

# COUNSELLING CONNECT



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The World Health Organisation recognises World Mental Health Day on 10 October every year. This year's theme is 'Mental Health in an Unequal World'. Just as being healthy does not merely mean the absence of disease, being mentally healthy doesn't just mean the absence of any mental health problem. In fact, being in a good mental health state means that we make the most of our potential, learn new things, are able to feel, express and manage a range of positive and negative emotions, form and maintain good relationships with others, play a responsible part in our family, workplace, community and among friends and cope with and manage change and uncertainty.

Mental health needs to become everyone's concern. We all have times when we feel down or stressed or frightened. Our mental health doesn't always stay the same. It can change as circumstances change and as we move through different stages of our life. Sadly, there's a stigma attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't even feel comfortable talking about their feelings. But it's healthy to know and say how you're feeling.

The overall aim of World Mental Health Day is to raise awareness of mental health issues around the world and to activate efforts in support of mental health. We already have seen a wave of mental health concerns during the pandemic. Feelings of stress and fear as well as self-isolation due to social distancing – have made it difficult to maintain close social relationships, which are important to well-being and to maintaining our resilience in the face of a crisis. So, let's come together in our efforts to look after each other



## QUOTE OF THE MONTH

*Well-being cannot exist just in your own head. Well-being is a combination of feeling good as well as actually having meaning, good relationships and accomplishment.*

*Martin Seligman*

# KNOW THE PROFESSIONALS

Here is basic information you need to learn about different types of mental health professionals.

**Psychologist**-Psychologists specialize in the science of behaviours, emotions, and thoughts. They work in places like private offices, hospitals, or schools. Psychologists treat a range of issues, from relationship problems to mental illnesses, through counselling. Psychologists can't prescribe medication.

**Psychiatrist**-Psychiatrists mainly diagnose, treat, and help prevent mental, emotional, and behavioural disorders. They use psychiatric medicine, physical exams, and lab tests. A psychiatrist is a doctor with a doctor of medicine (MD) degree.

**Psychotherapist**-“Psychotherapist” is a general term for lots of different types of mental health professionals. This can include psychologists and therapists. These professionals all provide psychotherapy. Psychotherapy is a type of “talking therapy.” It's designed to improve your mental health and general well-being.



**Family and marriage counsellor**-A family and marriage counsellor specializes in common problems that can come up in families and married couples, from differences to arguments.

**Art therapist**-Art therapists deal in a very specific type of therapy. This method involves using creativity in ways like painting, sculpture, and writing to explore and help with depression, medical illnesses, past traumatic events, and addiction.

**Social worker**-Social workers are dedicated to helping people cope with solve issues in their lives. These issues can include personal problems and disabilities. They may also address social problems like substance use, housing, and unemployment. Social workers are often involved in family disputes that involve domestic violence or child abuse.



## AFFIRMATION OF THE MONTH

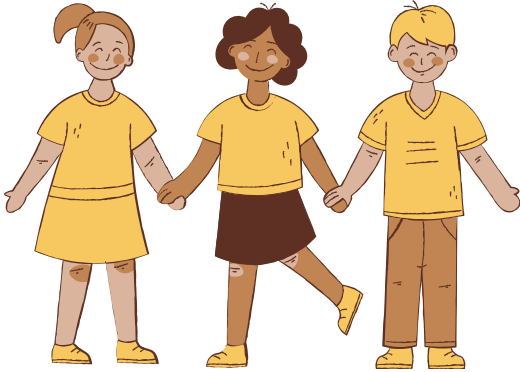
"I FEEL WHOLESOME IN MY THOUGHTS, FEELINGS AND ACTIONS THROUGHOUT THE DAY."

# MY CLAP KIT

Living in the pandemic times has made us realise that no matter how resilient we think we may be, we nevertheless find ourselves vulnerable to distress, anxiety, low mood, lack of concentration, weakened motivation and relationship difficulties. On this World Mental Health Day, let us start to follow some well-being and mental health supportive processes.

Here's an easy to follow list curated for you all. Let's call it

## "My CLAP Kit".



### C- Connect with Others

One way we can care for our mental health is to maintain connection with others. Maintaining connections with others can boost meaning, purpose, reduce stress, and foster a sense of belonging.

### L- Listen to Others

How easy it is for most of us to simply say, "I am fine," when asked "How are you?". We may not be feeling all fine, yet we end up saying this on maximum occasions. The missing link is that we all need people in our lives to listen to us. It's a fairly easy skill to develop- all we need to do is to shift our focus for some time from our own self to the other person.



### A- Ask for Help

Acknowledge how you are doing and let trusted friends or family know. Being open with others will let them know how they can help you. Asking for help can include going to psychologists or school counsellor you are familiar with and letting them know you need support.



### P- Practice Mindful Living

Mindfulness is an invitation to step out of the clutter and really focus on what we are doing, thinking, and feeling in this moment. It's a skill developed by deciding to slow down and taking the time to pay attention and be curious about things that we are experiencing and things that we see around us.



## JOURNAL ENTRY OF THE MONTH

In your journal/diary, record the following statement daily.

" I added value or meaning to my day by \_\_\_\_\_ "

# MINDFUL LIVING CHECKLIST

We may like to believe that we pay attention to everything that we engage in on any given day. Do you remember what you had for dinner yesterday? No? Let's check on how mindful we are. Answer in plain Yes or No. More of "Yes" responses indicate that you are being mindful. More of "No" responses mean you need to start being mindful or just be in the moment!

1. I eat a meal without distractions like TV or any other devices.
2. I pay attention to what I am eating and the different sensations that come up, and notice how it makes me feel.
3. I go for a walk and set out to really pay attention to the environment around me using all my senses.
4. I talk with a friend or a family member face-to-face without any distractions like phones.
5. I focus on the conversation and really listen without judgments or expectations.
6. I check in with myself at any time and notice my thoughts.
7. I take a minute to sit quietly and focus on the sensation of my breath.
8. When I find myself distracted by a thought, I acknowledge the thought and redirect my attention back to my breath.



## RECOMMENDATIONS OF THE MONTH

**Book-** Atomic Habits by James Clear

**Book** (Junior School)- Seven Habits of Highly Effective Kids- Sean Covey

**App-** Oak (Mindfulness)

**MOOC-** The Science of Well-being by Yale University on Coursera

**Kindly drop in your suggestions, feedback or letters on  
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