

## New Year Resolutions: Building Good Mental Health Habits

# INPSYCHFUL

Quarterly Newsletter by the Department Of Psychology

**"IT IS NOT IN THE STARS TO HOLD OUR DESTINY BUT IN OURSELVES."**  
-William Shakespeare

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### EDITOR'S NOTE

As we turn the calendar to a new year, we are reminded of the spirit of hope and resilience that accompanies this transition. Reflecting on the memories of the past year allows us to acknowledge both the challenges that have shaped us and the experiences that have contributed to our growth. This edition emphasizes the importance of embracing change and accepting the previous year in all its complexities—both the positives and the negatives. As we move forward, let us set our goals and expectations for the year ahead while prioritizing our mental health and well-being.

- Riya Sanghi (MA Psychology, 1st year)

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### New Year, New Boundaries: Embracing Healthy Relationships for a Fulfilling Year Ahead

Can you imagine life without the support of others? While it's important to face challenges independently, there comes a point when we need someone to remind us of our strengths. However, it's essential to recognize which relationships are positive and which are not. We often ignore red flags in relationships, whether with a partner, friend, or family member. Constant criticism and disrespect can drain us emotionally and harm our mental health.

One key lesson I've learned is that while relationships are vital, maintaining healthy boundaries is just as crucial. Our lives shouldn't revolve around any one person—excessive attachment can turn even positive relationships toxic. True, fulfilling relationships are built on mutual respect, space to grow, and not on dependency. Surround yourself with people who uplift you, not those who hold you back.

A few months ago, I met someone I deeply cared for, but I made them the center of my life. Despite feeling undervalued, I stayed, hoping things would improve. This experience taught me the importance of setting boundaries and prioritizing self-respect.

As the new year begins, let's focus on relationships that empower us and leave behind those that no longer serve us.

- Brahmami Arora (BA Psychology, 2nd year)





# INPSYCHFUL

## **New year: New mindset**

With the New Year on the horizon, it's a great time to think about meaningful resolutions, particularly those that focus on our mental health. By making mental wellness a priority, we can transform our everyday challenges into opportunities for a more satisfying life. This newsletter is designed to motivate you to adopt habits that enhance mental health and to offer tips on how to sustain them throughout the year.

Mental health plays a crucial role in every part of our lives, affecting how we think, feel, and behave. By committing to mental wellness, we not only improve our relationships with others but also gain the strength to face life's obstacles with confidence. As we step into this new chapter, our resolutions can serve as powerful tools for self-exploration and personal development. Creating a sense of belonging is vital, and having conversations and sharing our experiences can be very healing. While it's admirable to pursue positive mental health practices, it's equally important to seek help when needed. Professionals like therapists and counselors, as well as support groups, can provide essential guidance and support, reminding you that you're never alone in this journey.

This New Year, let's aim to build a solid foundation for our mental well-being together. It's not about making sweeping changes but rather recognizing and valuing small, meaningful steps that can significantly improve our quality of life.

Wishing you a happy and mentally fulfilling New Year.

- Swasti Jain (BA Psychology, 1st year)

## **Thankful today, Blessed Always**

In today's fast-paced world, filled with endless to-do lists and mounting challenges, it's all too easy to overlook the good things in life. However, a simple habit—practicing gratitude—can profoundly transform our mental and physical well-being.

There is a scientific basis for the power of gratitude:

Psychological studies have shown that practicing gratitude can rewire our brains. It increases serotonin levels, the neurotransmitter linked to happiness, and activates the brain's reward system, fostering a sense of contentment. Here are some small and manageable ways to cultivate gratitude:

1. Maintain a Gratitude Journal: Each day, jot down three things you are thankful for.
2. Express Appreciation: Take a moment to thank someone in your life—a colleague, friend, or family member—with a heartfelt word or a thoughtful note.
3. Practice Mindfulness: Pause to appreciate the beauty around you, whether it's a breathtaking sunrise or the comforting warmth of a cozy blanket.

So, let's take a moment today to say, "Thank you." The impact might surprise you.

- Yashika Mittal (BA Psychology, 1st year)

## **Realism and stepping boldly in 2025**

New year is the time of the year where your dreams and hopes come crashing down for the current year. Since we all are hippocratics, and a little is indulgent in ourself, instead of holding our selves accountable we wallow in despair and tell ourselves its alright with a slice of pizza.

So here we are standing on the threshold of starting afresh, hence this article.

So this year we should strive for a more healthy lifestyle not being too harsh on ourselves yet holding ourselves accountable.

According to a 2020 Martin Oscarsson's study 45% of the participants in American study failed to maintain new resolutions.

We should start by setting small yet achievable goals, monthly followups and create a space for creative thinking. We could also ask our friends to keep a track of us by nudging us on productive path and not letting us to give in distractions. Just reading mere about mis construct could give us a bit of insight and help us in our lives.

At last its our lives and we are ourselves responsible for our own lives. Not putting a unit on our ourselves and be best versions of ourselves.

- Keisha Kapur (BA Psychology, 3rd year)

## **Disconnect to Reconnect**

In a world aglow with endless screens,  
We've traded whispers for glowing beams.  
The ping, the buzz, the endless scroll,  
Consumes our time, engulfs our soul.

But step away, just for a while,  
And rediscover life's true smile.  
The morning sun, the evening breeze,  
The rustling leaves, the dancing trees.

A book's soft page, a friend's kind voice,  
A quiet walk, a mindful choice.  
Unplug, unwind, and let it go,  
Feel life's rhythm, steady and slow.

Your mind will clear, your heart will mend,  
When you make the world your closest friend.  
A digital detox isn't the end,  
It's where the path to balance begins.

- Riya Sanghi (MA Psychology, 1st year)



# INPSYCHFUL

## Embracing The Change

As we step into a fresh chapter, let resilience be your guiding light. The past may have brought challenges, but each obstacle has also carried valuable lessons. This year, focus on growing stronger, embracing change, and turning setbacks into opportunities.

Remember, resilience is not about avoiding difficulties; it's about meeting them with courage, adaptability, and hope. Whether it's setting small, achievable goals, leaning on your support network, or practicing self-care, every step you take builds your strength for the year ahead.

Face the New Year with determination, and let resilience help you not just survive, but thrive.

- Riya Sanghi (MA Psychology, 1st year)

## Grateful Hearts, Happy Souls...

Gratitude is widely regarded as a powerful practice that fosters peace, positivity, and resilience in our daily lives. It involves consciously recognizing and appreciating the good things around us, rather than simply expressing thanks. Research has demonstrated that practicing gratitude can elevate mood, reduce stress, enhance relationships, and even improve performance in various aspects of life. By embracing gratitude, we can shift our focus from what we lack to what we possess, helping us manage stress and cultivate contentment even in challenging situations.

Incorporating activities like maintaining a gratitude journal, taking mindful moments to reflect on what we appreciate, expressing gratitude to others, and identifying growth opportunities in tough times can yield significant benefits. These straightforward practices contribute to our overall happiness and well-being in everyday life. This shift in mindset not only builds resilience but also strengthens our connections with others, laying a foundation of positivity that promotes self-improvement. Thus, cultivating gratitude becomes a vital habit for achieving a balanced and fulfilling life.

- Lakshita Verma (BA Psychology, 2nd year)

## Unfolding Peace Within

This year, let's focus not just on external changes but on nurturing mental health—a treasure often overlooked. Modern life's constant pressures can lead to stress and anxiety. It's time to step back, reassess priorities, and prioritize mental well-being.

### Strategies for Mental Wellness

**Disconnect to Reconnect:** Create digital-free spaces and schedules, replace screen time with reading, and embrace offline activities.

**Practice Meditation:** Cultivate mindfulness and self-awareness to reflect and grow.

**Explore Spirituality:** Seek purpose and clarity by distinguishing between religion and spirituality. Reading texts like the Bhagavad Gita offers profound insights into life and self-discovery.

**Set SMART Goals:** Make goals specific, manageable, and meaningful to build confidence and progress.

Prioritizing mental health empowers us to build resilience, reduce stress, and find joy. By starting small—like reciting a verse from the Bhagavad Gita or practicing mindfulness—you can foster holistic growth and an optimistic outlook for a fulfilling year ahead.

- Riya Sharma (BA Psychology, 2nd year)

## NAYE SAAL KI NAYI BAATEIN

भूल के बीती बातों को  
एक नए मुकाम को पाना है  
नये साल में हमको  
एक नया इतिहास रचाना है  
नयी शुरुआत ऐसी हो  
जैसी जिंदगी एक प्यारा सा गाना है  
अपनों से लड़ाई झगड़े तो बहुत कर लिए  
अब नया साल अपनों के साथ मनाना है  
जिंदगी में बहुत कुछ है  
अब से सिर्फ मुस्कुराना है  
नये साल में हमको  
एक नया इतिहास रचाना है  
जिंदगी दुखों में खतम नहीं होती  
नये साल पर एक नया संकल्प लेना है  
बुरे वक्त में भी हमेशा आगे कदम बढ़ाना है  
अबसे सिर्फ हमें मुस्कुराना है  
नये साल में हमको  
एक नया इतिहास रचाना है  
अपनों से लड़ाई झगड़े तो बहुत कर लिए  
अब नया साल अपनों के साथ मनाना है  
Happy New Year

- Shlok Aneja (BA Psychology, 1st year)



# INPSYCHFUL

2025

## NEW YEAR RESOLUTIONS

- |   |   |
|---|---|
| <input type="checkbox"/> Keep a Journal         | <input type="checkbox"/> Conquer a fear       |
| <input type="checkbox"/> Love yourself          | <input type="checkbox"/> Read more books      |
| <input type="checkbox"/> Be more grateful       | <input type="checkbox"/> Pick up a new hobby  |
| <input type="checkbox"/> Go on an adventure     | <input type="checkbox"/> Reduce plastic use   |
| <input type="checkbox"/> Learn how to drive     | <input type="checkbox"/> Listen to podcasts   |
| <input type="checkbox"/> Spend time in nature   | <input type="checkbox"/> Get more sleep       |
| <input type="checkbox"/> Eat healthy            | <input type="checkbox"/> Grow houseplants     |
| <input type="checkbox"/> Learn a new language   | <input type="checkbox"/> Drink more water     |
| <input type="checkbox"/> Start meditating       | <input type="checkbox"/> Get out of debt      |
| <input type="checkbox"/> Fall in love           | <input type="checkbox"/> Run a marathon       |
| <input type="checkbox"/> Spend time with family | <input type="checkbox"/> Take an online class |
| <input type="checkbox"/> Make new friends       | <input type="checkbox"/> Go on a road trip    |
| <input type="checkbox"/> Save money             | <input type="checkbox"/> Quit smoking         |
| <input type="checkbox"/> Donate to charity      | <input type="checkbox"/> Get a new job        |
| <input type="checkbox"/> Volunteer              | <input type="checkbox"/> Start recycling      |
| <input type="checkbox"/> Start a business       | <input type="checkbox"/> Stop procrastinating |
| <input type="checkbox"/> Write a blog           | <input type="checkbox"/> Watch less TV        |
| <input type="checkbox"/> Declutter              | <input type="checkbox"/> Adopt a pet          |





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## WHAT'S YOUR MENTAL HEALTH RESOLUTION FOR 2025?

### Instructions

->Choose the option that best describes your preferences or current habits. Add up your points at the end to discover your mental health resolution!

1. How do you usually cope with stress?

- A. Talk to a friend or loved one.
- B. Go for a walk or exercise.
- C. Write in a journal or reflect quietly.
- D. Distract myself with hobbies or entertainment.

2. What's your biggest challenge when it comes to mental health?

- A. Feeling isolated or disconnected.
- B. Managing my time and priorities.
- C. Staying consistent with self-care habits.
- D. Controlling my use of social media and technology.

3. What's your ideal way to recharge?

- A. Spending quality time with people I care about.
- B. Moving my body or spending time outdoors.
- C. Sitting quietly, meditating, or journaling.
- D. Learning something new or engaging in creative activities.

4. What would you like to improve in 2024?

- A. Building stronger relationships.
- B. Reducing procrastination and being more productive.
- C. Practicing mindfulness and staying present.
- D. Finding balance between online and offline life.

### Scoring System

Each answer corresponds to one of the four resolutions. For example:

- **Mostly A's:** Focus on strengthening social connections.
- **Mostly B's:** Prioritize physical activity and time management.
- **Mostly C's:** Cultivate mindfulness and self-reflection.
- **Mostly D's:** Limit screen time and embrace digital balance.

### Results and Resolutions

1. Strengthen Social Connections

Make time for regular catch-ups with friends or family.

Join a club or group to meet like-minded people.

2. Prioritize Physical Activity and Time Management

Start small with a daily walk or stretch.

Use planners or apps to organize tasks effectively.

3. Cultivate Mindfulness and Self-Reflection

Set aside 10 minutes daily for meditation.

Start journaling or practicing gratitude.

4. Embrace Digital Balance

5. Establish no-phone zones during meals or study time.

6. Schedule daily "tech-free" hours to focus on offline activities.



- *Disha (BA Psychology, 3rd year) with the assistance from Ms. Urvashi Sharma (Assistant Professor)*





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## MENTAL HEALTH WORD SEARCH

### DIRECTIONS:

Find and circle the vocabulary words in the grid. Look for them in all direct including backwards and diagonally.

Anxiety  
Awareness  
Bipolar  
Coping  
Counselling  
Depression  
Environment  
Isolation  
Meditation  
Mental Illness  
Mindfulness

Mood  
Motivation  
Prevention  
Psychiatrist  
Psychologist  
Psychosis  
PTSD  
Recovery

Resilience  
Self Care  
Self Esteem  
Stigma  
Stress  
Support  
Therapy  
Well-Being

V	F	Y	I	U	E	D	O	O	M	D	X	G	Y	P	X	A	D	B	N	N
T	T	Q	K	E	K	I	B	D	L	E	P	T	Z	B	X	U	Y	B	O	B
B	B	E	N	L	L	I	L	A	T	N	E	M	F	B	F	W	I	E	I	B
K	D	N	N	D	N	Z	B	B	K	X	N	M	Y	E	F	X	G	N	T	B
T	N	E	M	M	O	R	I	V	N	E	A	K	U	R	M	P	I	L	A	E
G	K	E	F	X	W	D	P	O	B	E	H	T	T	T	W	B	J	U	L	N
F	N	C	M	G	I	M	O	B	M	N	R	U	Y	B	X	N	V	F	O	E
R	P	I	R	O	T	G	L	N	Q	Q	O	A	H	F	P	A	G	D	B	R
E	N	P	E	U	T	A	A	Y	R	E	V	O	C	E	R	N	N	N	I	A
V	O	I	B	B	A	I	R	F	O	B	G	Q	T	F	I	U	I	I	A	W
E	I	B	I	Y	L	X	V	Q	Q	A	U	X	L	F	L	M	L	M	N	A
N	B	B	L	T	C	L	K	A	H	M	X	P	O	Y	A	E	E	P	X	Q
T	B	B	I	B	T	H	E	B	T	G	L	C	P	G	Q	N	B	Y	I	W
I	E	G	E	U	D	V	O	W	H	I	I	Z	P	O	E	P	N	R	E	R
O	R	T	N	E	P	B	H	B	E	T	O	U	N	Q	R	D	U	C	T	R
N	F	H	C	W	C	U	D	Y	I	B	C	N	X	A	L	T	O	B	Y	X
Q	E	E	E	A	B	E	L	F	E	B	T	E	E	M	O	F	C	A	H	U
Q	D	R	V	P	D	Y	G	T	B	I	R	T	A	I	H	C	Y	B	P	R
F	F	A	Z	Q	B	O	B	Z	I	H	D	G	G	Y	J	F	I	N	K	D
I	Y	P	B	Y	C	H	O	L	O	G	I	B	T	A	H	F	U	C	U	X
U	E	Y	B	G	Z	I	F	R	W	L	N	O	I	T	A	T	I	O	E	M



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## EVENTS AT A GLANCE







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