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A better place for Elders

Hello and welcome to October dear readers. The month of the festival is here, and we are back again with our next set of contents we cannot wait for you to read them!

October is not just a month of festivities and celebration but a very important month for us as well. Yes, October includes International Day of the Older Persons (October 1) and World Mental Health Day (October 10).

Dedicating this write-up to elderly people who feel insecure about their mental health issues, be sure to share this with your Grandma and Grandpa.



We often get irritated with the simple and basic questions that our grandparents ask us about using a mobile phone, or asking about the latest movies and the meaning of lyrics in music. The “What”, “Why”, “How”, “Teach me”, and “Tell me” kinds of questions annoy us to a great extent. Because according to us, these questions do not need an explanation at all. It is just what it is. But we fail to understand that such things are out of reach in understanding for our grandparents. Unintentionally, we end up being rude to them which has a severe impact on them. They feel unwanted and not so important that they start to distance themselves from others citing their age as a problem.



They lose a sense of belonging to their own family. Repeated insults, ignoring advice and being the last option curbs their inner peace. In adverse situations, some start developing minor mental health issues that if left unnoticed may turn out worse.

Mental health problems are common among senior citizens and can harm them. Some common problems include isolation, anxiety and sleep disorders. Since they feel themselves to be a burden on others, they stop communicating their true emotions. Unsaid words and unexpressed emotions pile up only to burst out one day.

What can we do to make our grandparents' or any older person's life better? Be a listener. Even if you do not have an answer to what they ask, at least lend an ear to what they convey. A little politeness and reassurance go a long way. They feel happy about having someone who won't make fun of their condition and get a sense of protection. Our grandparents may not know everything about technology but they surely know a lot about life. Our age is their experience.



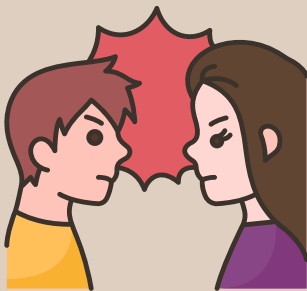
-Sriharshini

Ghosting and Mental Health

Ghosting is a form of Social Rejection. It is ending the communication with someone abruptly, without any proper explanation. It is seen mostly in romantic relationships but also seen in friendships and workplace settings. It can severely affect a person's mental health. It can lead to negative consequences. It can severely affect a person's emotional and mental health. The person, who is being ghosted may experience low self-esteem and low self-worth. He/she may experience confusion and find it difficult to develop trust further with anyone. He/she feels betrayed and rejected, which may severely affect the self-concept of a person. It precipitates self-blame. According to some mental health professionals, ghosting is a passive-aggressive form of emotional abuse. They describe it as emotional cruelty. Ghosting fosters emotional immaturity. It takes a lot of time to develop healthy intimacy with others.



A person has to work through a lot of trusts, dealings with misunderstandings and sacrifices. A sudden, abrupt ending is as painful as a physical injury. It shatters the person from the inside. The person starts finding faults in himself/herself. Her/his series of 'why this to me' question lists is always unanswered. Not only to the person who is being ghosted, but it also affects the Ghosters mentally. Research says that Ghosters may experience anxiety, guilt and awkwardness. People who ghost also experience the negative consequences of ghosting. Everyone has a right to say "NO". Instead of ghosting, one should act sensibly and end the relationship with a proper explanation and reasons for not keeping further contact with the other person and asking to respect his/her decision.



- Rashika Suneja

Teenagers & Socio-emotional skills

Heard about a teenager having the 'I don't give a damn just leave me alone' attitude? Seen a teenager indulging in smoking and drinking irresponsibly while cribbing about life? Met a parent who is struggling to manage the terrible teen's behaviour? Worried about their future? Congratulations, a major issue is identified which needs immediate attention! Adolescence is a period between childhood and adulthood, it starts at 13 and ends at 19 years and undergoes many physical and emotional changes during this time. We have heard that during the teenage years people become irritable, and annoyed and like to be alone and try to figure out an identity for themselves.



Parents and other family members become enemies for this age group because they don't want to be corrected and guided all the time. Almost every parent is struggling and is worried about their teenager's routine, behaviour and attitude.

No doubt today's generation is very smart and talented but with a lack of purpose in life, they are going nowhere.

Social media, smoking and alcohol, and misbehaviour are not fostering their talents and smartness! Moreover, a lack of social and emotional skills is leading them towards mental health problems and eventually suicide! And the top most reason is family problems, drug abuse and alcohol abuse.

Teenagers need to understand and practice how to manage their difficult emotions. They need healthy relationships with those around them! They need to have a healthy lifestyle and a productive routine. They need to master the skills of problem-solving and decision-making. They need to interact with others, help others and do something worthwhile with their life.

The question now is how are they going to achieve this mastery. Parents, educators, counsellors and policymakers will make this happen.



We all will make this world an interesting place for them. We will model for them, listen to them and create environments of change. It is our responsibility to create a healthy home, better schools and learning communities, teach them values, spend time with them and help them have a purpose in life. These teenagers today are young adult tomorrow, they are future leaders. We have to make sure that we have just the right parenting, right schooling, right interaction and the right support. Are we all ready to work on this problem? If yes, now is the time to take a step ahead and do your bit. Let's preserve our precious ones

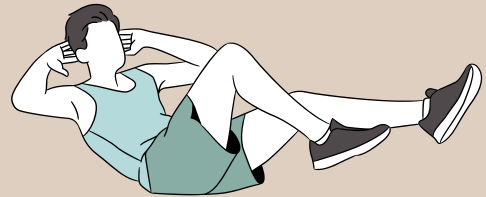
-Yogita



What if you put your mental health first?

Mental wellness is to think, feel and behave in ways that create a positive impact on one's physical, emotional and social well-being. It is also about interacting in ways that help in enjoying life and dealing effectively with difficult situations. Considering the recent times of evolution in the post-covid scenario, anxiety and stress levels in people have increased, making it more important to throw light on prioritising mental health. It plays an important role in every stage of life, so it is always important to make our mental health the utmost priority in life. Good mental health helps in dealing effectively with daily stressors of life, making a useful contribution to society and maintaining good relationships with people. Having good mental health helps a person to realise their full potential and allows them to function accordingly.

A few ways to prioritise mental health is,
 1. Muscle exercises: Doing a physical workout regularly helps in keeping our body physically fit and mentally fresh.



2. Self Acceptance: Accepting oneself the way they are and opening pathways to grow is an essential part of living. With self-acceptance comes, self-confidence and growth in one's life.



3. Showing Gratitude: Spending a few minutes of the day writing down a gratitude journal evokes positive feelings and helps in facing life more optimistically.

Mental Wellness is a journey, let's enjoy the ups and downs while we get to know ourselves and the world in a better manner.

-Sai Lakshmi M

Listening to Melody songs prevents diabetes ?



You may have high doubts in believing such whatsapp university statements don't you?

It's the same when someone says Music Heals depression.

Before few days when I was having a conversation with my friend he said whenever he feels depressed he listens to music and it heals him itseems

But I said him that he was wrong because dude if a song cured your depression you weren't depressed you were just sad.

Music can be a tool but not a solution in dealing with Mental health problems.

Similar to other Health problems you have to approach a psychologist who will guide you and deal through depression in a simple and effective way.

So stop believing whatsapp universities.

- Nikhil Vyaas

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