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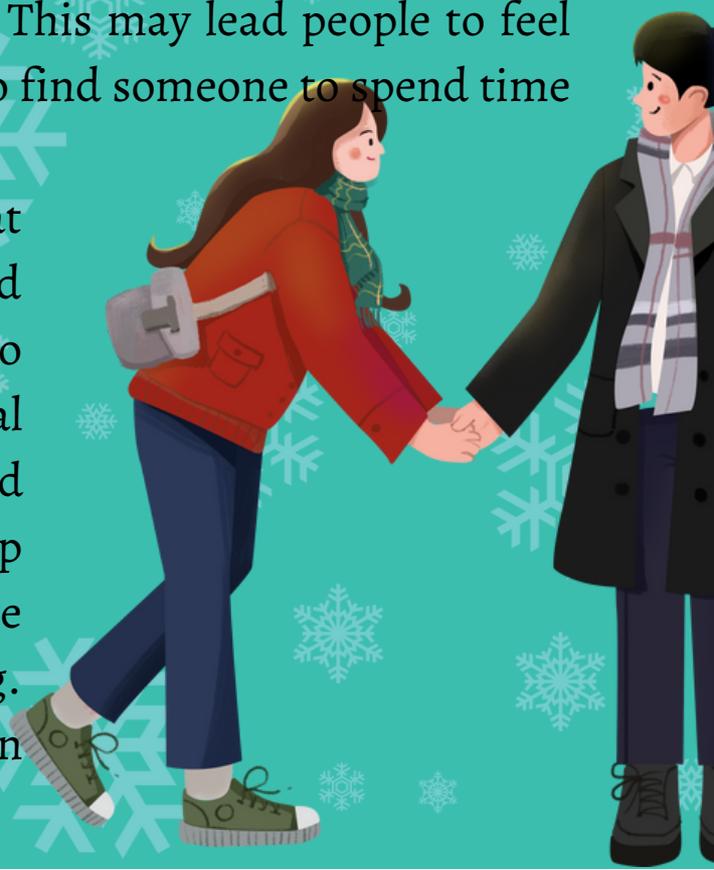
Insights to mental health

Cuffing season: The psychology behind love and romance in winters

It's that time of the year when your Instagram feed is full of pictures of couples holding hands, cuddling and going on cute dates and you're wondering, is it me or is everyone around me all of a sudden in a relationship? Well, you will be relieved to know you're not the only one in this conundrum. When the year end starts inching closer and temperatures begin to drop, the urge to have someone to snuggle up with in front of a fireplace has never been stronger. Congratulations! We're in cuffing season. "Cuffing season" marks the time of year where many short-term relationships happen, usually beginning in the fall around October and ending in the spring around April. Perhaps you've wondered whether this is real or just another cute-sounding concept designed to drive clicks.

So what exactly is the thought process behind this phenomenon? The science behind this postulates that individual serotonin levels, a hormone that drives our mood, naturally drop with the temperature and lower levels of sunlight exposure. This may lead people to feel the "winter blues," triggering a desire to find someone to spend time with to combat these feelings.

Studies have also shown that testosterone production peaks around October and November, leading to people wanting to engage in more sexual activity around this time. As one would expect, getting involved in a relationship can counteract some of those biochemical changes that are occurring. Cuffing season might not be driven entirely by our biology.



With holidays such as Christmas and new year's eve around the corner, people may feel a social pressure to spend these holidays with someone, in this case a romantic partner. During the colder months, people are less motivated to leave the warmth and comfort of their homes and meet others for social gatherings. Therefore, when there's not as much going on outdoors, having to be alone and isolated indoors in those darker winter months is not good for people's mental health.

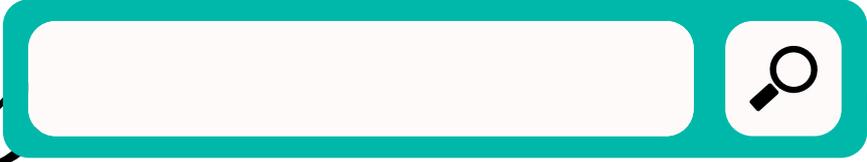
Relationships play a crucial role in our lives. Some could be rather short-term and insignificant, while some could be long-lasting and impactful. According to the triangular theory of love developed by psychologist Robert Sternberg, the three components of love are intimacy, passion, and commitment. Intimacy encompasses feelings of attachment, closeness, connectedness, and bondedness. Passion encompasses drives connected to both limerance and sexual attraction. Commitment encompasses, in the short term, the decision to remain with another, and in the long term, the shared achievements and plans made with that other person.



Another important factor in formation of relationships is attraction. The five foundations of interpersonal attraction are proximity, similarity, reciprocity, belongingness and observable characteristics. A complex interplay of these characteristics determine whether or not you'll be attracted to a specific person.

We're on the edge of winters and one might find themselves appraising the pros and cons of the cuffing season. Taking into consideration all that humanity has been through, with respect to the pandemic, what's wrong with having a little winter romance?

ASK A THERAPIST



HOW TO SET BOUNDARIES AT HOME IN INDIAN FAMILIES?

Setting boundaries and the general concept of personal space can be difficult to understand in collectivistic cultures.

Consistent and assertive boundary setting is helpful, along with the understanding that it may not always work.

*Disclaimer: The information we provide is offered as general educational content only. It should not be used to treat, assess or diagnose a psychological condition, nor should it be used as an alternative to obtaining professional advice from a qualified psychotherapist, clinical psychologist or psychiatrist.

Please always consult a professional health care provider about any health concerns you might have for yourself or on behalf of another person.



Brain food: Pshychology trivia



Can you answer these questions related to psychology? Lets see how many you get right

1. What does CBT stand for ?
2. What's the name of Sigmund Freud's ground breaking book on Psychology?
3. Russian psychologist Ivan Pavlov is most famous for conducting experiments using what animals?
4. How many days will it take an average individual to make something a daily habit?
5. What's the name of the famous prisoners and guards experiment that took place at an American university?

FEEDBACK

Feedback from our previously conducted in person experiential workshop on how to become a therapist.

"It is easy to provide content, but the content was done ethically. I was able to learn ethical things and I really enjoyed it and I will recommend others (for therapy and for such workshops). I got extremely anxious, but thank you for providing me with a safe, breathing space. I would have already recommended this place, but this gave me another reason."

"I liked how much open, calm discussions took place and the relevance of the information I gained today. It was in the sense offered practically relevant information, both therapists have faced in their practice. Timely started, structured presentation and experienced guiders."

"The facilitators and the content created was really nice. I also liked how the workshop was interactive throughout."

"It was very interactive and all the questions were answered patiently. It was informative, and I had a great time."

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