

वैशारोहार

MANNMUKTI

10TH OCTOBER



WORLD MENTAL HEALTH DAY

MEANING

Although the first use of the word “adolescence” appeared in the 15th century and came from the Latin word “adolescere,” which meant “to grow up or to grow into maturity” (Lerner & Steinberg, 2009, p.1), it wasn’t until 1904 that the first president of the American Psychological Association, G. Stanley Hall, was credited with discovering adolescence (Henig, 2010, p. 4).

EDITORIAL

DIKSHITA TARAGI

Editor-In-Chief

CONTRIBUTORS

ADYA MAYER
TUSHARA
JIYA ARORA
SHREYA PATHAK
RANIA ADIL
ANUSHKA CHAUHAN
YANA SACHDEVA
AALIYA SAIFI
CHUKRIN
ADEEB ALI
BUSHRA KHATOON
ASHVIKA SINGHAL
DRISANA KAIN
HIMANI
DHWANI KHANNA
TANISHKA SINGH
YASHRAJ DAS
AISHANI
AALAYA

CONTENTS

- 03 NOTE FROM THE DIRECTOR
- 04 NOTE FROM THE PRINCIPAL
- 05 NOTE FROM THE VICE PRINCIPAL
- 06 MOOD CALENDAR
- 07 WHAT IS ANXIETY (HELPING STAFF INTERVIEW)
- 08 TEACHING STAFF INTERVIEW
- 09 STUDENTS PERSPECTIVE
- 10 THOUGHTS ON EDGES - POEM
- 11 SIGNS & SYMPTOMS OF ANXIETY
- 12 THE FEELING WHEEL
- 13 FOODS THAT AFFECT ANXIETY
- 14 MYTHS Vs FACTS
- 15 COPING STRATEGIES
- 16 STUDENTS COPING METHODS
- 17 SONGS & BOOKS TO REDUCE ANXIETY
- 18 SPIRITUAL HEALING
- 19 DAILY AFFIRMATIONS
- 20 ACTION FOR AUTISM- FIELD VISIT
- 21 DANCING WITH ANXIETY
- 22 CONCLUSION

NOTE FROM THE DIRECTOR

Ms. Lata Vaidnathan



Q1. According to you, what is mental health?

Mental health without being too technical is not a subject to anyone with limitations to their cognitive capacities. It is peaceful existence and the personal wellbeing of an individual.

Q2. Why do you think it is important in a person's life and especially in a student's and working classes' life?

Everyone is a lifelong learner. A balanced, perceptive and receptive environment ensures peaceful learning. In any ecosystem, if there are disturbed waters, they create ripples of unhappiness and imbalance. Therefore, it is important to see schools and colleges and any other learning institutes to be happy places which includes the physical infrastructure and people infrastructure. Our school's landscaping is an example. Productivity of all kinds is high when the places of work are task focused with truth about productivity. It is about people. Environments of good mental ensure high economic progress. Good workforce means good national health. Happy places and happy people are personal choices.

Q3. Have you ever experienced some sort of mental stress or any hardships where you were at a point of giving up? If yes, can you share it with us? How did you overcome it?

I am a strong family person. The warmth of my home provided the fuel for my work. Travel is and was my source of entertainment. Getting lost in the mountains, the trees and the stars replenished my soul. Nothing consumable was ever my target.

Losing my mother and the love of my life was the biggest disaster of my life. It shattered me. Losing people who mattered to me broke me. I still don't think I've coped with it. But in some ways, I cope with my work and school. I feel gifted when children come to me, and it gives me happiness that I have touched their lives in some ways. Touch is an important aspect of my life.

Q4. What message would you like to convey to students about this topic?

My advice to students and everybody is that this life is a gift of God. So, treat it well. Take care of it well. Take care of your health, both mental and physical because this is your only life. You have more to give than to take. The joy of giving is unparalleled and that is when you're rich. Overconsumption of any resource is greed.

NOTE FROM THE PRINCIPAL

Dr. Mudita Sharma



Q1. According to you, what is mental health?

Mental health is the emotional, physical and social well-being of a person. It helps you overcome stress and anxiety. Mental health encourages us to accept and face other challenges.

Q2. Why do you think it is important in a person's life and especially in a student's and working classes' life?

Mental health is not only important in a student's life but everyone needs it. We need to be prepared to accept failure at any point in life. Failure isn't something bad or something to be ashamed of. It helps us to do better and move forward towards success. For students, time management, discipline and punctuality in daily life are very important.

Q3. Have you ever experienced some sort of mental stress or any hardships where you were at a point of giving up? If yes, can you share it with us? How did you overcome it?

Recently, I've not been keeping well which is a situation of hardship for me. What helped me was coming to school every day and being here for a while. I feel very happy and cheerful when I see the faces of the children.

I was a teacher as I love to be in the class and teach but when I was given this responsibility of becoming a principal, I was not prepared for it mentally. But I accepted and understood and coped up with everything and then I started enjoying my work. One should always handle himself/herself and should be prepared for everything in life.

Q4. What would you like to convey to students about this topic?

Firstly, be happy. Enjoy everything you're doing, take things as they come and the most important be thankful for whatever you have.

NOTE FROM THE VICE-PRINCIPAL



Mr. Sanjay Bharadwaj

Q1. According to you what is mental health?

I believe that mental health shows how peaceful and calm we feel inside, how relaxed we are, and how well we handle our emotions.

Q2. Why do you think it is important in a person's life and specially in a student's and working classes' life?

Maintaining good mental health will always be crucial for everyone. Health isn't just about being free from illness; it encompasses much more. If someone is struggling with their mental well-being, they may find it difficult to handle various aspects of life properly. Over time, mental stress can also take a toll on our physical health.

Q3. Have you ever experienced some sort of mental stress or any hardship where you were at the point of giving up? If yes, can you share it with us and how you overcame it?

Stress poses challenges and obstacles for everyone. Recognizing our stress early on is advantageous. Being aware of our mental stress can assist us in regaining control. Expectations from others often lead to unhappiness, but happiness is a deeply personal matter and should not rely on external sources. It's our responsibility to nurture our own happiness, but it shouldn't be confused with material possessions; it goes beyond that. One should always remember that we are much greater than the problems we face in our lives.

Q4. What message would you like to convey to the students about this topic?

I want to convey to students that happiness is a conscious choice available to everyone. Students should prioritize their health, both physical and mental, above all else. It's essential to set achievable goals rather than constantly striving for more. Focus on what you can control and let go of things beyond your control. Self-care and prioritizing oneself isn't selfish; it also involves giving and spreading love. In today's world, excessive competition and comparison are unhealthy. We should shift our perspective to a more positive outlook on our surroundings. This is akin to the practical wisdom found in the Bhagavad Gita about managing and controlling the mind. Ultimately, it's okay to embrace all our emotions.

OCTOBER




2023 MOOD TRACKER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				


-  HAPPY
-  ANGRY
-  SAD
-  CALM
-  ANXIOUS

What not to say to someone with anxiety


 Stop thinking so much

 You just need a drink

 It's all in your head

 I'm stressed out too

 Just breathe

 I get it much worse than you



WHAT IS ANXIETY?

Shabnam 35y/o

I experience stress and anxiety on a daily basis. it is often due to our increased workload. there is difficulty in balancing different spheres of my life- household, workplace & family. on a certain days it feels like extreme torture.



Anxiety

an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure.

Rani 36y/o

overcoming hurdles everyday is a major contributor of anxiety and stress in my life. regardless of how hard we work, we dont get appreciated for the efforts that we put in. our only ray of hope is the possibility of a better future.

Sharad 33y/o

I am happy with what I have. being a part of the kitchen department, I have comparatively less workload. There are struggles yet I am content with what I have.

Tapas 35y/o

I am well content with my life. occasionally I experience stress and feel anxious, I worry about concerning matters like the construction of a house, settling down, unpaid leaves and so on.

Gita 40y/o

some people are born with a golden spoon and dont even have to lift a finger, in contrast to that, we undergo immense stress and suffering yet we feel like a constant failure. our life is at the peak of utmost tragedy.



Interviewed by: Chukrin and Bushra of SS10

Staff Interviews

WHEN THERE IS BRAIN FOG, WHEN THE DECISION MAKING POWER WEAKENS, EXTREMES OF SLEEP (EITHER NO SLEEP). A LOSS OF INTEREST IN DAILY MUNDANE ACTIVITIES OR SOCIALISING. THERE IS A FEELING OF HEAVINESS AND BREATHLESSNESS. A LACK OF DENSITY OF THOUGHT(BRAIN FOG).

-ANONYMOUS

FROM THE BASE WORD 'ANXIOUSNESS', ANXIETY FEELS AS IF THE EARTH SEPARATES FROM BENEATH AND I JUST GO DOWN IN IT... A FEELING OF WEAKNESS AND UNDER CONFIDENCE, BUT AT TIMES LIKE THESE I REMEMBER WHAT LIFE HAS OFFERED ME AND I COUNT MY BLESSINGS

-MS. ARCHANA SHUKLA



काम करने कि वह स्थिति जब दबाव या बोझ महसूस हो, किसी भी अन्य कार्य से जैसे परिवार, प्रोफेशनल परिस्थितियां आदि

-MS. ARCHANA TARAR

BASICALLY A TYPE OF STRESS WHICH TURNS INTO ANXIETY. A DOCTOR RELAYED TO ME WHEN I WAS STRESSED, THAT IT WAS BASICALLY ANXIETY ONLY.

-MR SUDHIR SAXENA



ACTUALLY IT IS REALLY A TYPE OF FEAR IN MIND... WHETHER I WILL BE ABLE TO DO IT OR NOT. I QUESTION MYSELF IF I WILL BE ABLE TO DO IT OR NOT?

-MR V VASUDEVAN

A SORT OF BOUNDARY LINE THAT MAKES ME FEEL STRESSED (A SUDDEN DEADLINE, WORKLOAD) CAUSE OF INTERNAL PRESSURE.

-MR. RAKESH MISHRA



ANXIETY IS THE INABILITY TO COPE WITH REAL LIFE THINGS. IT CAN EITHER TRIGGER DUE TO SOME UNPLEASANT EVENTS IN THE PAST, OR CAN BE SITUATIONAL I.E. WHEN AN INDIVIDUAL DOES NOT KNOW HOW TO COPE WITH A STRESSFUL SITUATION. IF NOT DEALT WITH PROPERLY, IT CAN BECOME HABITUAL.

-MS. TRINU JAIN





Students' Perspective

Q. How do you cope up with anxiety and stress?

Usually, I get stressed a lot mainly because of academic pressure. I feel like I'm lacking behind all the time. There's an urge to do better or being curious about how my classmates are better at things in which I put a lot of effort in. But simply at the end of the day your only companion is yourself. So whenever I feel overwhelmed or stressed, I listen to music and go out with my friends and just forget about all my life problems for that while or go out to watch a movie and simply these few basic things in life may have a basic thing in life may have a way bigger impact in one's life and a refresh button is pressed, and you start to feel immature!

Yana Sachdeva
SS1-D

Q. How do you cope up with anxiety and stress?

I sometimes don't know how to cope up with stress and I let it be. I usually take deep breaths. It's my technique if anything goes wrong physically and mentally. I take 15 deep breaths with pauses. It heals me properly. The best way to cope up with stress and anxiety is to breathe and meditate. I try to lay down on a floor so that I feel more connected to the Earth, and I try to go in the sense of unconsciousness or an alternative state of consciousness which is made up of a world where you feel comfortable.

Aaliya
SS1-D



Thoughts on Edges



Before the noises can hunt me down
The thoughts creep in
Dancing on the edges
Whispering about things that don't exist
It's an art
To see beauty and chaos intertwine
And I almost see myself in ruins
With chains of inflicting pain

The way chaos slips in
To feed my delusions
My fears weigh me down
And drown a part of me
Taking my breath away
Stealing away the thunder
Darkness exhales
And silence speaks
Flaming me internally
Stirring up a storm

Crippling with fear
The ring bounds me with worry
Pin pricks my heart
Just like flames
It races to the end
Defeated at last
The darkened soul trembles
While the night falls

-Drisana Kain

Symptoms of Anxiety we don't talk about enough

Constant
lightheaded
feeling

Higher
resting
heart rate

Physical
pain

irregular
sleeping
patterns

Uncontrollable
shaking &
jitteriness

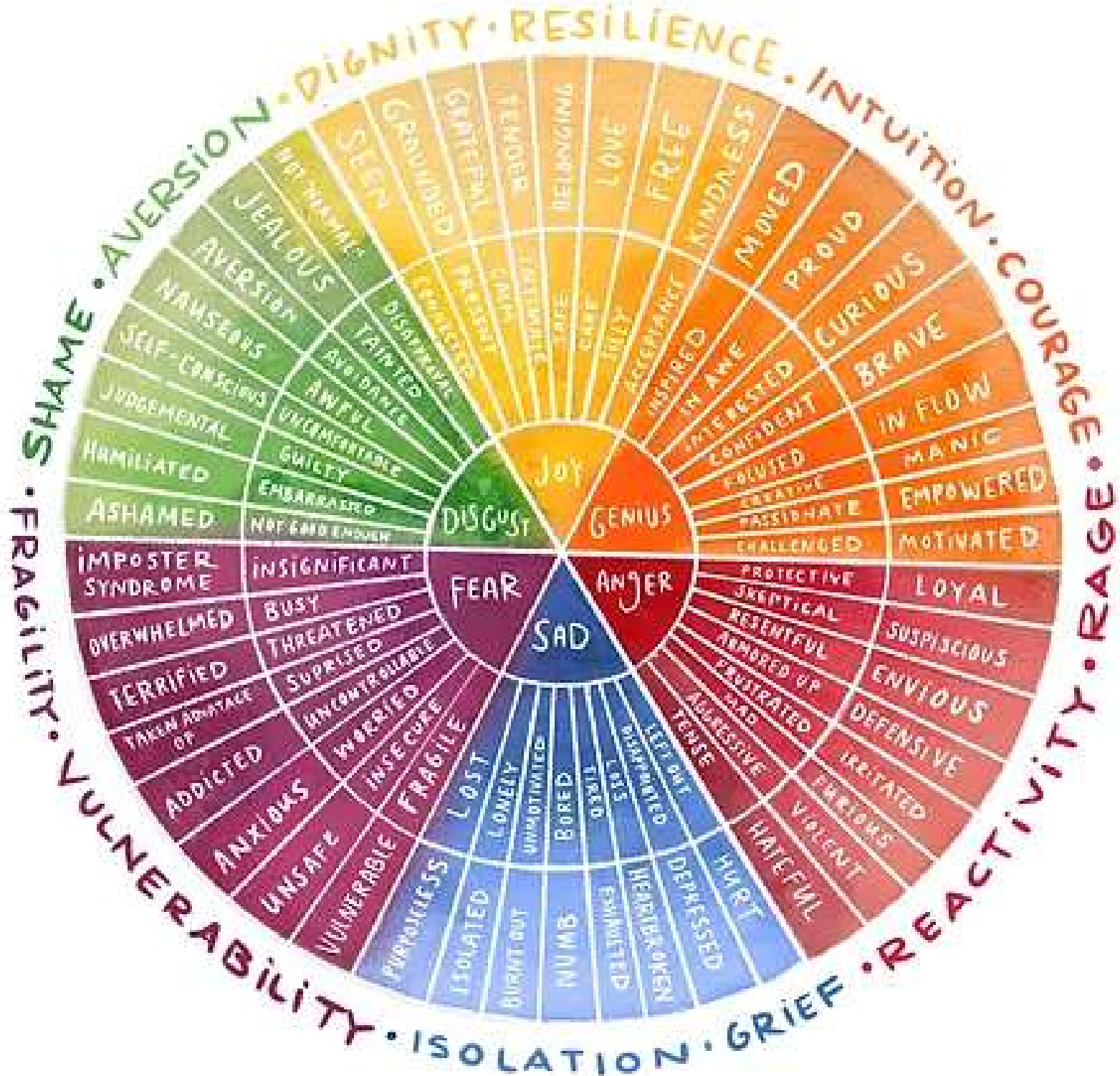
Physically sick
(stomachache,
vomiting,
IBS)

Feeling on edge
that you
question your
own sanity

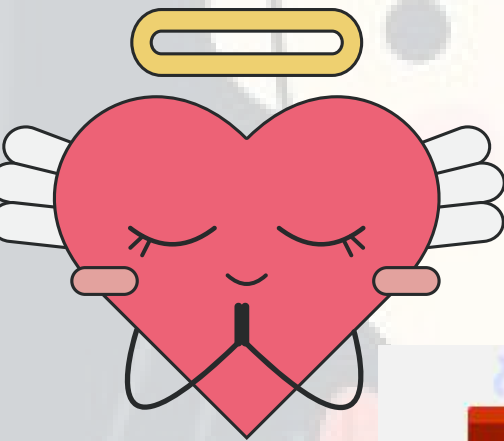
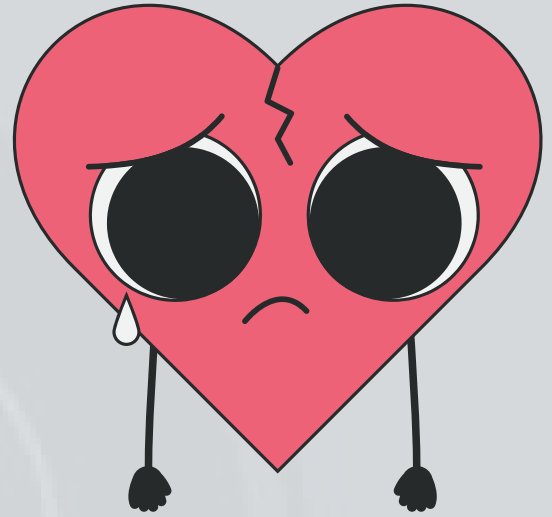


THE FEELING WHEEL

Help yourself and others identify their emotions



Foods that trigger anxiety



Foods that reduce anxiety



Green Tea

It has anti-oxidants



Banana

Potassium & Minerals



Spinach, Broccoli

Magnesium & Minerals



Salmon

Choline & Vit B



Blue Berries

It has anti-oxidants



Almond & Nuts

Magnesium & Vitamins



Chocolate

It has Magnesium



Orange

Anti-oxidants & Vit C



Milk & Yogurt

Calcium & proteins



Avocados

Proteins & Vitamins

THE MYTH

Going to Therapy Means I'm Weak, Flawed, or Crazy



VS

THE TRUTH

One of the most common reasons people avoid seeking help is the belief that it will mean they are weak, incapable of solving problems on their own, or that they are simply "crazy." The reality is that most people in therapy are ordinary dealing with everyday problems. Going to therapy is a very courageous and strong thing to



THE MYTH

People will think poorly of me if I take therapy



VS

THE TRUTH

It may be reassuring to know that most people will be supportive. Remember that you're not obligated to tell anyone that you're seeing a therapist. And if someone does find out and has a negative reaction, keep in mind that their response is about their own discomfort and not your decision.



THE MYTH

I can just talk to my friends



VS

THE TRUTH

Having support from your social circle can be very helpful, especially during challenging times. However, that cannot substitute for therapy. When in therapy, the time and space is devoted completely to you. While with friends one is typically reciprocal, going back and forth discussing each other's lives. Therapists are trained professionals who can help you navigate through problems in an efficient manner.



YOU GOT THIS!

THE MYTH

I should be able to manage my problems myself



VS

THE TRUTH

Therapy teaches people strategies so they can manage on their own eventually. It's about getting that helping hand where you can get to the point where you can help yourself.

Therapy offers support, guidance and helps us acquire the necessary skills required to



THE MYTH

Therapy is only for really serious problems



VS

THE TRUTH

Therapy is often seen as a last-resort option, such as when people have serious problems, are in crisis, or have just had a breakdown.

In reality, therapy can help people with a variety of needs. psychotherapy can help you in building a more fulfilling, meaningful life by supporting you



Coping Strategies

ONE THING AT A TIME:

EVEN IF THOSE AROUND US ARE MULTITASKING, WE DON'T HAVE TO. BEING IN THE MOMENT AND SAVORING IT SHOULD ALWAYS BE THE MAIN GOAL.

PRACTICE MINDFULNESS:

RATHER THAN CHASING AFTER WHAT MAY BE JUST AN ILLUSION OF HAPPINESS, WE CAN GENTLY STRIVE FOR THE DEEP SATISFACTION THAT COMES WITH THE CULTIVATION OF MINDFULNESS.

STOP COMPARISON:

JUST BECAUSE SOMEONE IS A CELEBRITY OR A MILLIONAIRE DOESN'T MEAN THEY ARE HAPPY OR FULFILLED. EVERYONE WEARS A MASK FOR SOCIETY IN REAL AND ON THE INTERNET, THE LINE SEGREGATING BETWEEN WHAT'S REAL AND WHAT'S FAKE BECOMES BLURRED AFTER A POINT.

CREATE ACCEPTANCE & BE INSIGHTFUL:

IF YOU FIND YOURSELF CONSTANTLY CHECKING YOUR SOCIAL MEDIA PAGES AND TRULY FEEL AS IF YOU CANNOT DISENGAGE FOR A FEW HOURS OR CANCEL YOUR ACCOUNTS, IT MAY BE TIME TO SEEK PROFESSIONAL HELP.

How do students cope with anxiety?

“The best way to distract yourself from stress is to workout regularly and focus on your physical health. The release of hormones when you workout stabilizes your mental health, which is why people who go the gym are relatively healthier and happier.

Another way is to listen to songs. It takes us to a different reality and acts as a way of escaping which comes in handy sometimes! “-Himani SS1D



SONGS TO REDUCE STRESS AND ANXIETY

1. <I CAN'T BREATHE> BEA MILLER
2. <SMILEY> YENA
3. <MATTER TO YOU> SASHA ALEX SLOAN
4. <LOVELY> BILLIE EILLISH
5. <ROSE COLORED BOY> PARAMORE
6. <MAGIC ISLAND> TXT
7. <THE ONLY EXCEPTION> PARAMORE
8. <NINGEN GOKKO> RADWIMPS
9. <DREAM LANTERN> RADWIMPS
10. <DITTO> NEWJEANS
11. <TRYING NOT TO CRY> CAVETOWN
12. <HERE> ALESSIA CARA
13. <GENERATION WHY> CONAN GRAY
14. <TIRED> BEABADOOBEE
15. <HER BLUE SKY> AIMYON

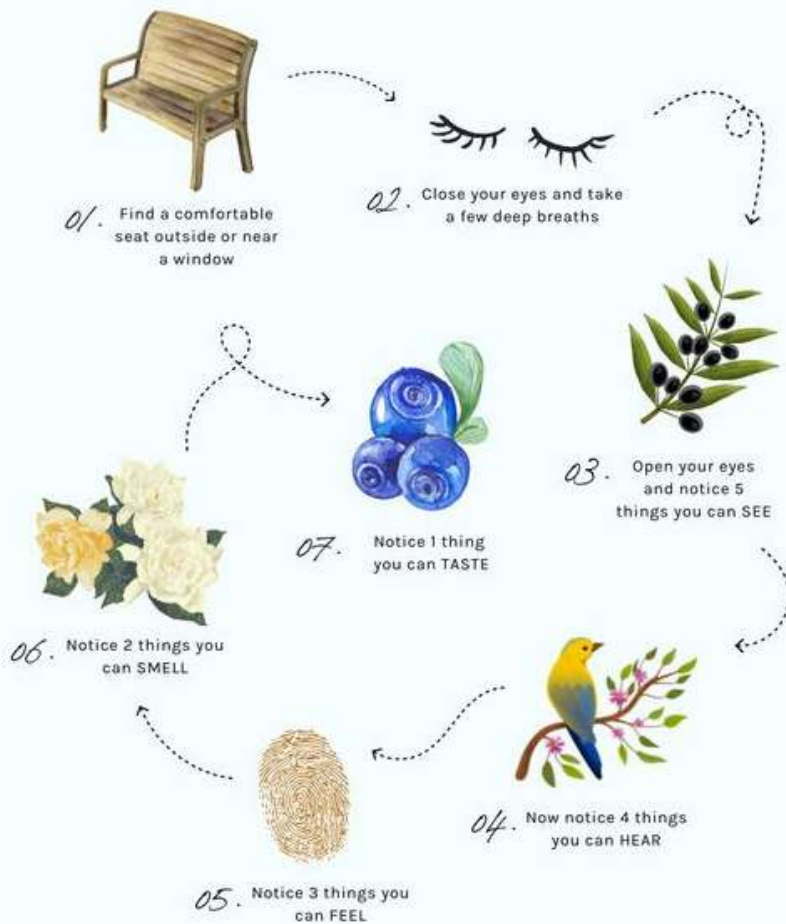


MAGAZINES AND BOOKS FOR STRESS MANAGEMENT

1. <BURNOUT: THE SECRET TO UNLOCKING THE STRESS CYCLE>
AMELIA NAGOSKI
2. <DON'T SWEAT THE SMALL STUFF AND IT'S ALL SMALL STUFF:
SIMPLE WAYS TO KEEP THE LITTLE THINGS FROM TAKING OVER YOUR
LIFE> RICHARD CARLSON
3. <WHY HAS NOBODY TOLD ME THIS BEFORE?> JULIE SMITH
4. <BUDDHA'S BRAIN: THE PRACTICAL NEUROSCIENCE OF HAPPINESS,
LOVE AND WISDOM> RICK HANKSON, RICHARD MENDIUS
5. <THE STRESS PROOF BRAIN: MASTER YOUR EMOTIONAL RESPONSE
TO STRESS USING MINDFULNESS AND NEUROPLASTICITY> MELANIE
GREENBERG
6. <THE RELAXATION AND STRESS REDUCTION WORKBOOK> MARTHA
DAVIS, ELIZABETH ROBBINS ESHELMAN, MATTHEW MCKAY
7. <HOW TO KICK STRESS OUT OF YOUR CONVERSATIONS> DR CHIO
UGUCHUKWO



Quick Grounding Exercise for Anxiety



morning ritual for your higher self:

- Upon waking – stand or sit on a chair (preferably in sunlight) – with your feet firmly on the floor.
- Close your eyes and breathe deeply and rhythmically.
- Now imagine roots, like tree roots, growing down through the soles of your feet and into the earth below.
- Imagine the roots reaching deep, deep, deep into the earth's glowing core and anchoring you safely to Her.
- Feel the energy flowing from you, to the Earth and back again, nourishing you both, as you exchange love and support.
- When you feel complete, open your eyes and continue with your day.

HOW IS SPIRITUAL HEALING HELPING IN ANXIETY.. WELL IT BRINGS YOU TO STATE WHERE YOU ARE FREE FROM JUDGEMENTS AND IGNORANCE. AND MOST OF THE PROBLEMS COME FROM IGNORING AND JUDGING ONLY, THEY ARE THE ROOTS... IF THE ROOTS ARE ELIMINATED... THE REST IS AUTOMATICALLY OFF AND WAYS CAN BE MANY.. WHATEVER YOU CONNECT TO FROM SUFI TO YOGI, FROM DANCE TO SOUND. LETS TALK ABOUT SOUND, SOUND IS THE PRIMORDIAL SOURCE OF CREATION, SO EVERY CENTRE OF THE BODY, EVERY ENERGY POINT OF THE BODY REACTS TO PARTICULAR SOUND AND EVERY ENERGY CENTRE IN THE BODY IS CONNECTED TO ANY PARTICULAR QUALITY OF THE BODY OR OF THE MIND OR OF THE HEART SO WHEN THAT PARTICULAR POINT IS ALIGNED , CLEANSSED OR PUSHED ON. THOSE QUALITIES WILL POP UP AND THE NEGATIVE QUALITIES THE OPPOSITE QUALITIES OF THESE POINTS GO OFF



Daily Affirmations



I matter.



I inhale peace and exhale stress.



I am strong.



I am capable of anything and everything.



I hold power in my words.



Universe is there for me.



Nature loves me.



I am safe i am in control of me.



We all are in this together.



I am enough



I am capable



My voice matters



Action for Autism

The visit to AFA was very insightful as it was our very first encounter with people diagnosed with LD, ID and autism. It gave us a glimpse into their lives and how they approached things as compared to us. Their surroundings were very colourful to attract their attention and their games were specialised too. An interesting fact to know is that the fidget spinner was first intended for children with LD, ID, or autism. However, we also got to see how creatively they expressed themselves and how they needed a little bit of help to understand concepts. AFA aims to eventually be able to employ people in mainstream workplaces and they have successfully done so in Amazon. AFA showed us the value of patience and empathy and how much impact a person can have on another's life.



Dancing with Anxiety

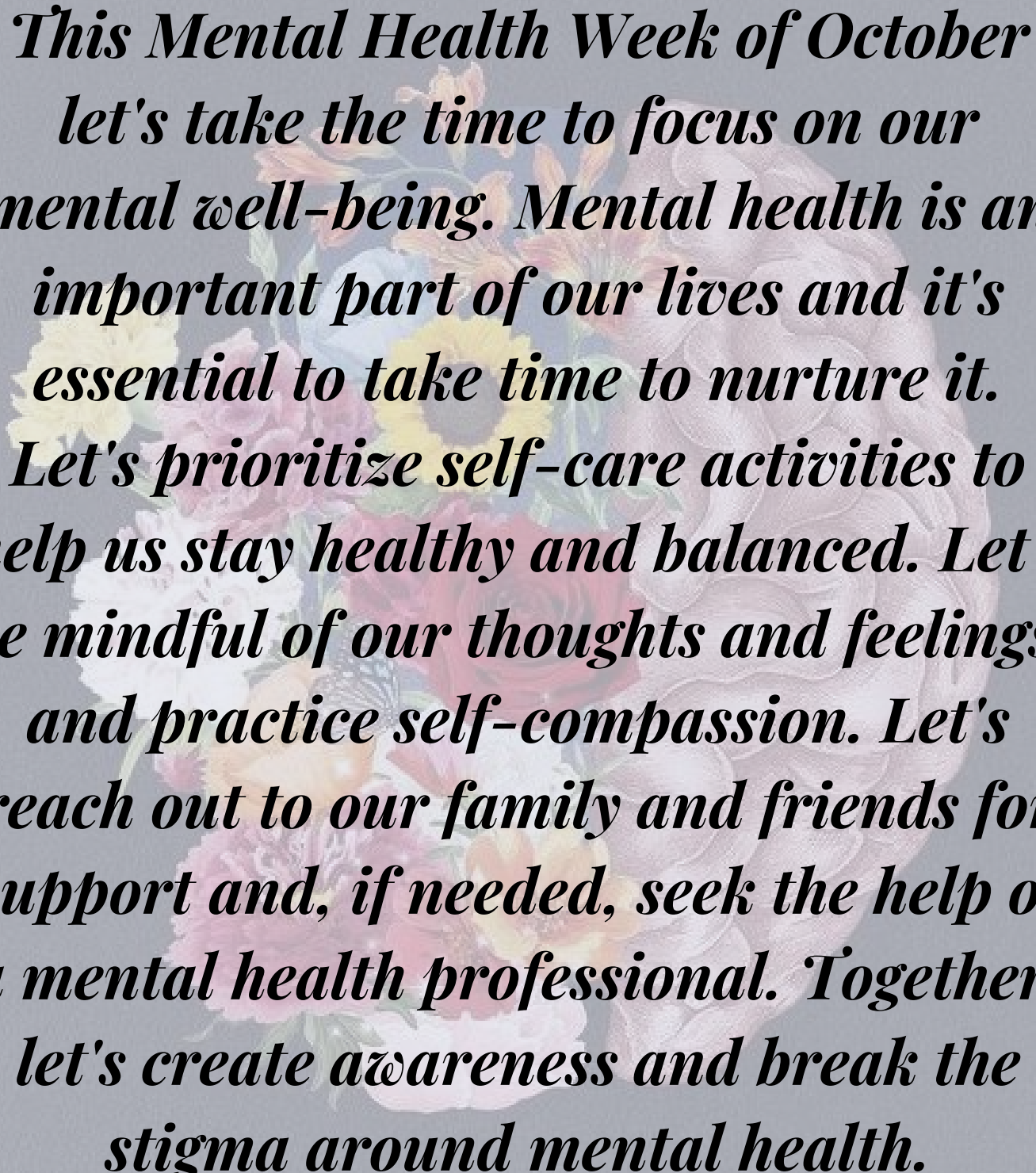
The slow rhythmic breathing practices and meditative/ relaxation practices of yoga are designed to induce a sense of calm, well-being, stress tolerance, and mental focus, all of which minimizes anxiety.





Yoga poses
to reduce
anxiety





This Mental Health Week of October let's take the time to focus on our mental well-being. Mental health is an important part of our lives and it's essential to take time to nurture it. Let's prioritize self-care activities to help us stay healthy and balanced. Let's be mindful of our thoughts and feelings, and practice self-compassion. Let's reach out to our family and friends for support and, if needed, seek the help of a mental health professional. Together, let's create awareness and break the stigma around mental health.