

My Journey To Recovery

IN P S Y C H F U L

Monthly Newsletter by Department of Psychology

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*"It Does Not Matter How
Slowly You Go As Long As
You Do Not Stop."*

DIAMOND FROM COAL

Like coal, expect a novice to dance with
perfection,
I don't want to, yet I care.
I try my best, can't you see?

These weird expectations from those
who know exactly which strings to pull of
my heart,
how many bandages will it take this time?
But still, I will continue to dance
in my highest heels, wear my best dress
and keep my head high.

Like once every perfectionist was a novice,
Like a spider I will continue working, until
my web looks like the shade of life I want.

Even if it takes 1 billion seconds,
taking Taylor Swift as my idol and
my passion of Sandeep Singh,
I will continue to swim to reach the shore.

~Keisha Kapur

EDITOR'S NOTE



Recovery, is one such word which holds significance no matter how it is used. Recovery from any issue, be it a difficulty of psychological nature or a physical one, is a complete task in itself, which many of you would have completed on your own, which is why it is generally termed as a lonesome journey. I wish it was just related to physical things but as psychology majors we are ingrained that recovery is necessary even for people going through a bad phase or someone experiencing a loss of a loved one. I hope this month's articles and the writer's experiences let you heal a little bit more and help you overcome things in your lonesome journey.

~Levin Kumar



IN PSYCHFUL

HOW IS MENTAL HEALTH DIFFERENT FROM PHYSICAL HEALTH?

Mental health and physical health are two distinct aspects of our overall well-being, but they are interconnected and can influence each other.

Physical health refers to the overall health of our body and its physical systems, including our organs, muscles, bones, and other bodily functions. It is influenced by factors such as diet, exercise, sleep, and genetics. Maintaining good physical health can help prevent illnesses and improve our quality of life.

Mental health, on the other hand, refers to our emotional, psychological, and social well-being. It encompasses our thoughts, feelings, and behaviors, and how we interact with others. Good mental health involves feeling positive about ourselves, having healthy relationships, and being able to cope with life's challenges.

While mental and physical health are different, they can have a significant impact on each other. For example, chronic physical illnesses can lead to depression or anxiety, and poor mental health can contribute to physical health problems such as heart disease, high blood pressure, and diabetes. Similarly, improving physical health through exercise, good nutrition, and sleep can have a positive impact on mental health.

Taking care of both our physical and mental health is important for our overall well-being and quality of life. It is important to seek professional help when needed and to take steps to maintain and improve both aspects of our health.

~Kartik Pandey



JOURNEY TO SELF LOVE

Remember passing by a group of boys in my school,
to them I might seem like a fool,
Their disgust, their words still ring in my ears,
'Some people live with the misconception that they are worth looking at',
Reminding me of my vulnerable state,
Some saying, 'Do you even know how filthy your face looks? – it's better to hide it with the books'

While hiding behind the book, I was hiding my emotions too, accompanied with my wet shoes,

Their stares, those glares pierce through me, through my heart like knives,
Ahh! Stop it, it hurts...It hurts really bad!

My mental state is at stake,

It's... It's too much to take,

I can't hold it in anymore now,

But don't know whom to tell and how?!

My health is a flaw, and my appearance..ha! It's full of flaws,

Feels like everything's going against nature's laws,

Sitting in a corner with stranded hands and paws,

Failing to even move and look for the root cause,

Am I at fault? No or maybe,

Am I blaming myself? Yes definitely,

Am I working on making myself happy, or loving myself? No

Am I capable of helping myself? Of course...!

Times have passed, those days now just memories,

Now I stand confidently, with my head up high,

I passed by them again, leaving them in awe,

Making them wonder, is that the same girl we saw?

I learned to love myself,

I fall in love with myself every day,

All over again with all the glitter shining over my face!

~Simran Jashnani

MY JOURNEY TO RECOVERY

Every person born in this world must have gone through difficulties in their life and learned through them for growth but every now and then, something happens that can seriously hurt your mental health. There were two such instances in my life that changed my outlook on life. My mother was hospitalized and put on life support while I was in the 10th grade. She barely survived. More recently, after my class 12 board examinations, I had extreme burnout. I would detest studying, and it got worse when I failed to meet my own standards on the CUET and NEET, and even after scoring well, I was denied admission to psychology at my top-choice universities.

All of it took a toll on my mental health. I would cry incessantly, skip meals, not talk with anyone and isolate myself from my friends for days at end. I felt like a failure even after trying my best and I had the constant fear of losing my mother too. It all felt like never-ending agony but now, in terms of mental health, I wasn't very well, and looking back, I wish I could have consoled my earlier self.

My family took the first step toward my recovery. They were aware of my condition and had always supported me, so when I confided in them about my difficulties, they reassured me. I developed an even more affectionate relationship with my mother as a result of her constant assurances that she was healthy now. My daily journaling and keeping track of my feelings really helped me when I started having breakdowns. By doing things I thought I was excellent at, like cooking and painting, talking to my friends, and setting some limits, I tried to reestablish my self-esteem. I set modest goals for myself, such as venturing out alone to get rid of the perception that everyone was looking down on me.

I am at a much better place mentally and I feel much more confident about myself.

I have grown so much more as a person too. Cherry on top? My mother is healthy,

and I am studying my dream course!

~Debadrita Chanda

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WHEN I LOSE PART OF MY SOUL

A new year brings happiness, new motivation and hope.

Right now, it's 31st December, New year's eve, here I'm praying for nothing more but to save Nani, who is in the hospital.

Deep down my heart knows what's going to happen but my soul is denying it.

At 2 a phone call came, I knew for what reason that phone came.

Now I'm picking up every piece of mine to face what I lost, the ultimate Faith on Narayan never went down and it never will.

I lost a piece of my soul, the one whom I love the most and the one who loves me the most.

Every second is hard to breathe with the feelings of all the pages she'll not be a part.

While all these things are going on, the cherry on top is the comments people make. The so-called experienced members of family's hot topic was my weight and height.

Me thinking and crying, is this the time and place where it should be talked, isn't this the time where I should be supported and pampered to gather the puzzle of a broken heart about what I have just lost.

Then I realized, This society will always suck. People understand what they want to. Me being the part of Narayan and being Krishna Priya helped me to gather all my broken piece.

My spirituality always helped me to stand and to walk. Trauma and bad experience always accompany me but what enables me to fly and remove all the burden is no one else but my narayan.

~Gayatri Thakur

WHAT MIGHT HELP ME WITH MY RECOVERY?

When it comes to mental illness, recovery can mean different things, for some people, it will mean no longer having any symptoms of their mental health issue. For others, it will mean managing their symptoms, regaining control of their life and learning new ways to live the life they want.

Different things may help, and there is no right or wrong way to recover. There are some key factors on the road to recovery, they may include:

- good relationships
- satisfying work
- personal growth
- the right living environment

Setting goals may help you recover. Think about what's important to you: whether that's making new friends, having a routine or finding voluntary work. Consider making SMART goals. SMART stands for:

- Specific – be clear about what you want to do (for example, doing yoga once a week for the next six months)
- Meaningful – if your goal is important to you, you're more likely to stick with it (yoga makes me feel less tense and more focused)
- Achievable – is your goal something you can do? (I have the time and energy to do a weekly class)
- Realistic – is your goal appropriate for you? (I've exercised once a week before, and I know I can do it again)
- Time-limited – set a date for when you want to achieve your goal to keep you focused.

Don't be hard on yourself if you don't end up reaching your goal. Maybe you need some more time to achieve it, or maybe it isn't right for you right now.

~Riya Mittal

IN PSYCHFUL

RECOVERY AFTER COVID

At this point most have either contracted COVID-19 or have a loved one who has. We have all mastered identifying symptoms and following treatment protocols for COVID-19. However, there is definitely a surge in panic and anxiety attacks that we are experiencing with the onset of COVID-19. We understand how important it is to be brave through COVID-19. But, at the same time, we also believe that we seldom address the need for a mental health toolkit, for a post COVID recovery. COVID-19 is said to have nasty residuals in terms of respiratory tracks, but what takes precedence here is the significant rise in anxiety and depression. Patients recovering from COVID-19 may face a second battle -- coping with the disease's mental health ramifications. Managing stress, feelings, and overall mental health are an important part of your recovery. There are several resources in this handout that can guide you in your recovery towards mental wellness. It's important to know that many symptoms of COVID-19 are linked - an improvement in one area (e.g. sleep) can lead to an improvement in another area (e.g. fatigue, low mood). Support your mental health by:

- Having a regular routine of sleeping and waking.
- Making sure your living space is best for a deep sleep (limit distractions like noise and light, aim for a cool yet comfortable temperature).
- Reducing caffeine or nicotine in the hours before bed.
- Unplugging from electronics for an hour before bed to reduce stimulation.
- Relaxation techniques can help mental health – consider meditation, mindfulness, grounding, guided imagery/visualization, baths, aromatherapy, Tai Chi, yoga, progressive muscle relaxation and more.
- Staying socially connected is important for mental well-being. Talking with others can help to reduce stress and provide you with support. This can be a short phone call or video chat with someone you trust, or connecting with others experiencing similar things in a support group.
- Gradually returning to your daily activities or hobbies to the best of your ability will help to improve your mood. Try to start with activities that are most meaningful to you or bring you joy, and do not make you feel too tired.
- Keep to a routine. Even if your day is filled with smaller activities or rest periods, our minds do best with routine. Keep to the same wake time and schedule whenever possible.
- Keep physically active as this is important for your mental wellbeing as well as your physical recovery. Some individuals with long COVID are unable to do much activity without increasing their symptoms. If this is the case, try to start small with gentle walking or stretching.

~Chetna Malhotra



YES IT'S ME!

In childhood, I felt so alone.
Parents and society, scolding prone.
Academics suffered, I couldn't cope,
No friends to share my dream and hope,
Isolation consumed my mind,
And happiness became hard to find.

But then in eight grade, a ray of light,
A friend appeared and made everything right,
And with mom's help, I found my way,
To face the world and seize the day.
Counselling sessions and support,
Helped me grow, and not fall short.
My marks improved, my confidence soared,
And my loneliness, ignored.

From a life of struggle, I found my way.
Slowly but surely, made a change.
I worked on my shamed skinny body,
and explored my talents,
And promised myself, to score in academics.

A new school, a new beginning,
I took control, and started winning,
From failure to a topper, my journey was steep,
And in my heart, my confidence leaped.
Exploring my interest, I found my voice.
Through painting, writing and speaking, I
made my choice.

And as I grew, I made friends too,
No longer an introvert, I became an extrovert,
yes! It's true.

My journey was tough, but worth the fight,
As I discovered the joy of living this life
And though the past was filled with pain,
I found the strength to start again.

I found my wings, and learned to fly,
With confidence, I reached for the sky,
No longer bound by society's chain,
I was free to be myself, breaking those constraints.

I followed my heart, and it all worked out,
Today I am what I wanted to be,
Living my life happy and carefree.

So, to all those who struggle as I once did,
Know that you can rise above, and find your bid,
Believe in yourself, and never give in,
For you too can fly and find your own wing.

~Kanika Sharma

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GUEST LECTURE

A guest lecture on "**Career Opportunities in the field of Special Education**" conducted by Ms. Purna Masand was scheduled by the department of psychology for students to learn and explore the different fields of psychology. The students were provided with a new perspective, in depth knowledge and personal experiences to help them explore the different domain in the field of psychology. It talked more about what is special education and what is the need of special education. Including detailed information about how students can build their career as a special educator.



A FUN LEARNING ACTIVITY: "PSYCHOLOGY & MEDIA"



SECTION-A

A fun learning activity: "Psychology and Media" was organised by Ms. Kirti Garg related to making a 3D cartoon character and sharing your own characteristics with that cartoon for the students of 1st year.

This activity helped them to understand about teamwork and learned different characteristics of their classmates and learned to represent themselves in a fun way looking at the positive outlook of their personality. As a psychology student the first step to become a better psychologist is to be self aware and to be able to represent their emotions and feelings in a creative way.



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SECTION-B



MANDALA ART COMPETITION



Each person's life is like a mandala - a vast, limitless circle. We stand in the center of our own circle, and everything we see, hear and think forms the mandala of our life."

-Pema Chödrön

Keeping in view how mandala can be therapeutic, the department of psychology organised a competition related to Expressive Arts (Mandala drawing) for the entire college.



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MANALI TRIP

IN PSYCHFUL



With the travel culture changing day by day, the inclination is moving more towards travel to explore than travel for leisure. Thus, identifying the urge in young generation to explore the places and embrace their cultures, The Department of psychology organised an out station fun trip to Manali to take a break from the daily rush in our lives. We always remain in the loop of work, pressure, assignments, exams, family, friends that we forget to give ourselves time. Taking a break or giving ourselves time off from work, routine, or stress is essential for our well-being and mental health it allows our mind and body to relax, which can reduce stress levels, increase productivity. Taking a break from a problem or a situation can help you gain a new perspective, come up with fresh ideas, and make better decisions. It helps to stimulate creativity and increase innovation, which can lead to better results and outcomes.

Manali is known for its scenic beauty, picturesque landscapes, and serene surroundings. Manali is a paradise for those who want to get close to the magical snowy hills, it is surrounded by mountains, valleys, and rivers, providing a calm and peaceful environment that helped us to stimulate ourselves better.

The natural surroundings, outdoor activities, fresh air, made us relieve in the moment and enjoy it. Overall we had an amazing trip and a fresh start to go back to our lives and get busy in our daily chores.

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