with it. Make it a habit, by this you can reach the root of the problems. You can understand what is going on in your mind because sometimes dreams are the results of activities and thoughts going on in our minds.

Try to write down the dream as soon as you remember it, early in the morning or at any time during the day, do not delay. Write the dream in the present tense, so that when you read it, it feels like you are living it. Try to write only good dreams, which inspire you, reduce your stress, and bring a smile to your face.

By

YOGITA

# Tea, to the rescue

A cup of golden liquid, that creates instant happiness in the very first sip is tea. It comes in a lot of varieties that can literally take in any flavour and enhances the taste multifold. Unlike other beverages that may increase levels of caffeine, tea reduces drowsiness without any side effects.



Back in history, tea originated in China with Emperor Shen Nung approving the infusion of a leaf that accidentally fell into his cup of hot water. What started as an experiment created the biggest revolution in the world of beverages. From its place of origin, tea started to spread around the areas of Eastern Asia and gradually made its way into India. Currently, the states of Assam, West Bengal and Tamilnadu are the major producers of tea in India.

Tea contains a substance called amino acid L-theanine. This particular substance is found to alter the attention of brain without causing drowsiness or tiredness.

One cup of tea is proven to reduce prolonged headaches, improve attention span by keeping us awake and helps alleviate anxiety.

Tea also helps to cure symptoms of cold and sinus when had with peppermint, ginger, tulsi and cardamom. Herbal tea is proven to reduce the risks of slipping into depression by a great extent than any other beverage. It can even prevent more complex mental health issues such as Alzheimer's disease.

Tea is naturally rich in antioxidants that can also reduce the risk of heart attacks, stroke and Type-2 diabetes.

To students and employees out there, tea is your cup of saviour! It helps you concentrate more with enhanced focus and thereby enhances the study/work routine.

On the whole, tea as a beverage should be taken not more than 3-4 times a day, given too much concentration of caffeine and tannin can cause adverse effects in our physical health. Though tea is a natural solution to prevent many mental health problems, still too much of anything is good for nothing.

By

N Sriharshini

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