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**INDIA'S NO. 1 MENTAL HEALTH MAGAZINE**



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# Being a Parent



Sleepless nights and days filled with laughter and tiredness! Welcome to the stage of parenting. What's more humbling than experiencing the growth of an individual right before you. From the first shivering steps to see them conquer the world. Everything feels so good and right. But are the new generation parents really ready for this responsibility? The style of parenting differs in every home and family. Older generation parents are quite a bit strict and tight on the holds of discipline and conduct. The fresh sets of couples prove to be a little more lenient. Do you really know what your child needs? Maybe too much care would make them arrogant and too little may make them shrewd. The art of balancing a healthy relationship of trust and protection is the key. Many people confuse the two, while they are entirely different. Protect your son or daughter, but never make them feel not trust worthy. It's the most pitiful thing a child can handle. There is never one particular style to raise the best child. Every kid is unique so is their way of treatment. Understand that first. Comparison runs down the gutter. And let it go! Notice all your child's actions and emotions. They speak a lot more than any article or guide.

**-Sriharshini**



**How to improve  
your  
Mental Toughness**

**“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”**

**~ Victor Frankl**

**In this time of the pandemic, where there is uncertainty, chaos and isolation, mental toughness becomes very important.**

**What is Mental Toughness?**

**"Mental toughness is the ability to resist, manage and overcome doubts, worries, concerns and circumstances that prevent you from succeeding, or excelling at a task or towards an objective or a performance outcome that you set out to achieve."**

**Mental toughness is often related with athletes and soldiers but it is important for each one of us.**

**How can you develop mental Toughness?**

**Follow the steps daily to develop that mental toughness you wish to cultivate.**



**1. Define what mental toughness means for you.**

**Your mental toughness can be any physical, mental or emotional habit you want to cultivate. It can be:**

- 1. Running Daily**
- 2. Spending time with yourself and your thoughts.**
- 3. Meditating daily**
- 4. Eating healthy meals regularly**
- 5. Being assertive**

**2. Mental toughness is about your habits.**

**“I hated every minute of training, but I said, ‘Don’t quit. Suffer now and live the rest of your life as a champion.’”**

**~ Muhammad Ali, Boxer, Poet**

**Mentally tough people don’t have to be more courageous, more talented, or more intelligent — just more consistent. Make sure that you follow your tasks daily. Start with small goals. Develop a routine and stick to a schedule. Mental toughness comes down to your habits. It’s about doing the things you know you’re supposed to do on a more consistent basis.**



### **3. Count your Blessings (Express Gratitude)**

**Take a minute in morning/night and count on your blessings. Express what you are grateful for. It can be:**

- 1. Friends you are thankful for.**
- 2. Family**
- 3. Trees and plants for oxygen.**
- 4. Good health etc.**

**Think about what you 'already' have. You have a lot to be thankful for. Feels pretty good, doesn't it? Research has shown, focusing on what we already have makes us feel good and gives us the strength to handle tough situations.**

### **4. Learning from past mistakes and let go of them**

**The past is valuable. Learn from your errors and also learn from the mistakes of others. Keep valuable insights and move on.**







### **5. Understanding importance of Emotional Intelligence**

Emotional Intelligence is the base of mental toughness. You cannot be mentally tough without the ability to fully understand and endure strong negative emotions and do something productive with them.

### **6. Focus on things that are in your control**

Resilient people spend their time and energy focusing on situations and events that they have control over. And because they put their efforts where they can have the most impact, they feel empowered and confident.

### **7. Exercise Regularly**

Keep yourself active and physically fit to deal with challenging situations. Also, research has shown that exercise helps in release of oxytocin which helps us feel good.

To understand more about mental toughness and how you can incorporate it in your daily life, you can listen to the Chanakya Podcast, where I and Miss. Vidula Debar (Sports Psychologist), talk about Mental toughness and she shares amazing insights on how we can develop mental toughness in our day to day lives with minor changes and tweaks.

## **-Drashti Gala**

**Are  
You a  
Gamer**



**Gaurav was a typical example of couch potato. 24 hours in a day, and 18 weren't enough for him to satisfy his gaming. Mom's broom hits and dad's scolding had no effect on him. Days passed by and his grades came down, arrears piled up and tension grew. This might look too normal and silly thing to talk about but it's seriousness is still underestimated. After so much struggles, Gaurav finally completed his Bachelor of Commerce degree and fortunately got placed in a bank. But years of game addiction had turned his character and temper on a high level. Frustration, mood swings and disgrace took on him. After several counseling and testing, it was found that his addiction has already took over him in a way that it can't be cured. Major problems were, he had no control over his anger, his temper knew no bounds, almost empty because he already lost his lovely people with his behaviour and words. When he turned back, Gaurav had no happy memories to cherish. Even his school and College days rolled by without making an impact on him. Friends and family were so done with him, that he stood like a lonely tree with no branches. Gone were the days, that no online game could everbring him back. Moral : Too much of anything is good for nothing**

**-Sriharshini**



**Career  
Opportunities  
in  
Psychology**



**Psychology is very interesting! Psychology is applicable everywhere! Psychology is fascinating! And so on. We hear a lot of this about Psychology. But when it comes to choosing a career in Psychology, it becomes confusing. We at Chanakya Mental Health Services will help you understand what each Psychology branch specialises in. Stay till the end to know more! Let us first understand the differences between Psychiatrists and Psychologist. Psychiatrist is a doctor who completes MBBS and then MD or likewise in Psychiatry. They belong to the medicine fraternity. They specialise in medication, ECT and medico-based treatments. They have the basic idea of testing and therapy. However, unless academically specialised, they only conduct medicine-based treatments and services. Psychologists on the other hand graduate and Postgraduate from Arts and Humanities or Science Background. They need to complete their BSc and MSc or B.A. and M.A. in Psychology. At Masters/Postgraduate we get to choose between the specialised branches as offered by the university/college/institutes. To become a clinical psychologist in India, one needs to complete RCI licensing by studying from RCI accredited institutes. The rules for others do not stand very clear but they can practice at a Master's degree. PhD is degree that helps one specialise in research in the interested domain of study. Now let us view the different types of specialisation in Psychology.**

**Clinical Psychologists work with patients having higher order cognitive dysfunctions and severe mental disorders like dementia, Alzheimer, OCD, clinical depression, schizophrenia, personality disorders, etc. They are specialised into psychological testing and assessments. Counselling Psychologists know the basics of testing and assessments but their major foray is into therapy. They deal with clients having minor mental health concerns like anxiety, stress, marital and family counselling, career and vocational counselling, etc.**

**Industrial-Organisational Psychologists apply psychological theories and concepts in the workplace. They observe and evaluate human behaviour, interaction of teams and groups and help in improving individual efficiency and in organisational development. They help in employee engagement, work life balance, performance appraisal, motivation, work design, labour laws, job satisfaction, work culture can take up employee counselling along with a counselling psychologist, organisational development and change, etc.**



**Forensic and Criminal Psychologists apply psychology to the field of criminal investigation and the law. They are often involved in both criminal and civil matters such as civil lawsuits, custody disputes, criminal profiling, correction and rehabilitation centres of criminals, etc. They also study criminals and their crimes to figure out what traits certain types of criminals have, which may involve interviewing criminals along with their loved ones and victims. Military Psychologists work with members of the armed forces and their families to provide counselling services and mental health treatment. There are psychologists employed by all branches of the military in order to work with active-duty personnel, as well as retired members, and their families. They deal with military performance, selection of Military Personnel, environment and climate effects, military family wellbeing, Combat Fatigue and PTSD.**

**Sports Psychologists uses psychological knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation, and systemic issues associated with sports settings and organizations. They deal with Sports and exercise psychology, motor learning and motor skills, health and nutrition, diagnosis, assessments, intervention, cognitive, social and dev psychology in sports, sports injuries, rehab, coaching, dealing with performance failures and success, team building and team work, performance psychology, dealing with performance stress and performance anxiety, etc.**

**Research and Statistics tend to be an important part of any field in general and Psychology in specific**

**-Anuja Sathe**

# Little Things



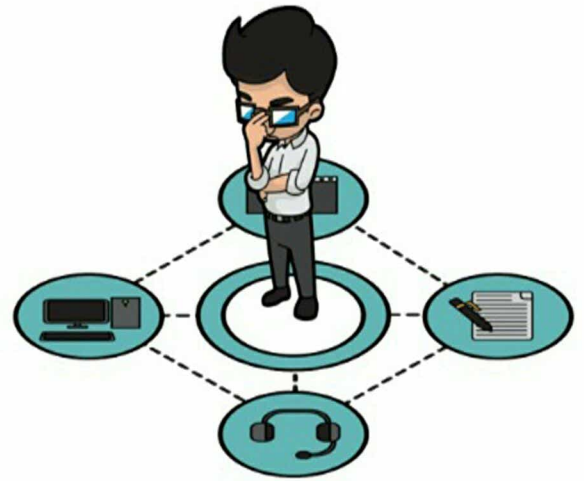


## POWER OF LITTLE THINGS IN DAILY LIFE

**-Life is short and it's the little things that matter!**

The synonym of little is not really applicable for the impact of little things in our life. We often don't concentrate on the cute little happenings of our life. This never struck me until lockdown did. I can see memes, quotes and sufferings all over social media about how terrible this lockdown is. It was so much of a negative vibe. One night I was writing my diary and it suddenly struck me - Is lockdown really a negative impact?. I thought for about an hour on this. Then I started writing- dear diary, everyone speaks about how terrible this lockdown is but I don't think that it is ONLY terrible. There have been so many changes in my life that I never thought twice. Lockdown gave me the habit of reading books, it gave me so much time to understand and love myself, it insisted on the importance of self care and hierarchy of priority list, it gave me strength everytime





I picked myself up from crying and gave me a bunch of time to explore my career. The essence is that when we focus more on the positive side, our lives get a lot easier. It is common that we notice negative points first. Say for an instance, shown a white paper with black dot and asked people what they see, of course they would say the black dot. The whole white paper doesn't matter. We have to never stop counting our blessings. In a surrounding full of negativity try to torch a positive vibe. Changing a little thing in your routine life can bring a drastic improvement eventually. Waking up a little early, avoiding screen time for half an hour after waking up and meditating for 10 minutes after bed can create a great impact. Start noticing the little happenings, start changing the little things and start enjoying the little happiness.



**-keethai**

# Comic series





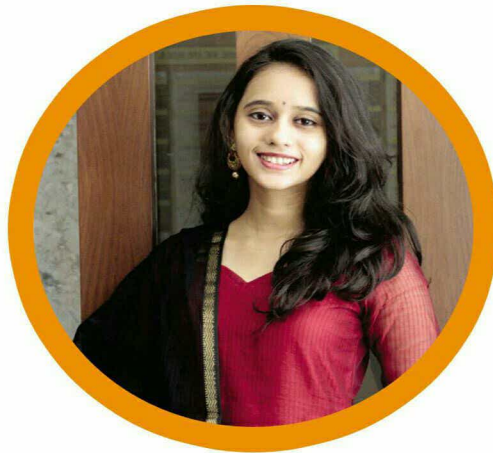
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