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Palliative care

Palliative care is a medical care setup specialized for people with serious illness. It takes into account on how to help people get relief from the stress and the outcome of the illness and the treatment of the illness. We can better understand it with the help of an example; such as Cancer, people with cancer suffer a lot both mentally and physically. Not only the cancer patients but their families are also sufferers, seeing their loved ones going through such pain, and the financial crisis and the physical labor the caregiver goes through breaks them from within. In such cases palliative care does a job of a support system. It provides counselling sessions to the families of the patient and helps them cope with the new situations and also prepares them for the upcoming difficulties ahead. Palliative care team is made up of a trained team which has doctors, counselors, religious groups, social workers, nutritionist etc.



They not only help cope with the symptoms and after effects of the treatment and medicine but also help to give them strength to bare all these hardships. Sometimes if some patients are financially not stable palliative care takes care of that too.

The religious groups help them improve their quality of life, the counselors help improve the sense of well-being.

Palliative care helps the patient see the overall outcome and help fix the goals of the patient. They also give an in-depth understanding of the treatment process and make them prepare for it.

Palliative care services are provided in hospitals, clinics or at home as well

- Sayani Sinha

Know about Alzheimer's



Welcome to September guys, the season of Autumn is here and I couldn't be any happier than getting connected with you again.

Wait, am I forgetting something? Argh! I can't even remember what I forgot!

Isn't it frustrating sometimes when we forget the little yet important things. Missing our wallet, forgetting to take the keys, missed on calling back someone and more. These are just random things that slip out of our mind while being completely indulged in other important works. But the ones listed at the beginning of the article are serious issues that need immediate attention. On a formal note we call it Alzheimer's. A condition that results in loss of memory power, identification and important mental functions. There could be various reasons behind the cause which includes genetic factors (traits transmitted through genes), lifestyle changes, age related changes in the brain conditions that degenerate brain cells and connections. The patients express the symptoms through various behaviour such as repeating the same words by own, irritation, lack of concentration, difficulty in connecting things etc.





Though it's a common condition now, the awareness and the kind of behaviour that must be exhibited with such patients is still unknown and unconcerned by many.

We have a very toxic mindset to generally relate people with mental health issues with hurtful terms and making fun of their conditions for absolutely no reason other than fun. The victims' self confidence and the faith of getting better crashes when being embarrassed by others. We certainly cannot cure them completely as Alzheimer's or the condition of forgetfulness has no scientific cure till date but the symptoms can be improved through regular medication and therapy. The little speech and brain exercises and activities can improve their state.



But apart from medication, the victims need more love and support from their own families. A lot of them are disowned by their own bloods considering them to be a burden which is very heartbreaking. Before taking such a decision, why don't we put us in their shoes and realise how painful it would be to be thrown out of the family because of our forgetfulness? A lot painful right?

It's better to be supportive to the ones in need than being guilt stricken for not helping out.

- Sriharshini

Keeping Your Inner Child Alive



It is often said that childhood is the epitome of happiness. Let us take a moment to think about our childhood days when we were the happiest.

What is it that makes childhood the happiest? Wouldn't the world be better if we could live back in those days? What does keeping your inner child alive look like?

To start with, the parameter age takes a toll on our mental health when we undergo a transition to adulthood. Society considers anyone above 18 years to be an adult. But you feel like a "real" grown-up when you can take care of your own and lead an independent life. Amid responsibilities and sudden exposure to all the real-life issues, we lose track of peace and happiness. Hence, adulting is demanding. Coming back to the question, what does keeping your inner child alive look like?



Life is so uncertain so why don't just live in the here and now? Instead of worrying about the future, live in the moment. Carpe diem!

Embrace little things. Celebrate every moment. Appreciate and show gratitude towards them.



Speak your heart out. Do not have pent-up emotions. Laugh more. Cry out loud.



Drop your anxieties, worries, grudges, shame, and guilt in dropbox.



Be creative and take risks. Engage in the process of trial and error. Just play and experiment.



WISH, HOPE, PRAY, AND BELIEVE.

Heal your childhood traumas. Reparent your inner child. Use affirmations like “I see you; I feel you; I hear you. I am going to take care of us. Be wild, silly, messy, and crazy. You have me, always.”

Childhood memories are precious gems of the heart and mind. Reconnect with your childhood self through pictures. Engage in mental time travel.



Rediscover a forgotten hobby or passion.

Lastly, set the child in you free. Take breaks more frequently, explore a local park or attraction, play games with no rules, sing along to your favorite track, or watch your favorite shows

Keeping your inner child alive and expressing it isn't immature. Rather it benefits your mental health. Let it rekindle. Let it come out.

- Debanjali Roy Choudhury

Too Many Conversations in the mind?

The world is based on the well-known concept - “Action-Reaction”. With humans, are reactions just a result of the action? ~ Reactions to someone’s comment or rather a situation is just not the result of the comment or the situation.

When a friend states - “It’s your mistake. Correct it, for your own good”, there are multiple conversations/ voices within one’s mind. A voice would say the friend is jealous of the attention that you received. It could be a voice warning - “all that glitters is not gold”. Or it can rather say “Listen to your friend, who has been with you at all times, good or bad”. These are merely judgments and perceptions that the individual holds about the person or situation of reference that makes the mind a rational-logical organ. While judgment is the process of forming an opinion, that’s a result of evaluation, comparison; Perception is that experience of the world through one’s senses, Yet another evaluation.



Thus, the reaction is a result of an individual’s self-talk within the mind that involves a lot of evaluation from the individual’s point of view alone, it is a manifestation of one’s conversations within one’s mind.

Taking time off to sort things at the mind level might help to give a better response. Responding , not reacting, leads to more knowledge exchange and better relationships. Response makes the individual’s mind under their control, that can no longer be provoked by the world around.

So, TOO MANY CONVERSATIONS IN THE MIND? ~ Then, take a moment to respond.
Psychologically, it works.

- Keerthana M

Mental Health Professionals are no Magicians.

If we take a minute off to look back at our day, week, month or year, most of us would describe it as hectic and excessively ornate. It has indeed become a trend to be busy, but with that comes the uninvited stress and anxiety. Sometimes, it hampers the stability in one's life and that is when people reach out to professionals for help. People expect mental health professionals to spell the magic words and heal them in the shortest span possible. But that is not how it works, mending takes time and effort. Most importantly people forget that helping someone relinquish their traumatic stories and painful experiences is not the easiest task. Yet, the mental health professionals take this up not just as a job but rather as their moral duty to make this society a better place to live in.



We always talk about the workload a person with a corporate job takes home after office, why do we not talk about the emotional burden and mental loads led so graciously by the therapists. The least amount of emphasis is laid on the fact that counselors and psychologists are mere guides, they can only provide us with direction and guidance and not miraculously take us to the destination. As the world unfolds to understand the importance of mental well-being, it does bring opportunities for mental health professionals to widen their area of expertise at the cost of unrealistic expectations. We as the youth should take up the responsibility for not generalising sky-high presumptions about a mental health professional's role in our lives, they are humans with a kind heart and no superpowers. The future demands a change in the present.

- Neha Asrani

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