



PARAKH

Insights to mental health

What We've Been Up To

BODY POSITIVITY WORKSHOP

On 1st April, Mind Garden Clinic organized a workshop on body positivity, which was conducted by Ms. Sonakshi Gandhi at The Mind Garden.



The workshop was aimed at young adults and provided an open forum for discussing various topics related to body image and body positivity. This format suggests that the workshop was interactive and allowed participants to share their thoughts and experiences. It's worth highlighting the participatory nature of the workshop to emphasize the importance of creating a supportive environment for discussing sensitive topics like body image.

The topics discussed at the workshop included understanding body positivity, everyday struggles with body image, fluctuations in body image, and the boundaries between real bodies and society's beauty standards. The group also discussed the distinction between social media and real life and how it affects our perception of our bodies.

What We've Been Up To

The concept of body neutrality was introduced at the workshop, it is the idea that we should focus on accepting our bodies as they are rather than striving to love or hate them. and the group discussed people's negative associations with their reflection in the mirror, which often leads to a focus on imperfections.

The importance of cognitive rewiring or changing our perception of ourselves was emphasized. Participants were encouraged to make efforts to stay with their feelings in front of the mirror and look beyond their immediate thoughts toward acceptance.

The workshop also highlighted the importance of replacing the importance we give to our bodies with being grateful for what our bodies do for us. Practical actions were suggested to work towards a healthier body image, such as focusing on gratitude and positivity.



The workshop was a great success, and participants found it to be a safe space for discussing their struggles with body image. Ms. Gandhi provided practical tips and advice on how to improve body image and self-esteem. Participants left the workshop feeling empowered and motivated to work towards a more positive body image.

We hope to continue to provide similar opportunities in the future and help individuals develop a more positive relationship with their mind and body.

WHAT EXACTLY BODY POSITIVITY IS?



The idea that people of different abilities, shapes, and sizes should be embraced and cherished for who they are is one of the main tenets of the body positivity movement, which has gained popularity in recent years. People of all ages, genders, and cultures have embraced the movement, which has significantly altered how we see ourselves and other people.

Body positivity is really about accepting and appreciating your body, no matter what shape or size it takes. It is about realizing that each and every body is different and deserving of respect, and that there is no one “perfect” body type. This is a drastic break from the media- and fashion-industry-promoted traditional beauty standards, which frequently provide a limited and unrealistic idea of what a “ideal” body should look like.

The fact that body positivity fosters mental and emotional health is one of its main advantages. We are less prone to feel humiliated or self-conscious about our appearance when we accept our body as they are. This can result in boosted self-esteem, increased self-confidence, and a more upbeat attitude on life in general.

The effect of body positivity on social justice is another crucial factor. The movement acknowledges that other forms of discrimination, such as racism, sexism and homophobia, are frequently linked to beauty standards. Body positivity may contribute to the development of a more just and equitable society by opposing existing norms and advocating for a more inclusive and varied definition of beauty.

Despite its many advantages, body positivity has detractors as well. Some contend that it encourages an unhealthy lifestyle or complacency when it comes to one's health. These objections, meanwhile, frequently stem from misconceptions about what body positivity is all about. Instead of neglecting health issues or encouraging unhealthy behaviors, body positivity emphasizes the fact that everyone deserves to feel at ease and confident in their own skin and that health and beauty can take many various forms.

In conclusion, body positivity is a crucial movement that is reshaping our cultural perspectives on self-acceptance, health, and beauty. Body positivity is encouraging a more inclusive and diverse definition of beauty, empowering people of all shapes, sizes, and abilities to love and celebrate themselves for who they are, and fostering a more just and equal society.

Body Positivity BINGO

Paused, Listened to my need and Acted accordingly	Rested when I felt tired	Took a break from social media
Refused to talk about Dieting	Meditate or sit quietly to reflect	Expressed when I felt uncomfortable
Make a nourishing meal	Make yourself a cup of your favourite drink	Didn't hold myself responsible for other's feeling's

ASK A THERAPIST



HOW DO YOU CURE SLEEPLESSNESS?

Insomnia is a very prevalent concern and usually is the presenting symptom for a different variety of issues that can stem from depression to anxiety to lifestyle to trauma etc.

It's best to have a thorough understanding and speak to a professional.

*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.

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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