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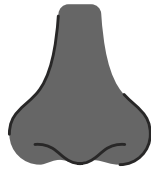
Oh! Boy!

November is here! The month best known for Thanksgiving Day and its high time we stop brooding over the past and just be grateful for the experiences. November also marks International Men's Day on the 19th that celebrates the male gender for their lives, achievements and contributions towards the nation, society and family. But on a broader and serious note, men's day also looks forward to highlight the issues faced by men in the society and promote awareness about the same



Right from the history known by humans, men are portrayed as the stronger sex with hard masculine features and character attributes that suit their masculinity. In the trend of finding chocolate and rugged boys, somewhere we forgot to take care of their emotional needs. Men are often expected to keep their boldness intact even in stressful situations that lead them to suppress their feelings inside unspoken words and unfallen tears. The expectations laid on boys and men about their career and family decisions by the society outweigh their actual desires. Gradually with no option left, men curate their world in such a way that success is defined by what they could afford and not what they truly need. Because very small amount of the population cares about what a boy in his teenage truly wants or what a middle-aged man wants to do in his life.

Once out of school, boys are pushed into dominating and professional corporate courses that their families believe will bring food to their plate. But little did they know, their son wants to be an artist or a great musician. And boys compromise on their career path stating family situations and parents' consent. Worse comes to worse, the character of a boy is judged based on his outfit and haircut. Why aren't boys allowed to wear pink shirts to keep long hair? First of all, who has to allow them? No one! It's completely his choice.



Out of all the issues faced by men, the most common one is caused by family dynamics. Family dynamics refers to the pattern and roles of a relationship that an individual is expected to fulfil. A man is expected to earn more than enough, help his siblings settle down, take care of elders, provide financial support, be an understanding, caring and loving husband who never says no and takes all the blame, be a great father who can spend lakhs on their offspring's education, save enough for the grandchildren...PHEW!!!



Let's give them what they truly need. A shoulder to cry on. A hand to pull them up when down. A smile to motivate them achieve better and lots of wishes to be whatever they genuinely want to be.

As soon as you finish reading this, remember to wish the men in your friends and family circle a very Happy Men's Day.



-Sriharshini

Dodge pain with pleasure



Pain is inevitable.
Suffering is optional

-Buddha

As the above saying goes one cannot cease the pain but can decide not to hold on to it forever. Pain and pleasure are unavoidable natural emotional experiences, yet are powerful motivators of behaviour in our life. Both pain and pleasure are interlinked both physiologically and psychologically because without pain it is impossible to feel pleasure. Pain can be a part of life, but dwelling over the same hurtful and painful events or experiences may cause the suffering to ferment paving the way for depression. Let us take a peek into some ideas that can uplift the oomph in life to make pleasure outweigh the pain.



Reward yourself

Be it a class test, a new recipe you tried or a dozen more push-ups at the gym, always take the time to reward yourself for achieving something. Rewarding yourself increases your value and aids self-fulfilment. It is a small feed to your inner self that increases pleasure.



Practice Gratitude

There is nothing more fulfilling than finding our place and purpose on earth. Gratitude allows us to embrace the tiny wins and pleasures of life. Be affirmative, reciprocate kindness and be thankful for all the little things that make you the original you. Thank your friends, family, colleagues or just a passerby and reflect your gratitude every single day as it may have a long-lasting positive effect on your mind. Keeping a gratitude journal is also a great kickstart to practising gratitude.



Heal your inner child

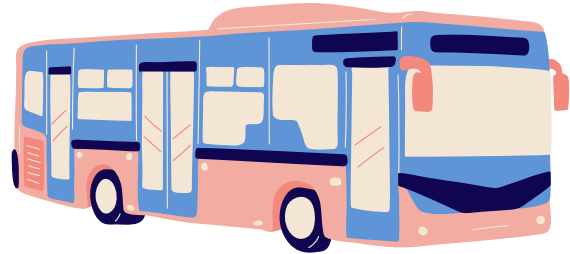
Sometimes, hiding your pain by not attending to painful experiences of the past may clog the mind making it unable to feel pleasure. Acknowledging the hidden revelations of anger, rage, shame, guilt, unmet needs and anxiety paves the way towards self-discovery. Knowing what you want allows you to undertake the necessary steps to ease the distress caused by the unresolved aspects of your inner child.



-Dowlath Nisha

Everyday effects of travelling

Travelling pretty much sounds fun. Despite that, think about travelling everyday for work, studies so and so. Still amazing? For some I would say 'YES' but for most of us, it's a huge, dark red flag. According to a survey (by feedback consulting) 75 percent of Indian commuters travel roughly 35kms a day. Dayscholars travel everyday which is really tiring. The only comfort in travelling to the same place is hearing songs, seated near window and enjoying one's own company. A college student who's travelling from a different city has to wake up before rooster clucks. So far people who've been thinking 5 p.m. as midnight, waits at the bus stop even before the newspaper guy drops the paper. They carry sleepmasks for a nap in the bus. This hurry-burry lifestyle causes stress, anxiety and what not? Sitting in a wrong posture also causes Deep Vein Thrombosis(DVT) in simple terms we can say blood clots



Headpain and backpain are two bonus pains we get in this Annual travel combo package. People who are not travel experienced puke often. As the pressure alters inside a vehicle, stomach bloating and gastrointestinal problems also arise. The traffic jam , cratered roads and continous horns ought to scramble traveller's mental peace. As travelling has become a part of human's daily hustle, we need to cook up some ideas to make it enjoyable. A good sleep schedule is necessary to keep our mind clear and crisp. Taking enough rest before and after travelling is encouraged. Soothing songs improve cognitive performance and help us feel relaxed. Doing some fun activities like solving suduko, word hunt , makes it more interesting. It's our mentality that makes trouble looks tough. Facing every hardships with positivity can even make a boring venture into an engaging "Journey to the Center of the Earth"



-Nandhiha



Forgiveness as therapeutic tool

This word is both simple to use and challenging to implement. There have been instances in life when we have been harmed by others, which can cause us to feel vengeful, angry, and betrayed. In most cultures, forgiving someone is viewed as a selfless act. But in reality, forgiveness is a form of empowerment, emancipation, and self-healing. It is a purposeful decision made by the individual that aids in relieving inner pain in trying circumstances. The process of forgiving someone entails a gradual shift from having negative ideas, feelings, and actions toward the offender to having more positive thoughts, feelings, and occasionally even acts. Enright provided the most complete model of forgiveness. This model breaks down the four stages of forgiveness.

1. Uncovering phase: During this stage, the victim learns about and becomes conscious of their inner feelings, which are typically shame, guilt, and rage.

2. Decision phase: The victim realizes the previous coping mechanism is ineffective and starts to consider forgiving.



3. Work phase: The victim begins the process of forgiving. It also entails establishing empathy and compassion for the offender and accepting and bearing the anguish of the injury rather than passing it on to others.

4. Discovery phase involves comprehending that they are giving the offender a gift and learning about the healing process as the negative emotions progressively fade.

"The forgiving state of mind is a magnetic power for attracting good"



-Kema Priyanka

How does gardening help to improve your mental health?



Spending time outside is good for our bodies and our minds. I'm sure we all have experienced benefits. After feeling stressed out or bored indoors, we step outside and our spirit lifts.

Our great way to spend time outdoors is to garden. I have a garden and I've always enjoyed being outside and gardening but it took on special significance for me when I was suffering from a chronic illness. As I began to recover, I felt compelled to greatly expand my garden beds and the things I planted even though I was still struggling physically and mentally. The experience seemed to accelerate my healing. It helped me come back to life.

Gardening has been around for as long as humans have been growing food. Through the centuries gardens have served not only as places to grow plants but as spaces for people to relax, focus and connect with nature and each other. Today, gardening can provide many mental health benefits:



- Gardening is a hands-on, happy and satisfactory activity.

- It acts as a mood stabilizer and vitamin D booster.

- Gardening is stress-busting.

- The demanding physical work helps to burn calories.

- Geriatric patients find gardening calming and decreases the risk of dementia.

- Spending time in the garden reduces suicidal thoughts.

- Gardening aids in treating anxiety and depression reduces levels of depression and anxiety, improves social function and helps people of all ages to maintain their independence and prevent cognitive decline.

- Gardening has been shown to reduce the level of cortisol, the stress hormone which can lead to greater mental well-being and can improve sleep patterns.

- Raise self-esteem and enhance self-perception.



-Yogita Sanwal



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