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Power of Smiling



Everyone knows the old saying- Smile, it costs nothing. I would extend this sentence and say- Smile costs nothing, but only generates profit.

People always underestimate the power of a smile. These days people have become stingy in using this great wealth of smiles. Many people are ready to fight, cry and spread terror, but instead try to spread a smile, smiling is infectious and one should make the most of it. Smile releases happy hormones in the brain, that too if you really feel it genuinely within, an ingenuine smile gives no result but a natural smile genuine healing can make wonders.

Let's say you are having the worst day of your life, take a deep breath and feel the softness of your breath and bring a smile on your face thinking about the temporary nature of your problem, your brain will automatically release happy hormones and in no time you will start feeling better and feel calmer. You may later on notice that whatever problems you were facing, you might either accept it or find a solution to it. You are able to manage your physical and mental phase. Smiling is like a natural drug that heals you within. When you can find a natural way to be happy, then why take a long route.

When you are having a busy day and someone passes a smile at you, how do you feel? You take a break from a busy work and just for a second feel special and feel happy, that is what the smile does to you. It makes you feel special, so try to wear this artificial jewel everytime and make yourself and others feel special. When you wear a smile it does not matter how pretty your dress is, it matters if you look prettiest with the smile. Even in the darkest of the day, a smile should be your comeback weapon. It can be used so often that the dark clouds would feel afraid to come closer to you. Smile makes every person powerful, energized and very confident. Its effects are limitless.

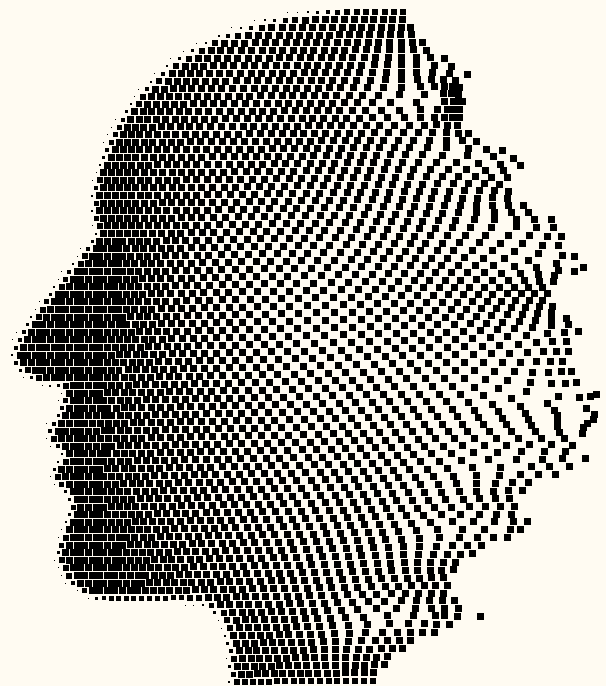
-Yogita Sanwal

Yes, I study Psychology

Often the next question is predictable to us and we all have gone through that. Now let us understand what a psychology student must truly possess. Piles of books or notes don't matter after a few years. Then what else?

The answer lies in our qualities. We all study in our counselling paper that peculiar qualities include active listening, empathy, unbiased etc. But do we truly stick to that? Humanity should be maintained by all no matter what, but especially when studying psychology let's mark ourselves uniquely by being patient, trustworthy and non-judgemental. Make the subject your passion and bring up your theories and research, as the limit is infinitely beyond and human minds and personalities are deep like oceans.

Always remember that nothing is permanent. And the more you make holes in your ship, the chances are higher for it to sink.

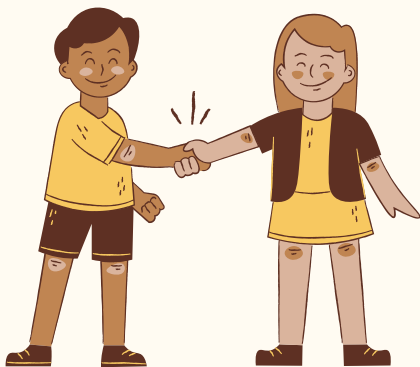


- Elizabeth Mathew

Mastering your emotions

Feel to recognise your emotions, deal to understand what to do and take up the healing process. Practise gratitude meditation.

Think of three things that you are grateful for :



1. a person who has done something selflessly for you.
2. An experience that enabled you to grow internally.
3. a place that gave you a positive and uplifting experience.

This gratitude mindset is the key to crafting your joy.

When the mind throws a tantrum, shift it to :

1. something enjoyable
2. something engaging
3. something energizing

just like our phone from loud to silent mode.



Dealing with anxiety :



1. Spiritual practices are meant to awaken our deeper self.
2. A warm shower before going to bed would ease the anxiety.

Dealing with toxic behaviour :

1. Increase your association with at least three positive people daily
2. Focus on your priorities.
3. Increase your inner strength by reading books.
4. Dig deep to forgive others.
5. Walk away from people who are intentionally toxic.



- N Anuradha

Pressure on Young minds



Rising competition in academics and the constant urge to achieve something in personal as well as professional life has also resulted in rapidly increasing Teenage Depression. It has become a serious issue nowadays. From time to time, here and there, we have seen new teenagers taking their lives due to academic pressure. Students face a great deal of mental strain and when they are unable to meet it, they start questioning their worth and feel helpless. And as a result, they sometimes take a huge step in ending their life as they can't bear the guilt of humiliating their family and themselves.



To tackle this situation, it is important to raise awareness about teenage depression, create a secure environment in the household where students can share their issues, and seek help from professionals when the situation demands it. Always keep in mind there is nothing more that matters than you for yourself.

- Divya Dixit

My playlist for mental health...🎵

There are so many tunes, uncountable lyrics, never-ending hums and energetic dance performances to music in the world. Considered as one among the top art forms, music is itself a drug to the bruised soul. A deep dive into the ups and lows of the song will make you feel a lot of emotions inside you.

Music is the universal language that does not discriminate its listeners. It has some magical powers (though not in literal sense!) to heal, uplift, soothe and increase productivity.

You may have wondered why it is easier to remember a song than an important answer for examination. Well, the answer to this is that, when listened to anything in a particular tune or pattern helps the brain to retain the information more rather than just reading something line by line.



It is also important to note that different types of music triggers different types of emotions inside us. Women entering motherhood or pregnant woman are often advised to hear soft melodious songs so as to deepen the bond between the baby and the mother. Moreover, soft music tends to relax or calm the baby.



Some pop and upbeat music makes our body release the happy hormones called endorphins and boosts our enthusiasm. Gyms and workout places prefer pop music over other genres for the same.



Did you know that there exists a separate allied healthcare field called “Music Therapy”? Well, it is a form of practise where a practitioner may ask you to sing/play an instrument/describe a music you heard to analyse your emotional balance and needs. This is often considered as a very powerful way to interpret the human mental health needs better. It has no age restrictions nor any stereotype. It is absolutely safe to opt for it.

Moving your legs, tapping a feet, vibing to an interlude, humming the tune and singing the lyrics are some forms of enjoying music. Apps like Spotify frequently suggest you music based on the previous ones you’ve heard.

That’s why it is correct to say, “Music explains what words can’t”

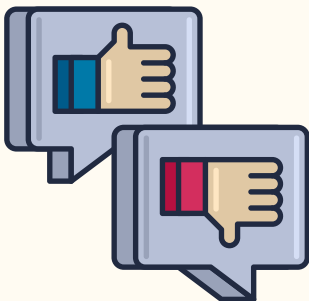
- Sriharshini

What you love vs What you do?!

"Everything cannot fit into our life as easily until we love to do that or we accept it."

This happens in every stage of life; it starts from birth, their parents who love and give permission or accept the thing that their kids love to do. But some other parents inject their mindset or their point of being happy into their children's minds. Some children accept their parents' wishes, and some will make their path.

That behaviour builds what they seek or get from society. Every individual's personality differs according to their demographic lifestyle and their parenting. In most cases, the individuals work on their unlovable or uninvolved work just to satisfy their family's economic state, but not to be satisfied.



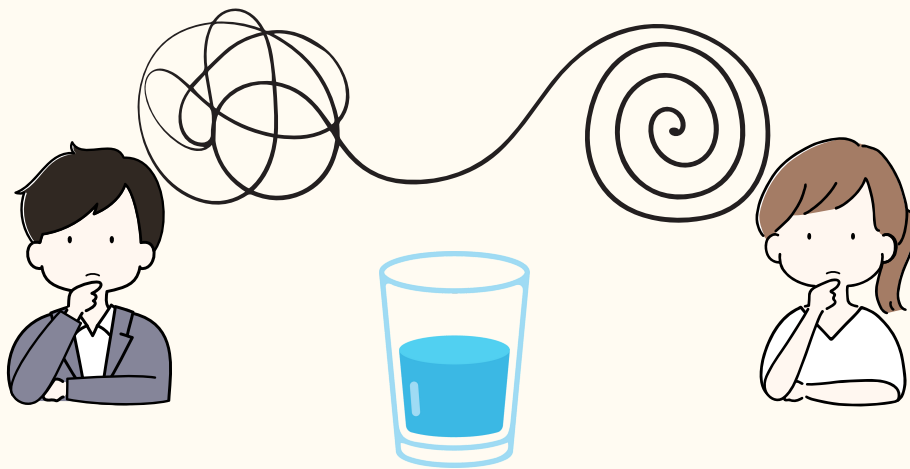
This is a result of dissatisfaction at the stage of late adulthood and this may lead to many health issues. As we know the mind and body are interconnected, stress might cause many critical and curious problems in individuals' health. The only purpose of living in this world is to be satisfied by our work, our passion, ourselves, our potential, our weaknesses and our happiness. What we think a meaningful life is to be satisfied, it should be satisfied.

Everything can't be satisfied or everyone can't be satisfied. In this life, the most important thing is ARE YOU SATISFIED???

If not so, if you don't know what you love or the purpose..then search for it, find it.

- Prasanna

Half glass full and half glass empty



Have you seen a half glass of water? What do you see first half glass full or half glass empty? Most people say the glass is half empty but what they don't see is that the glass is half full. Does it make a difference? Yes obviously, perspective does matter. Your perspective is the window through which you will look at the world around you and all your relationship conversations run around it.

It is all about how you view your partner's opinion and depending on which side you take. The same situation and opinion one partner can take in an optimistic way and the other may take in a pessimistic. This seems micro but this micro level decides the pass and break of relationships, pace and sustainability of it. It is crucial to understand the partner's perspective and reason behind one. Make a way to put forth both perspective and reasons for your say. No perspective is right or wrong it's just about experience that shapes one's thinking pattern, just like half glass is empty too and it is half full too. So understanding the picture behind the window gives you an idea of why the particular window looks so. Hence, cleaning the perspective window time and again with introspection and retrospection is essential. Everything requires balance may it be material things or relationships.

- Himani Narkhande

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