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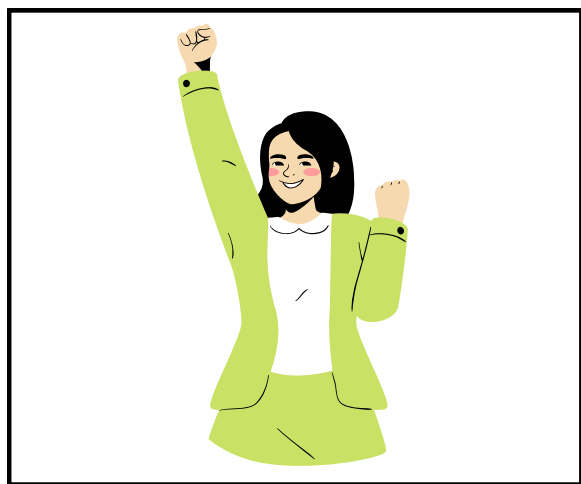
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The Step Back

Stepping back is not easy, this was my first thought when I decided to resign my job. Yes it is a huge process , when I decided to go for a teaching job everything was good and I started working as a teacher.

And also teaching is not my interest and my profession. What I thought was it would be ok if the day passes. But day by day things got worse, I don't feel any work satisfaction and happiness in my job. At the end of the day I felt so stressed. Each day starts with anxiety and overthinking. Then after thinking for one week I decided to resign my job . On the other hand I was lost in my thoughts like what my family will think?Resigning my job is the right decision?



But one thing that really helped me to take this decision, my biggest support is my self-confidence.

After all of these phases I came out of my teaching job. this step back I faced so many statements like “ I know this will end like this”. But I am satisfied with what I did and also found my dream job after a few months . Then each day starts with happiness and ends with satisfaction. So, the thing I am trying to say is step back if you don't find happiness in your current job, relationship, personal life etc., and give a fresh start again. Because the whole life is running in the mechanism of trial and error. I know it's hard but just trust yourself , I am sure it's works and I wish you happy stepping back.

STEP BACK AND START AGAIN ✓
STEP BACK AND KEEP FULL STOP ✗

- Jenifer Joys

Sleep is beautiful

Did you know that there is a specific day in the calendar of March that is dedicated to our favorite hobby, job, pass time or whatever you call it as, SLEEP!



Yes, you read that right! March 17 is observed as World Sleep Day every year to increase awareness about sleep and its importance. But is it really necessary to have an entire day dedicated to “sleep”?

The answer is a big YES! With changing lifestyle and increasing pressure in all aspects of life such as studies, work and career, family commitments etc. the very first thing that we compromise on is our sleep schedule. In an effort to increase productivity, we gradually reduce our sleep time that has an adverse effect on our capability and capacity.

Sleep acts as a refreshment duration for our brain, that works every minute while we are awake. In order to rejuvenate and freshen up the thinking activity, it's important to have a proper and sound sleep. Many may not agree, the quality of sleep in the appropriate time is required for the proper functioning of our body. The concept of working late nights and then sleeping in the morning hours is the biggest red flag you can do to yourself.



There is a reason behind why you must get good quality sleep in the specified time. Every organ in the body rests for a while in turns and when the sleeping pattern changes, the organs that have the next schedule of rest gets affected. Give this a read...



Brain : Hey tummy! Why are you rumbling from the morning? Can't you see he's feeling uneasy?!

Tummy : Fault is his not mine. He didn't let me sleep the whole night for completing his assignments. Couldn't he do that before the due?

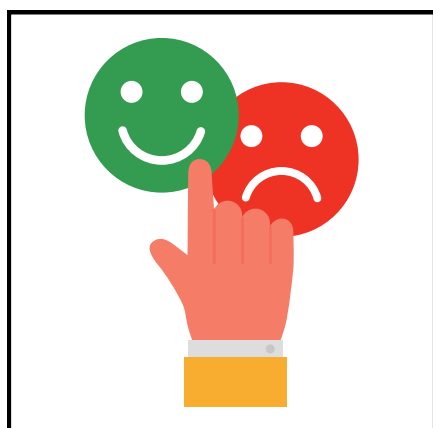
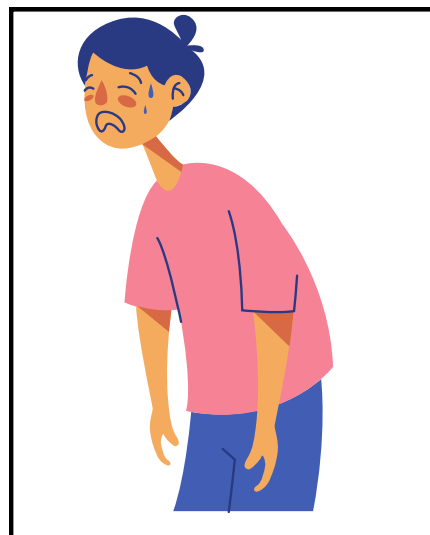
Brain : Well, then it is his fault!

Prioritise your sleep over anything. Because you can always do the work but sleep, is something that you shouldn't miss!

- Sriharshini

Anxiety Diseases and Disorders

An anxiety complaint is a type of internal health condition. However, you may respond to certain effects and situations with fear and dread, If you have an anxiety complaint. You may also witness physical signs of anxiety, similar as a pounding heart and sweating. It's normal to have some anxiety. Anxiety diseases has four types they're phobic complaint, fear complaint, generalized anxiety diseases and compulsive complaint. Beget of Anxiety diseases The impacting of natural, behavioral, and cognitive perspectives is playing a major part is the cause of anxiety. In natural factors is that heredity plays at least some part in the Anxiety complaint. In behavioral perspective have taken a different approach emphasizing environmental factors. They consider anxiety to be learned response to stress.



Cognitive perspective suggest that anxiety diseases are an outgrowth of unhappy and inaccurate cognition about circumstances in the person's World. Other factors are, Brain chemistry Some exploration suggests anxiety diseases may be linked to defective circuits in the brain that control fear and feelings. medicine pullout or abuse Certain medicines may be used to hide or drop certain anxiety symptoms. Anxiety complaint frequently goes hand in hand with alcohol and substance use. Medical conditions Some heart, lung, and thyroid conditions can beget symptoms analogous to anxiety diseases or make anxiety symptoms worse. It's important to get a full physical test to rule out other medical conditions when talking to your croaker about anxiety.

- Dharini

Understanding instead of Judging



Being a College Lecturer by profession I had this opportunity to interact with students from diverse cultural backgrounds.

After interacting with all these students I could always find a common point with most of the students I can surely say that today's college students have gone through a lot of trauma and sadness in their childhood. Most of them are vulnerable and need emotional support for sure. Someway or the other we as a society are also responsible for it. But most of the the time we mistake them for their Rude behavior and try to assume things in a wrong way

All we can do is stop judging them for who they are and be kind to them for what they could become. Today youngsters need more love than judgments

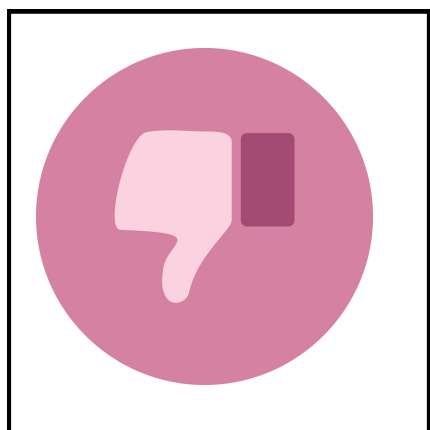
Be Empathetic . Be kind.



- Nikhil Vyaas

Should saying NO be considered as being rude?

We all are familiar with terms such as red flags and green flags. Basically, red flags indicate the dangerous or not so acceptable behavior and green flags indicate healthy and wise decisions. These are crucial for determining your mental health as well! Yes you read that right. It is very important to know where to avoid certain things that seems to cost your patience and peace. We are never rude to someone. It's the other person's reception that makes us look rude or practical. Generally, people confuse "saying no" without a reason as "being rude".



Remember, 'A no does not need to be followed by a because'. It's a very valid reason since you don't want to do something or be a part of something. This applies to all aspects including work, personal life, peers and family. Your responsibility is not a point of pressure that makes you do something you are not interested in. There is nothing to be guilty about saying no to what doesn't feel right to you. Of course, not everyone has the same perspective and there could be conflicts. But it is you with you at the end of the day. Throw away what weighs you down.

Say no to a toxic relationship, a bad idea, an unappealing conversation and uninvited problems and troubles of others.
Say yes to a yes, and no to a no, a maybe and a don't know.

- Sriharshini

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