



PARAKH

Insights to mental health

What We've Been Up To

The upcoming episode of our podcast series showcases our collaboration with an esteemed psychiatrist, Sneha Sharma, in which we delved into the domain of Psychiatry and Clinical Psychology. In this episode, we talked about the differences, greys, and whites of both domains, the real-life stigma faced by psychiatrists, and addressed the issues faced by mental health practitioners to maintain a work-life balance.

We are also excited to announce our Campus Ambassador Program. This is a unique opportunity for passionate and dynamic students to represent our brand on their campus, create meaningful connections, and contribute to exciting initiatives. This program has numerous perks as it allows individuals to network with professionals in their field, develop valuable leadership and communication skills, enjoy exclusive perks and rewards and be a part of a dynamic and supportive community.

Further, we will be announcing a therapeutic art-based support group on boundaries. The group would focus on topics like boundaries/ types of boundaries, understanding Boundaries in interpersonal relationships, South Asian cultures and boundaries, and tools to build boundaries. It will be conducted by our therapist, Sanjoli Sakhuja, an Art Psychotherapist with a background in Psychology. Her areas of expertise include self-awareness building, managing stress and anxiety, interpersonal relationships, childhood and family trauma, Self-esteem, and resilience building. She has conducted multiple art therapy-based workshops on self-care, creative expression, distress, doodling, mandala and self-expression through art.



“Navigating Closure, Crafting Resolutions, and Embracing New Beginnings for Mental Well-being”

As we bid farewell to the past year, reflecting on the journey is crucial, finding closure in both triumphs and challenges. Acknowledging and processing these experiences is a cornerstone of growth and moving forward. Closure begins with introspection. The need for closure derives from liberation, being free from ambiguity and confusion settled in us. Closure doesn't need to be a heavy task of bridging gaps, it could start as a small effort for yourself, such as taking moments to appreciate achievements, no matter how small, and identify lessons learned from difficulties. This self-awareness lays the foundation for emotional closure, allowing you to move forward with a lighter heart.

Setting resolutions is a tradition rooted in optimism, changes and pushing forward. However, let's shift the focus from rigid goals to holistic well-being. Prioritise self-care, fostering habits that nurture mental health. Whether it's mindful breathing exercises, regular physical activity, or maintaining a balanced diet, these habits can significantly impact your mental state. In the pursuit of resolutions, it's vital to be kind to yourself. Progress is rarely linear, and setbacks are part of the journey. Embrace them as opportunities for growth, learning, and resilience. Cultivate a mindset that values the process as much as the destination

Welcoming new beginnings sometimes involves letting go of what no longer serves you. This can range from toxic relationships to self-limiting beliefs. Decluttering your mental space allows for fresh perspectives and opportunities to flourish. Connection plays a pivotal

role in mental health. Reach out to loved ones for support, fostering a sense of community. Share your aspirations and challenges, creating a support system that understands and encourages your journey. Embrace mindfulness as a daily practice. In a fast-paced world, taking moments to be present can alleviate stress and enhance overall well-being. Mindfulness can be integrated into daily routines, such as savouring a meal or appreciating nature during a walk. As you embark on the new year, consider the power of gratitude.

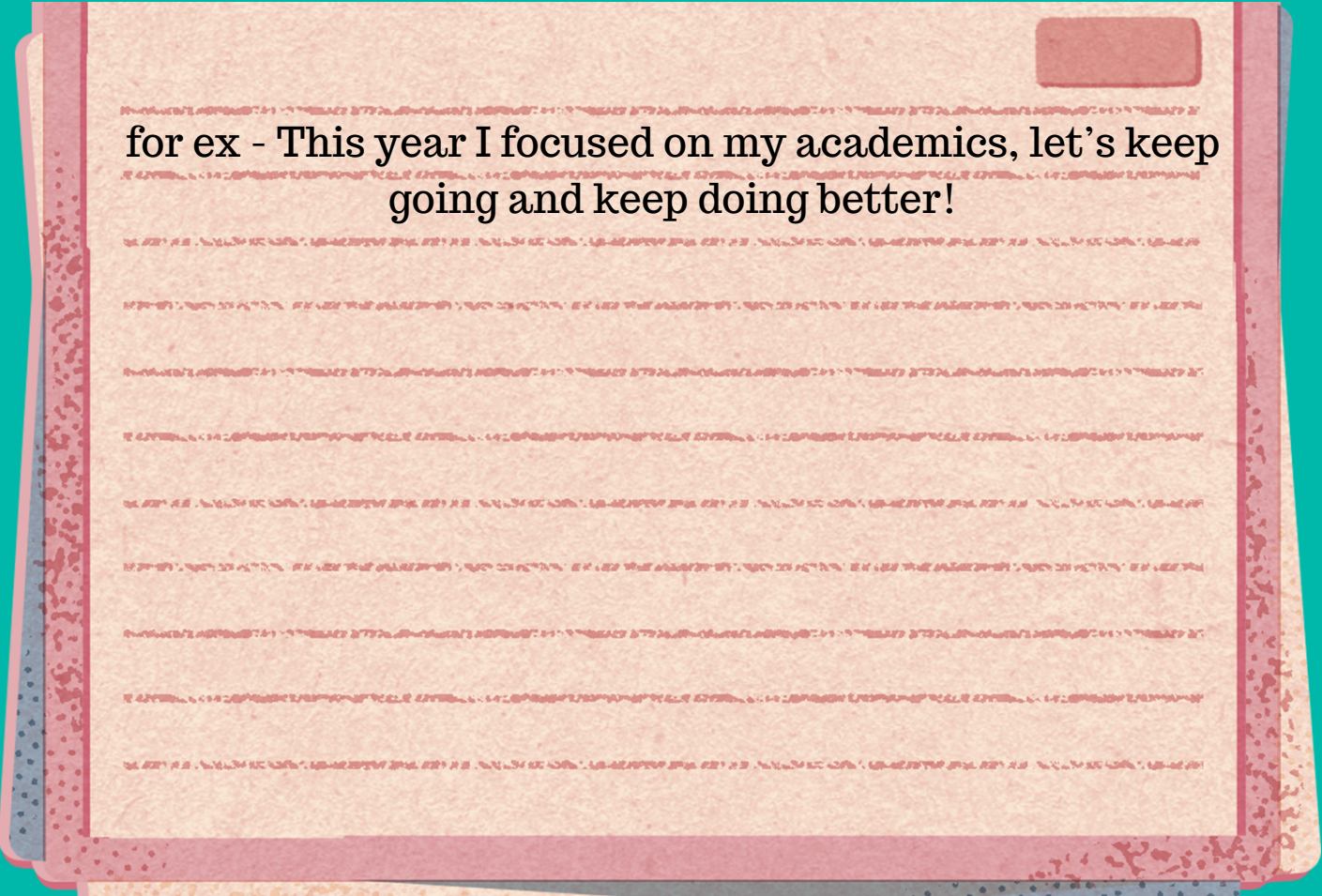
Regularly reflecting on what you're thankful for fosters a positive outlook. Gratitude can be a potent tool in navigating challenges and finding joy in everyday moments. In conclusion, the journey of closure, resolutions, and new beginnings is inherently intertwined with mental well-being. By fostering self-awareness, prioritizing holistic resolutions, and embracing the opportunities that new beginnings bring, you pave the way for a fulfilling and mentally healthy year ahead.





MEMORY CORNER

With the year ending, let's reflect on our experiences and memories and write an acknowledgement for our future selves! Share your experiences in the worksheet given below, post the screenshot on your Instagram story and tag us @themind.garden!



for ex - This year I focused on my academics, let's keep going and keep doing better!

ASK A THERAPIST



How can students of psychology approach topics of sensitivity without getting triggered ?

Approaching sensitive topics in psychology as a student requires a multifaceted strategy aimed at maintaining emotional well-being and fostering academic growth. Start by cultivating self-awareness, acknowledging personal biases, and establishing clear boundaries between personal experiences and academic exploration. Maintain a professional mindset, approaching discussions with a curiosity to learn rather than being emotionally affected. Incorporate mindfulness practices to stay present and manage emotional responses, and foster open and respectful dialogue within the academic community. Seek support when needed, utilizing counseling services or engaging in discussions with professors and peers. Taking breaks and practicing self-care are crucial, and considering trigger warnings can provide individuals with the opportunity to prepare for sensitive content. Embrace the continuous learning process, recognizing that discomfort can be a part of intellectual growth, and be open to evolving perspectives on sensitive topics. Through these strategies, students can navigate sensitive discussions with resilience and a focus on academic understanding.

***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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