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CHANAKYA

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Self-Esteem



Self-esteem is the most powerful Mental mirror we have with the reflection of our own-self. It will shows what we really are, what we possess, what we think about ourselves. Caring ,respecting ourselves is the first duties we all possess. The way of achieving good Self-esteem is starts when we accept our own mistakes and good in same way .We should not shame for our mistakes instead we can learn form it . There are more factors that affect self-esteem . But making up our mind and accepting good and bad about self is the first way to attain inflated Self-esteem. We are humans ,we are used to expect love from others but we need to understand that real love starts from self.

That will enrich our mental well-being and also lead a way to personal growth. While talking about Self-esteem we can say, it divided into three parts listed inflated self-esteem, low self-esteem, high self-esteem. The low and high self-esteem makes the individual to stress the things they do that will affect everything in they life. But inflated self-esteem is a balance of both the individual with this type of self-esteem can easily judge what can he/she can do, what can't he/she do. They know the level of they own-self. Am a girl who believe happiness and sadness begins with us .Let's care about self as our first priority remaining things can wait .



“NEVER ALLOW OTHER PERSON’S PRESPECTIVE TO DESTROY YOUR SELF-ESTEEM “

- J.Jenifer Joys

Movie Review

AWE (Pronounced as “AAH”)

Awe deals with themes like psychological issues & social problems like child abuse, sexual abuse, drug abuse, gender & sexuality.

Introduction

Movie's name	- Awe
Genre	- Psychological Cross genre/Drama
Language	-Telugu
Available on	- Netflix
Directed by	- Prasanth Varma
Released on	- 16th of February 2018



Plot:

spoilers ahead

I remember watching this film with my parents in a theatre, Ohh those covid free days! I didn't know the theme or plot of this film, but was excited to watch it on big screen as I heard good word of mouth going on at that time, and I'm glad I watched it, because in my opinion it's one of the best psychological films in Telugu cinema.

The film deals with Multiple Personality Disorder. MPD is a mental illness characterized by alternating between multiple personality states and memory loss.



Radha (Eesha Rebba) and her partner Krishnaveni (Nithya Menen) who is a psychiatrist are a couple trying to convince the former's parents to give their blessings to the union. (themes of gender, sexuality, lesbianism & child sexual abuse).

Nala (Priyadarshi) is a man who's down on luck and pretending to be a chef so he can gain some meaningful employment. He befriends a goldfish named Nani (Nani) and a bonsai tree named Chanti (Ravi Teja) in the kitchen.

Shiva (Srinivas Avasarala) is a watchman who wants to be a scientist and invent a time machine, while Parvathy (Devadarshini) claims him and her are two sides to the same person. (themes of time travel)

Moksha is a little kid working at her mother's restaurant and engaged in a cold war with an egoistic magician Yogi (Murli Sharma).

Meera (Regina Cassandra) is a waitress and drug addict, gearing up to loot a rich man with her boyfriend. (themes of substance abuse)

At last but not the least, Kali (Kajal Aggarwal) is a troubled woman who decides to kill herself and commit a mass murder on her birthday. All these narratives are playing parallelly in the same restaurant where Kali is sitting.

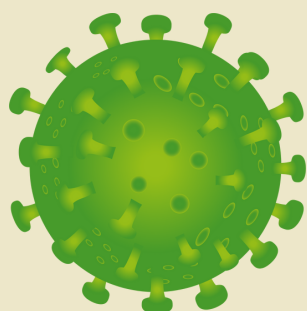
By this time, you might have gotten a fair idea about what the film is really about, and yes, the main protagonist Kali (played by Kajal Aggarwal), who is suffering from multiple personality disorder has all the above mentioned characters playing in her head constantly (personalities) who commits suicide on her birthday by shooting herself in her head with a gun, thus stopping all the above mentioned narratives forever!

What I personally liked about this film, is that it's so unique & engaging to the audience. Right till the end I could not figure out what's the main plot of the film, but when I did, it blew my mind! The direction, cinematography is excellent. This is just the basic crux of the film, if you want a nice Sunday watch party with your friends, this is the movie to go, especially for psychology students & professionals.

- Alankrita Turaga

Healing Begins

Healing is a process within oneself, an extremely personal and subjective experience that involves redefining the meaning of what an individual regards to be distressing in his or her perception. It can be conceptualized on the aspects of wholeness of a person. Wholeness in a person considers both the person's optimal physiological and psychological functioning.



Healers hold the ability to recognise, diagnose, minimize and relieve suffering. The COVID-19 pandemic has taught all of us that healers and patients need not be different individuals. When in social isolation, a person is with the company of their thoughts alone, that can trigger various negative emotions which suppress the immune system. Negative emotions come with a survival value but are a harm to the body

In contrast, as the Broaden-and-build theory suggests, positive emotions have the power to undo negative emotions, enhance resilience, build resources, improve one's well-being, thereby promoting individual flourishing. So, psychological healing in self begins with enhancement of positive emotions within an individual.



For patients to be healers for their mental self, the primary aspect to be taken into consideration is self-validation. One has to validate their yesterday, today and tomorrow, that is, their living as a whole, on grounds of their emotional experiences, motives, desires and aspirations for the future. People should learn to love themselves for what they are, accept themselves for who they were and aspire to be and validate themselves of what they express and grow through, hence, completing the process of healing their mental self.



Thus, it is completely within an individual for them to heal. When the person recognises the aspects with themselves that boost their self-validation, they are in the path of healing as they now know they have to heal and that, it is a possible process.

-Keerthana M



Work Motivation

"Pleasure in the job puts perfection in the work"

A human spends almost one-third of their life working hence it plays a huge role in a person's life. There is always a reason behind the behavior, Motivation is the driving force that makes a behavior happen and work motivation is the force that makes work behavior take place. Most often employees are seen waiting for the weekend to sit back and relax and more than that employees also seen being terrified by Mondays.



"Tomorrow is Monday" is the shortest horror story for maximum employees. This shows low work motivation in the workers which leads to inefficiency while working and employees feel overburdened most of the time. If the motivational factor is paid enough attention it will lead to higher productivity, better adaptability in employees, creativity among workers and less dependability over seniors



There are various factors that affect the motivation level of employees but the few main factors are work environment, creativity, teams and groups. A better working environment where co-workers appreciate healthy competition and talk openly about their grievances is what motivates employees to work better and for even longer hours.

No employee can work in an environment where he is not valued and he is not given autonomy to choose what is good for him like working hours, project topic, etc., Employees may benefit more from engaging in healthy competition rather than getting in the flow of rat race for reputation.



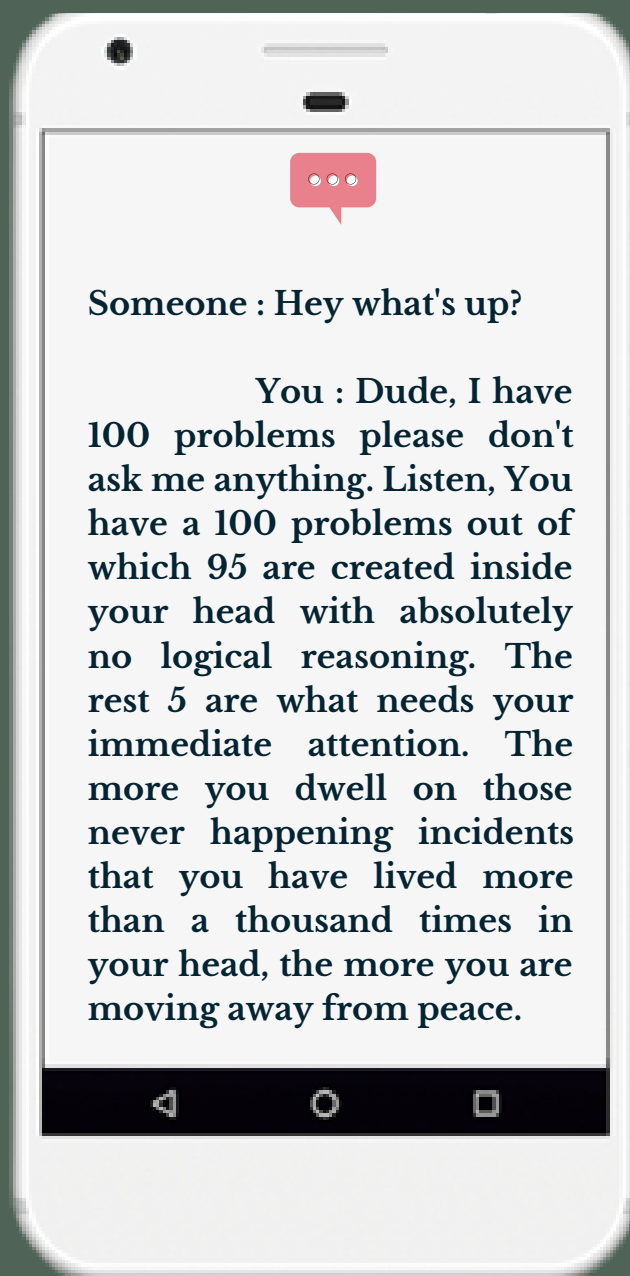
Lastly often take feedback from employees until the goes from "ahh Monday again" to "Monday, let's do it"

-Iti Jain



One Minute Read

Creating mess in and out?



**Just stop! Take out those unwanted scenes from your mind, fill it with plans for tomorrow. Set practical goals for yourself and work on them.
Others can wait**

-Sriharshini

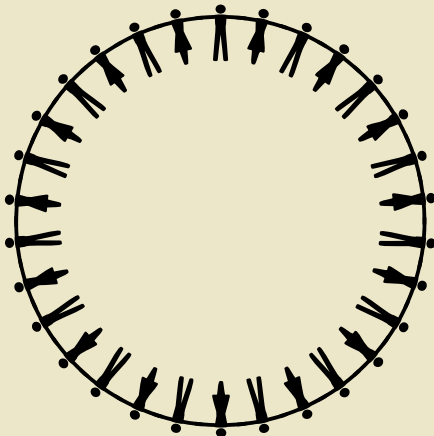
Who creates difference?

The Big Bang created our Universe followed by planets and stars and dust that circles the unlimited space. Then humans came into existence with different resources of their creation, some spiritual and rest scientific.

But, who is responsible for the polarization that humans have built among themselves? Conflicting beliefs, innumerable shades of skin, varying economy and lifestyle. Despite these, we come under the same roof : Humanity



Basic core of human behaviour should incorporate good behaviour, respectable character and a way of life that knowingly hurts none. Discrimination against the lower and underprivileged section of the society degrades our upbringing and poses a threat to hopes on humanity. A small amount of hatred, bullying and hurting behaviour takes the other person into a mental cage that escapes no pain. That's how depression, stress, diffidence have come into our lives and are now serious concerns of mental health.



Make a note : March 1 is observed as Zero Discrimination Day. Take a vow : Do not support Discrimination on the grounds of appearance, status and on all terms. They all eventually lead to one root problem : Unhappy place to live both in land and mind. Create a better place to live with zero hatred for each other!

-Sriharshini

How Art Therapy is useful?

"Come let's deal the problem and mental health with art"



Art therapy is an expressive therapy using art as a means of communication and lets people explore and express their emotions and thoughts. To experience art therapy one doesn't need an artist but an inherent interest in art. Art brings your emotions about in a colourful way. It helps to maintain mental health and express feelings and also it gives a sense of freedom. People who cannot express their feeling can use art therapy to show their emotions without verbal communication. Like postcards, it helps to communicate with people to whom you want to communicate but you are not able to do that. Art therapy keeps you entertained and it helps to improve mental health colourfully. Examples like drawing a heart and filling it with dreams help to identify your own self and boost you.

Likewise, every art has a specific need that specifically boosts you or keeps you smiling. Some art therapies help to understand about you and some art helps to have fun and some therapies help to regain your past. Art and colouring in art therapy become a stress buster as well as like brainstorming. In addition to mental health, art therapy makes you creative.

Mandala drawing, doodling, zentangle art helps to improve your creativity. People who have difficulty in learning, hard to speak and express their words end up becoming stressed. But with the help of art and art therapy, it makes it a lot easier to communicate with others. Creative art and colouring help you to distract from negativity and mood swings. Finally, art therapy helps to tap your inner feelings thoughts and actions through creative experience.

-Priyadarshini

Effects of colors on Mental health

Do you enjoy gazing at the ocean and finding peace in the sight of blue water? Do you feel a stab of restlessness when you go into a room with red walls? What about when you see bright green grass? Do you feel instantly at ease? Colors elicit intrinsic reactions, and how you react to certain hues has an impact on your mental health; in fact, the appropriate colors may even aid you in learning how to deal with sadness. When redecorating a room, purchasing clothes, or picking a certain accessory, play around with color.

To find the ideal match for yourself, understand the psychology of color.

It's important to understand how color affects your mood if you're going to create an environment of peacefulness and mental clarity. Simply the colors we immerse ourselves in can have a subconscious effect on our mental health. Corporations also use colors in their logos to summon different emotions in consumers.



As Carl Jung once said, “Colors are the mother tongue of the subconscious”. These colors not only help in depicting our emotions and mood but also help represent our traditions and cultures. However, research points out that emotional ties to colors are subjective, and that each individual will respond to different colors in a different way based on their culture, religion, upbringing and more.

COLOR EMOTION CHART

& EFFECTS ON MENTAL HEALTH



**AUTHORITY, ROYAL, MYSTERY,
CREATIVE**



**FUN, SENSITIVE, CALM,
WARMTH, RESPECT**



**COOL. CONTENT, CONTROL,
DETERMINATION, GOALS**



**WELLBEING, HEALTHY,
NOURISHMENT, GROWTH**



**FUN, CREATIVE, HAPPY,
ENERGY, INTELLECT**



**PLAYFUL, FREEDOM, WARMTH,
JOY, OPTIMISM**



**LOVE, DEATH, PASSION, ANGER,
EMOTIONAL**

Check the color emotion chart for a snap shot of how different colors can affect mental health. Knowing the meanings behind certain colors will help improve and influence your mental health. Ultimately you will prefer certain colors because of what emotions it stirs in you. Those are the colors demanding your attention and you have the power to decide how to use them to your advantage.

-Sweta Gusain

Contributors



Sriharshini



Priyadarshini



Iti Jain



Keerthana



Alankrita Turaga



Harine



Sweta Gusain



Jenifer Joys