

ISSUE 17.MAY 2022

CHANAKYA

INDIA'S NO.1 MENTAL HEALTH MAGAZINE



Index

Burnouts

Emotional abuse

Should that be hidden?

Emotional well being

Post-Partum Depression

Burnouts

Prolonged periods of stress cause emotional, mental, and physical exhaustion which is termed Burnout.

Various reasons for stress cause different kinds of reactions in the body. Mental exhaustion can be seen as a lack of concentration or poor efficiency. The feeling of less professionalism is very common in such a state. Detachment from a job or work and lack of motivation to perform a task are the initial steps leading to burnout.

Symptoms of burnout

Feeling no control overwork

Overburdened

Struggles in work-life balance

Lack of interest in performing a task

Difficulty in sleeping

Feeling tired, Headache, intestinal issue



How to deal with burnout

Prioritizing health & well being
Giving utmost importance to health in the sense of mental and physical health > work.



Refer to a professional counsellor
In case of severe stress visit a mental health professional without any delay.



Setting an alarm and stop working or using electronics after a certain limit. Keeping a check on news intake and usage of electronics such as laptops, mobiles, tv and rather spending time with loved ones

Take breaks while working
Taking a break after completing a task helps in this matter. Following the POMODORO technique is also fruitful.

-Iti Jain

Emotional abuse

Emotional abuse is a very powerful term we may or may not know the depth of. Emotional abuse can involve degrading individuals, yelling at them, insulting them, making them doubt themselves and destroying their self-esteem. We have all gone through emotional abuse in our past life or we may be done it to somebody without knowing the impact of it. The world is a place for every human being, there is no inequality in it so we don't have the right to destroy others emotions.



Every human is sensitive our words, our facial reactions, and our body language during an argument or aggressive situation will affect the individual in every aspect of their lives. There are many ways to control our anger and aggression, we can stop abusing others emotions by way of avoiding or escaping from the situation. The other term which involves emotional abuse is Gaslighting. It denotes making others doubt their perception that will make them stress more.





We are in a need to talk about emotional abuse, everyone has their own life and own perception we may advise or suggest to them but not in the place to yell or abuse them so let's make a full stop to it. Emotional abuse is like Physical abuse we can see the wound and scars of pain visible in physical abuse but we can't see the pain in emotional abuse till the person speaks. And am not a girl who newly talking about emotional abuse. A great Tamil poet and philosopher "Thiruvalluvar" started speaking about the values of emotions in the ancient period. He was explained the value, pain and depth of emotions in "Thirukkural"



Emotional abuse can lead to low self-esteem, suicide, affects mental well-being, stress and depression. Every word & non-verbal communication is powerful and influences human beings in every aspect of their lives. Many ways cause emotional abuse the basic general three patterns are aggressing, denying and minimizing. Aggressing is done by way of calling out the person and blaming, ordering them for every move of the activity. Denying denote, breaking their perception and refusing their reality. Minimizing is like denying but that takes place by way of telling that "you're too sensitive, you're not strong, you're overreacting". Some may aware, that some may not that they are emotionally abusing them. So let's make them to aware of emotional abuse by way of this article.

"Let's use our words for communication, not to hurt other's emotions"

-J. Jenifer joys

Should that be hidden?

Why do we think twice before asking for help when stuck in a mentally exhausted dilemma or when drained out?

Even Stress and headache are never treated the same way. It's the year 2022 and we are still shy and hesitant to openly speak about physiological well being. We must take up responsibility for creating a Harmonious environment for the upcoming generations. Understanding why our plight regarding mental health is as such, We as human beings fail to provide the lucidness and compassion to our fellow beings during the most important days. The big gap between helping out fellow humans mentally is mainly because of the stereotype portrayed by our society.

Difference of opinion, narrow headed mentality, traumas from the past when tried to open up, bitter experiences and fear of being avoided are major reasons why people tend to be quiet about their mental needs and help required. A physically fit and well toned body runs more productive only when accompanied by a mentally and emotionally well build mind. Adding in vital mental nutrients is equally important.



By nutrients, we describe the essential to a healthy and sound mind,
which includes

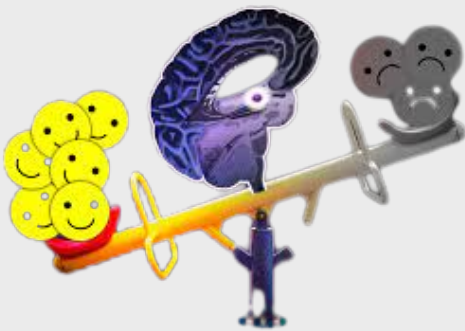
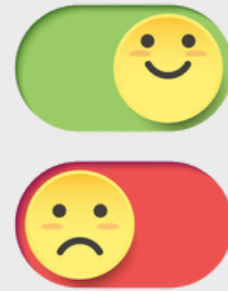


Mental health is not a taboo but a necessity to be understood.
The sooner we realise, a better place we will be able to create for each other.

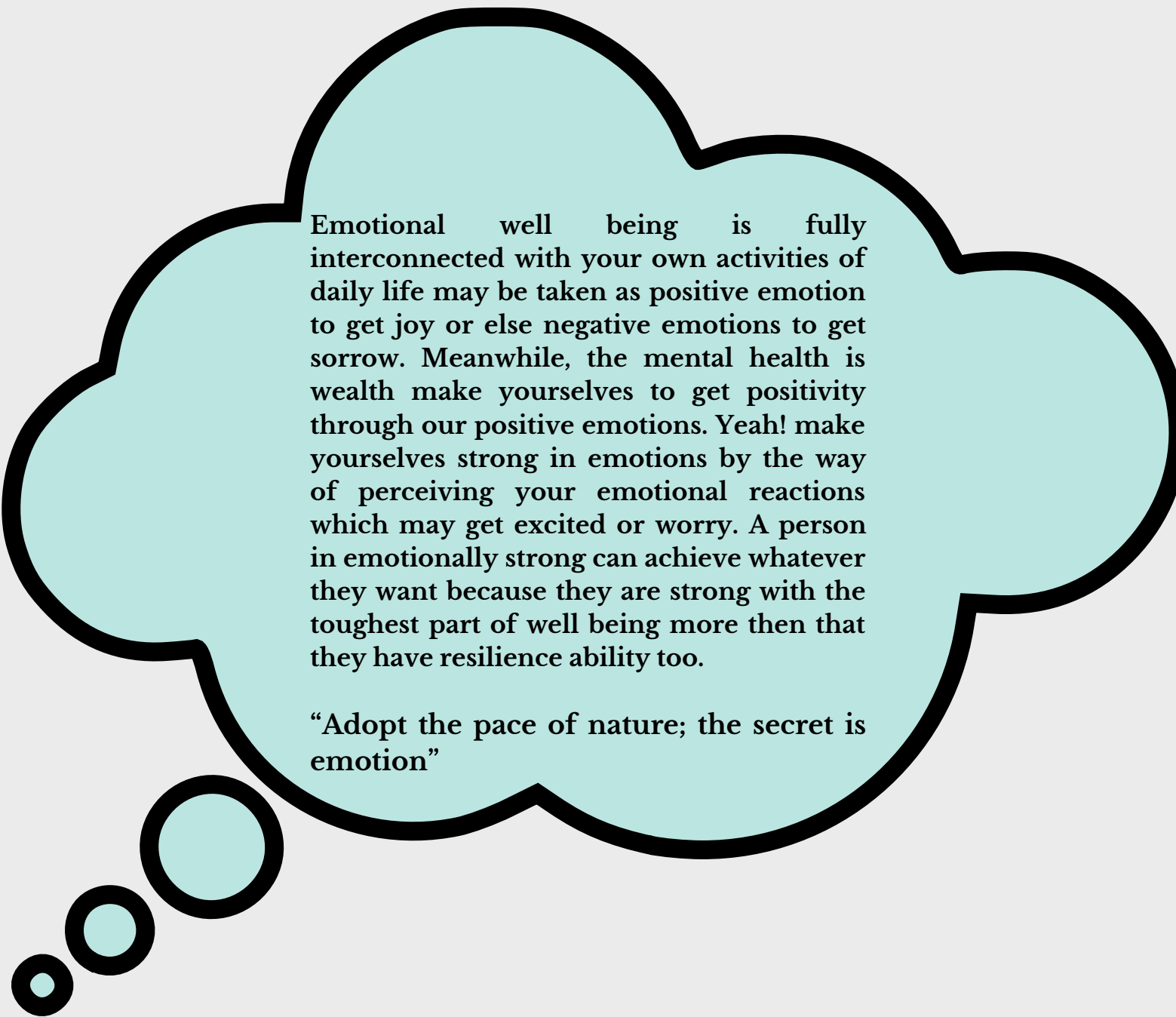
-Sriharshini

Emotional well being

Emotional well being is one of the most effective and efficient things for our mental health. Emotions may vary in two different types whether it is positive emotions and negative emotions. As an individual person, you have to be well being in all the aspects of physical, psychological, emotional. But, the emotional well being is very much a concern while comparing with those other well being because it's all about the emotions we perceived by yourselves.



The stability of the well being is most important as a person to get involved in emotions and thoughts. Emotional well being is different from person to person, yes! Emotionally we are connected with the events, people, thoughts, feelings, stressors etc., Emotions are not only about the happy or sad in the state of such certain situations it's about how we are handling the emotions in that event is most essential one to get yourselves better and build emotionally stronger.



Emotional well being is fully interconnected with your own activities of daily life may be taken as positive emotion to get joy or else negative emotions to get sorrow. Meanwhile, the mental health is wealth make yourselves to get positivity through our positive emotions. Yeah! make yourselves strong in emotions by the way of perceiving your emotional reactions which may get excited or worry. A person in emotionally strong can achieve whatever they want because they are strong with the toughest part of well being more then that they have resilience ability too.

“Adopt the pace of nature; the secret is emotion”

-K. Iswariya

Post-Partum Depression



Post-partum depression affects a lot of women and when left untreated causes serious issues in family life and the parent-child relationship. About 10-20% of new mothers tend to experience PPD. Women experience emotional high and low, fear, anxiety, guilt, constant tiredness and mood swings when they have PPD. When left untreated it affects the relationship with partners as well. Many women lack the necessary support and awareness leading to the aggravation of issues. Mothers need rest, reassurance and support post-childbirth. Sudden overwhelming change because of the birth of a baby, traumatic birth experience, and hormonal fluctuations are some reasons why new moms undergo PPD.

In extreme cases mothers develop resentment towards the child, they start taking off their frustrations on the child which may be in the form of hitting or pinching the child. This may continue for many months and eventually affect the relationship between the mother and child forever. Women have to be educated about what to expect at the time of birth. A vast majority of women are unaware of what new mothers ought to do. Ample support must be provided and they must be encouraged to ask for help. Practising deep relaxation methods and meditations will help relax the body and mind, therefore, compensating for lack of sleep. Yoga, simple stretches, walking or simple exercises will help the mother feel good about herself. It is important to eat nourishing foods and do activities that can keep them peaceful. One can never fill an empty cup, hence self-care is as important as caring for the baby.



-K.C Shreyaa

Contributors



Sriharshini



Iti Jain



Iswariya



Harine



Jenifer Joys