



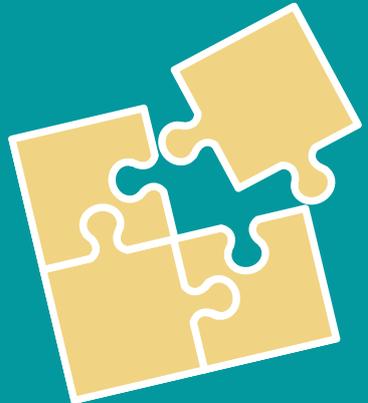
APRIL NEWSLETTER 2021

HEALTH & MIND CLUB



5 SKILLS FOR 2021

A NEW PERSPECTIVE FOR 2021



The pandemic has taught us some important lessons about how to take care of ourselves and each other. In 2020, we found a world where we have a newfound appreciation for relationships and community. A world much more fragile than we had understood it to be. A world that needs our tender attention.

Understanding this is a start, but with so much tough stuff still weighing us down, how do we begin to move forward? Remain **Optimistic**. It is in our DNA to care about the people in front of us and our community. What we need now are concrete ways to first foster our own well-being and then our relationships with others.

1. HUMILITY

- As it turns out, being humble can be a good thing. There is a rich body of research to suggest that humility first makes us question our assumptions, which often leads to listening to other people's ideas and adopting "a more other-oriented and less self-oriented outlook." Humility is also a good first step in self-compassion; when we have a modest view of ourselves, we see our flaws more easily and can judge ourselves less harshly. This can be very helpful in dealing with personal setbacks.
- Given that we have all had a big slice of humble pie in 2020, now is a good time to truly work at incorporating humility into our way of being. And it starts with quieting our inner voices that want to be right and deeply listening.

2. COMPASSION

- Across the world, COVID-19 wrought tremendous suffering, and people felt the pull of compassion, which is defined as sensing suffering and moving to address it. Witnessing images of compassion on social media moved us, whether this was people visiting isolated neighbours or cheering for health care workers. We saw many frontline workers moving toward danger to express their compassion.
- To feel compassion, one must witness the suffering of another—but that witnessing can be stressful, so we are sometimes inclined to avoid it. A simple acknowledgement to ourselves, by thinking, "This person is suffering," is a humanizing act. While it does not stop the suffering, it tempers our negative emotions as we lose the tightness that denial entails.
- Compassion is foundational in how we move through our world, and it should be our greatest source of inspiration and energy.



3. AWE

- Awe is the feeling we get in the presence of something vast or beautiful that challenges our understanding of the world. It is something we depend on to keep life fresh. In 2020, those vacations to “awesome” places did not happen, and this contributed to the flat feeling many people experienced. Awe makes us feel more alive, but, importantly, it also makes us more humble, more generous, and less self-centred.
- This year, a new study demonstrated that awe can be cultivated, and we do not need to travel the world to find it. A brisk exercise walks or a walk in which you move more slowly but look carefully at your surroundings for wonder and beauty can create an increase in positive emotions and social connection.
- Awe Walk: Find wonder and inspiration through a simple stroll. So, if we are seeking awe, we can find it nearby if we take the time to look for it. People can be a great source of awe, too. For the rest of us, while we might not be making that “awesome” trip soon, we can all get filled with awe watching documentaries of inspiring moral or political leaders.

4. PURPOSE

- A meaningful life or a life well-lived has plenty of joy, but more importantly, it involves a sense of purpose. While we are all a little joy-deficient now, 2020 certainly made up for that with opportunities to live with purpose.
- Purpose is an abiding intention to achieve a long-term goal that is personally meaningful and makes a positive mark on the world.
- But living with purpose requires stating our purpose. When the purposeful work we do becomes routine, we can easily fail to appreciate it. If the pandemic has given you a deeper sense of what is important, now is a good time to think about how you can serve those interests moving forward.



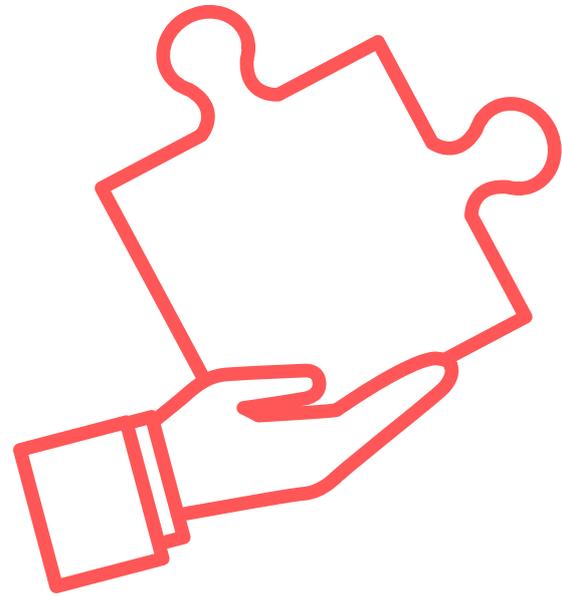
5. LOVE

- As we know now, one of the few bright sides of 2020 was the greater sense of shared humanity that we developed—and with that, a greater sense of concern for others and an awareness of our need for connection.
- We should not miss the opportunity to build upon this. For the sake of everyone's health, we must use our influence in our families, communities, and exam rooms to advocate for what people now intuit—that an open-hearted, connected world is a healthier one. We need to talk about love.
- Love is defined as a moment-to-moment experience of warm, mutual caring that we feel with any person—even strangers—in everyday interactions. Our brains are wired to look for this love and if we have this mindset, we can see the world as a source of expanding connectedness and well-being.
- I encourage everyone to see all our interactions with people—from those at the market to those with our friends and colleagues—as a sacred opportunity to open our hearts and create a more loving world.



WHAT'S YOUR PURPOSE

What am I meant to do?
What gives my life
meaning?
How do I want to
contribute to the world?

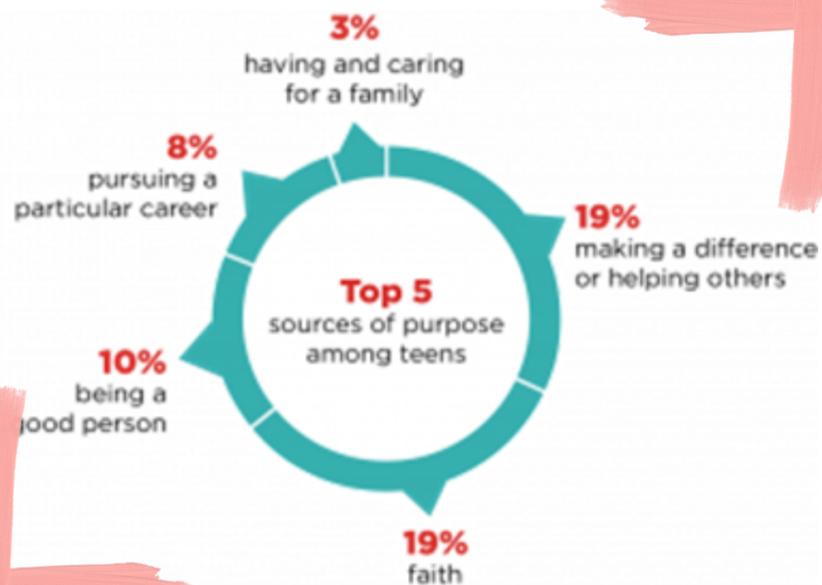


- These are all questions that get to the heart of purpose—that commitment to something that not only is meaningful to you personally, but that also helps you contribute to the world around you.
- Embarking on a voyage of discovering one's purpose is critical during the adolescent years. Teens and young adults who seek purpose report higher life satisfaction and levels of happiness. They also tend to have better physical health and are more successful academically.

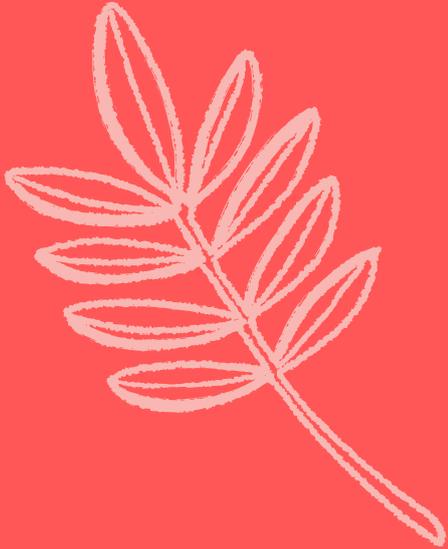


- And even though pursuing a purpose means hard work and may be stressful in the short term, students with purpose feel less stress in the long term because they see challenges as stepping stones towards their meaningful life goals.
- Leading a life of purpose is a good thing. Pursuing one's purpose is associated with psychological well-being. For instance, compared to others, individuals with purpose report they are happier, more satisfied with their lives, and more hopeful about the future. Purpose is related to indicators of academic success, including grit, resilience, and a belief that one's schoolwork is feasible and manageable. Propelled by a personally meaningful and highly motivating aim, youth with purpose know what they hope to achieve and how academics can help; consequently, they are more likely to work hard and excel academically.

There are research findings that tell us that only about 20% of adolescents lead lives of purpose. Rates of purpose increase during the college years, when about 1 in 3 young people reported having identified a purpose in life.

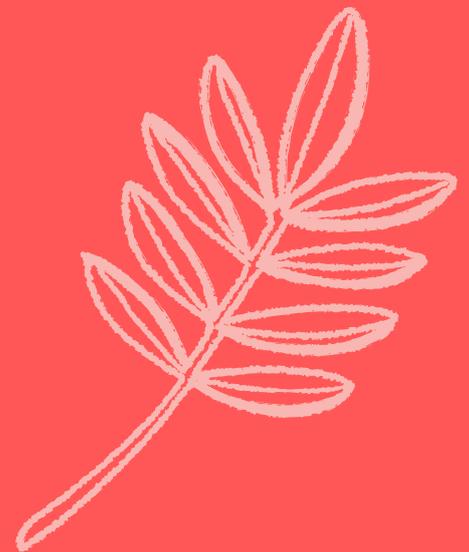


HERE ARE SOME WAYS THROUGH WHICH STUDENTS CAN DEVELOP A SENSE OF PURPOSE:

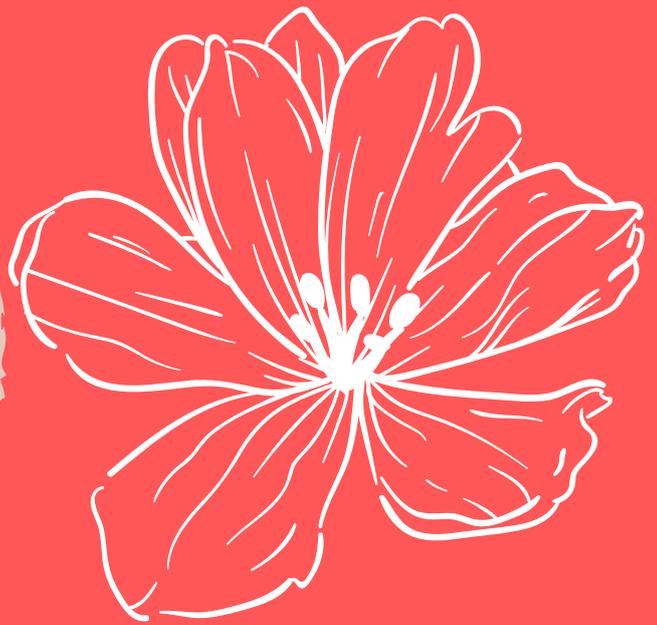


The Magic Wand: Think about the world around you — your home, community, the world at large—and visualize what you would change if you had a magic wand and could change anything. Then ask yourself, why you chose what you did and consider concrete steps you might take to move the world a little closer to that ideal.

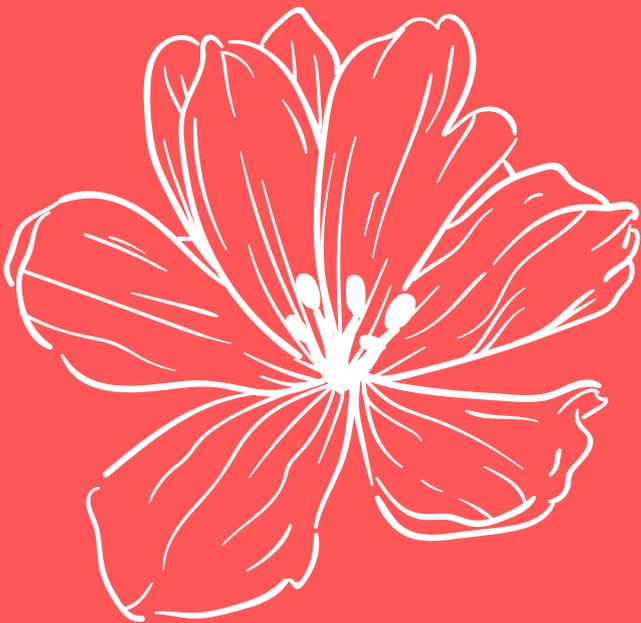
Best Possible Self: Imagine yourself at some future age — like 10 or 20 years down the road—and think about what your life would be like if everything went as well as possible. Then ask yourself these questions: What are you doing? What is important to you? What do you really care about, and why?



CLARIFY YOUR VALUES: IF IT'S HARD TO FIGURE OUT WHAT MATTERS MOST TO YOU, AFFIRMING YOUR VALUES CAN HELP. THREE VALUES SURVEYS—THE VALUED LIVING QUESTIONNAIRE, THE PORTRAIT VALUES QUESTIONNAIRE, AND THE PERSONAL VALUES QUESTIONNAIRE—ASK YOU TO RANK THE IMPORTANCE OF DIFFERENT VALUES, SOMETHING THAT CAN HELP YOU GET CLEARER ABOUT YOUR PURPOSE.



RECOGNIZE YOUR STRENGTHS: TO GET A HANDLE ON YOUR PARTICULAR SKILLS YOU CAN CONTACT PEOPLE WHO KNOW YOU—TEACHERS, FRIENDS, FAMILY AND MENTORS—AND ASK THEM WHAT YOU'RE GOOD AT, WHAT YOU SEEM TO LIKE TO DO, AND HOW YOU MIGHT MAKE YOUR MARK ON THE WORLD. SOMETIMES AN OUTSIDER'S OPINION CAN HELP CLARIFY YOUR PERSONAL STRENGTHS AND HELP YOU FIGURE OUT HOW BEST TO APPLY THEM.





VOLUNTEER: FINDING PURPOSE IS AIDED BY HAVING A BROAD SET OF MEANINGFUL EXPERIENCES THAT CAN POINT YOU IN THE RIGHT DIRECTION. VOLUNTEERING EXPANDS YOUR EXPERIENCE, WHILE ALSO IMPROVING YOUR WELL-BEING AND HELPING THE WORLD. VOLUNTEERING ALSO PUTS YOU IN TOUCH WITH PEOPLE WHO HAVE SIMILAR VALUES, WHO MAY INSPIRE YOU OR POINT YOU TOWARD OTHER OPPORTUNITIES FOR MAKING A DIFFERENCE THAT YOU HAD NOT THOUGHT OF BEFORE.



CULTIVATE POSITIVE EMOTIONS: POSITIVE EMOTIONS HELP US TO BROADEN OUR OUTLOOK ON THE WORLD AND FEEL ENERGIZED TO TAKE ACTION FOR THE GREATER GOOD; SO THEY CAN BE USEFUL FOR FINDING PURPOSE. GRATITUDE AND AWE, IN PARTICULAR, HELP US CARE ABOUT OTHERS, BUILD RELATIONSHIPS, AND FEEL CONNECTED TO SOMETHING GREATER THAN OURSELVES, WHICH IS WHY THEY'RE TIED TO FOSTERING PURPOSE.





Harty Check In

JOURNALING PAGE FOR REFLECTIONS AND GROWTH MINDSET

For the rest of the week, write something on each day based on the prompts. What did you do? how did you feel before, after? Why?



Silent Sunday

Spend time way from tech and noisy activities. Turn the phone, p and Tv off.

Mindful Monday

What can u do mindfully today?



Try it Tuesday

What will you do that's new and outside your comfort zone?

Walk out Wednesday

Time to connect with nature (observe, feel & smell)



Thankful Thursday

What can u you be grateful for today, this week, this morning?

Flexible Friday

Try something that stretches your body and uses your mind like the plank.



Sharing Saturday

What can you share with someone today, a hug, a worry, a cake, your time, an achievement?



Being You

As I lay down in my bed that night,
I wished just once everything would be right.

If only I was as smart as him,
Life would be perfect and never so grim.

If I could be as pretty as her,
I would be on top of the world, like everyone were.

Frustrated, I got up and glanced at the mirror,
That's when things became crystal clear.

There in the mirror was a beautiful face,
The only thing missing was a smile in place.

"How can I be so foolish", I thought.
I was wrong the whole time, I was distraught.

I realized happiness is not in being like others,
But is in being yourself and doing wonders.

That's what I learnt from the person I saw,
You're the most precious and special creation of all!

CREDITS:

1. BEING YOU (Poem)- Sanjana Sujay
2. 5 Skills for 2021- Compiled article
3. Purpose- Compiled article
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