

# CHANAKYA INDIA'S NO.1 MENTAL HEALTH MAGAZINE

ISSUE : May- 2023



Follow @Chanakyaofficials



# Index

1. Fam-Jam
2. Psychosis
3. Child abuse and its impact
4. Way to Avoid Stress Eating
5. Bereavement

# Fam-Jam

"The most beautiful place to be in is a family". Right from the beginning of our existence, family is that one thing that we are a part of and it plays a major role in deciding the kind of person we grow up to be. International Day of Family is observed on 15th of May to celebrate and understand the importance of family in creating a better society for the future.

Right from the toddler stage to adults and beyond, our characteristics are greatly influenced by the family we live with. Different styles of parenting, complex relationship structures, responsibilities of playing a role, the nuances of understanding how the system works, coming together under a single roof to share joy and pain are some aspects of a family.

It is very important to create a healthy and nourishing personal space in a family, paced with different people playing different roles and responsibilities. Placing one's opinion in front of elders of different age groups and different perspectives is something that we all struggle with. It is quite common that a lot of teenagers and young children in joint families or closely situated families face. Sometimes it may even feel like the elders are saying no to things we do for a purpose, but we fail to understand the experience they have gained that makes them to interrupt to provide a suggestion.



Families with positive relations and attitude are shown to have a better happiness rate and it also leads to better habits in the future. While it is still unclear to what troubles a happy family's peace, some reasons could be financial stress, mental strain, trauma or past events that severed a huge loss and isolation/unacceptance.

Not only as a family, but even as a society we have greater roles to play in each other's lives to make it better and merrier. We could become the small change that leads to a happier, healthier and more positive family.

By  
Sriharshini

# PSYCHOSIS

The concept of psychosis has been shaped by traditions in the concepts of mental disorders during the last 170 years. The term “psychosis” still lacks an undefined definition, but denotes a clinical construct composed of several symptoms. Delusions, hallucinations, and thought disorders are the core clinical features. Psychosis is a severe mental disorder in which thought and emotion are so impaired that contact is lost with external reality. With any psychosis disorder, the person’s inner world and behaviour have notably changed. There have also been reports that diets low in omega-3 fatty acids or D vitamins could also increase the risk of developing psychosis. Supplementing a combination of folic acid, B12, and B6, the mineral zinc is most effective in improving mental health.

The nutritional requirements for psychosis are as follows:

- Vitamin B12: milk, egg, banana, spinach, nutritional yeast.
- Omega-3 fatty acid: chia seeds, walnut, soybean
- Folic acid: beets, asparagus, legumes
- Zinc: pumpkin seed and cashews.
- Vitamin D: yoghurt, soymilk and orange.
- Vitamin B6: peanuts, oats and banana.



By  
Sreeja Ganguly

# Child abuse and its impact

Child abuse is not just physical violence directed towards a child. It is any form of maltreatment by an adult which is violently threatening to the child. If parents or caregivers are no longer caring for the child this may lead to abnormal behaviour and abuse.

**How does child abuse affect mental health?**

Child maltreatment causes stress and distracts early brain development of the nervous and immune systems. Example: A girl named Sofia is abused at an early age by her uncle. Unknowingly she was mentally stressed by his behaviour. Days passed, and she was shifted to another place and understood the mental stress that experienced earlier was quite distressful. Then she left home without giving any intimation to anyone at home. After a few years, their family understands her situation and she was annoyed and affected a lot in her childhood days. Also, they understand her child was happy now without any mental stress because she created a peaceful environment. These new circumstances make peace in her life and hide away the sorrows and miserable happen throughout her life.

**How can we prevent child maltreatment?**

The ultimate goal is to stop child maltreatment before its starts. The strategy that promotes a safe stable environment for children and families is key to protecting against maltreatment and other harmful childhood experiences. This leads to improving the parent-child relationship by teaching positive parenting skills like good communication, appropriate discipline and response to children's physical and emotions life.



**“Childhood should be carefree, playing in the sun; not living a nightmare in the darkness of the soul”.**

**By  
J.Jayashree**

# Way to Avoid Stress Eating

Can you live without food? Food is one of the introductory musts of life. Food contains nutrient substances essential for the growth form and conservation of the body Atkins and for the regulation of vital processes, nutrients give the energy our bodies need to serve. As times passed people had food for sculpturing rather than hunger. It says that people eat further food when they're stressed. Stress causes your adrenal gland to release a hormone called cortisol when this happens you may notice an increase in appetite and desire to eat sticky salty or adipose foods. while this may help in the short term eating to soothe and ease your feeling frequently leads to remorse and guilt and indeed increase negative passions.

To avoid stress eating you have to Pay special attention to how you're feeling similar to stressed, wearied lonely or anxious. Simply passing and assessing the situation can help you understand what compels you to gormandize and may help gluttony in future. Having tempting food within sight can lead to frequent snacking and gluttony, indeed when you are not empty- exploration has shown that visual exposure to high-calorie food stimulates the striatum, a part of your brain that modulates impulse control which may lead to increased figure and gluttony. If you're thrown off and find yourself constantly gorging try making a schedule that includes at least two solid refections per day and following it until you feel that you have come comfortably harmonious with your eating habits. " To eat is a necessity. but to eat intelligently is an art We've to eat healthy food and have to maintain a healthy diet for a better life.



By  
Jayasutha

# Bereavement

It was a one day that I came back from college to home in bus, I was so tired , ready to put my earpods , went to sleep in bus at that time one middle age women were come and sat on beside my seat a few minutes after she got a call from her colleague friend, yeah she is so good, matured ,in good job position. yes she is ! Suddenly she just talked about that she was so beauty in that time but now am facing a lot of troubles, loneliness in my life it makes me so dull, tedious. But her colleague did not know that she lost her husband, the colleague ask her why don't you say anything in office no one is knew that lady said how can I tell to anyone that I lost my husband and hiding is my strength otherwise I will get some disturbances.

I deeply came to know the phase of single women !! She started her husband story to colleague, he is so alcoholic because of alcohol he got a kidney failure and immediately she went to the hospital to give her kidney but she got the news that her husband is died ! she told she was angry in her husband ,not considering her or children so now am not worry about him but next second, she cried because of his memories and she cut the call ,she started crying and I want badly to console her but am muted with her story .



Yeah! she is losing her loved one , badly facing her bereavement but ! She is in the state of acceptance in grief and she is so strong than better after starting her single mother life.

“ little by little , you let go of loss, but never of love “

By  
K. Iswariya

# Contributors



**Sriharshini**



**Sreeja Ganguly**



**J.Jayashree**



**Jayasutha**



**S.Kishore**



**K. Iswariya**