



MIND MATTERS

Rotary
RID 3030 India

Action Group on
Mental Health
Initiatives

MONTHLY NEWSLETTER OF THE DISTRICT ACTION GROUP ON MENTAL HEALTH INITIATIVES

AUGUST 2021 ISSUE 05

EDITORIAL



"Empathy not Stigma"

What comes to your mind when you hear that someone is suffering from a mental disorder? Does it throw up images of a

weird person behaving in an abnormal manner? Do you feel scared and forbid your children to talk about it? If you know him, do you forbid your children to visit his home and to stop talking to his children? Unfortunately, such images of a mentally disordered person behaving in crazy manner, have been shown in films and we can blame them for creating such ridiculous images and stereotypes in the minds of the general public.

The fact is that severe mental disorders constitute only 10 to 15% of the spectrum of disorders, while the remaining majority of 85% are common mental disorders such as stress, anxiety, depression.

Our previous issues have focused on such subjects of stress, depression, anxiety and this month we bring you a very common emotional behaviour called 'anger'. We must understand that common mental disorders afflict almost all people once in their lifetime. We all know and agree that Corona has not spared a single human being on this earth. Each one has experienced some sort of mental stress or pain or anxiety or grief during the last year and a half.

We therefore hope, Corona has sensitized people in general to some extent at least, about common mental disorders and may have reduced the stigma in their mind. We hope people will begin to look at a person with mental illness with empathy and more understanding.

This month we introduce two new columns- one on Child Psychology named 'Young Minds' and the other on ART therapy named 'Arti-tude'.

We had a tremendous response to the July newsletter.

We hope you enjoy this issue equally.

Look at another with Empathy and without Bias!

Rita Aggarwal.

ROTARY CLUB OF NASIK GRAPECITY PRESIDENT RTN. ANIL DESHMUKH

President Anil Deshmukh is a gentle and soft spoken person, in spite of having a long challenging career with Maharashtra Police of 38 years! He joined Police career right after his graduation and spent his entire working career with Police serving the society in most difficult cities of Mumbai and Thane. He was awarded rightly, with the President's medal for meritorious service in 2002.



Rtn. Deshmukh joined Rotary in 2014. He is happily married to Rtn. Jalprabha and are blessed with a daughter (Tanaya, married and employed as HR Manager in MNC) and son (Siddhar, managing hotel business in Nashik). Rtn. Deshmukh enjoys being with family & friends and spends time managing his farm and poultry business besides social work through Rotary. He makes it a point to spend time with his friends and ex-colleagues at least once every month. He also helps his son in his business whenever he is needed.

Rtn. Deshmukh starts his day by drinking warm water and does yoga and pranayama followed by walks and then reading news. He eats only two times a day and prefers jowar bhakri and ends his day with a warm cup of milk. His happiness mantra is "not to take any stress by not thinking about any negative matters in life and always be in the company of friends and family".

Rtn. Deshmukh feels that mental health has become very critical as people have become very restless and get angry over small issues. Corona pandemic has greatly added to the frustration of people in general and has worsened the mental health for many. He expects DAGMHI to conduct sessions for awareness of mental health issues amongst the various strata of society and organize anti stress programs especially targeting children of poor people, affected farmers and jobless people. He has promised his 100% commitment to any initiative taken by DAGMHI and fully supports the cause.

IPP Murali Raghavan, RC Deolali, Director, DAGMHI.

MORAL METAPHOR GUEST COLUMN

Poverty, not an impediment to dreams.

In a flash, she became a national heroine. In a moment, all her dreams came true. Of course, a Silver Medal in weightlifting in Olympiad was still a step away from the golden fulfilment of the dream. Yet, for Meerabai Chanu, who came up from throes of extreme poverty, even a Silver was a good start for a career in international sports.

But back from Tokyo, Meerabai Chanu had one task to finish – to look for a truck-driver! What?! A truck-driver?!

Yes, very much a truck-driver.

There is a story behind this. It was this truck-driver -- or an occasional other one -- would take Meerabai Chanu from her home to her training centre every day. The details of this every-day journey to excellence has a terrific message for everybody.

Born in a village in the hilly areas of North-East, Meerabai Chanu was needed to reach her training centre 30 km away, traversing the mountain-slopes up and down. In her ten-rupees-a-day pocket money, no bus would take her to-and-fro every day. So, she made friends with a truck-driver, who would offer her a lift to-and-fro between home and training centre for free. Every day, he did that for years.

That was why Meerabai Chanu wanted to meet the truck-driver to thank him in whatever manner. Back home, with honours and awards and monetary rewards pouring in, Meerabai Chanu has now become a rich young lady. But in her home, she sits on the floor with her family for her dinner after her triumphant return from Tokyo.

"I cannot forget my days in utter poverty when my parents could afford only ten rupees every day to give me for my to-and-fro travel for training. But that did not stop me from dreaming. **'Who says, poverty is an impediment to dreams?'**, she asks in righteous indignation. The metaphor in this little tale needs no explanation.

-Vijay Phanshikar



ANGER SPECIAL

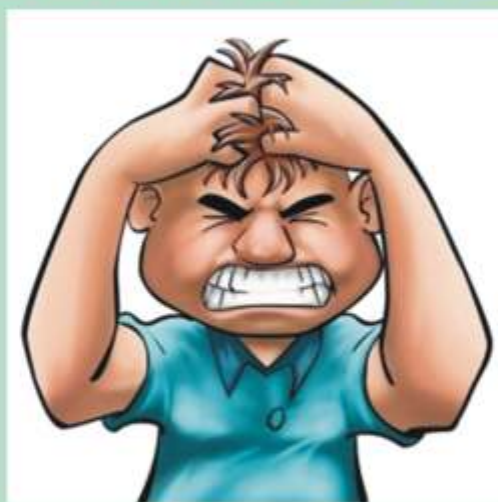
DECODING ANGER

ANGER

As elementary as happiness, anger is a basic human emotion, tied to mankind's survival. Anger often crops up in times of perceived or actual pain, loss or threat. When hurt gets converted into anger, it makes us believe in an 'illusion of control' and isolate ourselves from the actual pain. It can range from simply feeling annoyed or irritable, to becoming bitter and eventually seeking vengeance or entering unstoppable madness.

From transient irritability to violent outbursts, anger varies in form and intensity. While its external manifestations are visible to all, much goes on inside an angry person, like the 'iceberg phenomenon'. Racing thoughts, emotional turmoil and fluctuating physical health parameters often prompt a person to jump to conclusions or take impulsive decisions. Anger suppresses our rational brain and seeks quick reactions to the trigger. While such immediate response might seem conducive to our survival in the evolutionary sense, defying social norms, seems senseless in pragmatic sense.

Whether we learn it from our parents or exhibit it by our very own nature, anger continues to be a basic instinct of existentialism, often expressed to demand control or dominance over others. Appearing powerful on the outside, anger is truly a sign of our deeper insecurities. Our fear of inadequacy gets masked by the cloak of intimidation, which obscures our flaws beneath. As children, we exhibit anger as temper



tantrums, hoping them to fade away as we grow up. However, such patterns of emotional expression often affect children's development and maturation adversely, and take them down a slippery slope of narcissism, later depriving them of meaningful relationships and work prowess.

We can either suppress uncomfortable emotions, without displacing them onto other aspects of life, or resolve them through unconditional acceptance of reality. Albeit, mindful expression of anger is equally important. When unexpressed, anger can implode within and precipitate numerous physical and mental health ailments. Sometimes, it creeps into our behaviour passively-aggressively, making us cynical, overcritical and socially disliked. A rather healthy approach to such feelings is the expression of assertiveness, without

disregard to others. Converting anger into constructive sports or assets allows its catharsis without much damage. For example, mindful painting, dancing, fencing, boxing or an armed Forces career can help channel anger productively.

Managing anger: is a lot about preventing it in the first place. We may not be always able to prevent the triggers but we can certainly work on not allowing them to affect us deeply. Low tolerance for frustration or inconvenience is commonly linked with recurrent irritability, owing to both inherent vulnerabilities and sociocultural conditioning. An easy way to counter ripples of growing anger is to subject our mind to counter-ripples of relaxation and grounding. Self-monitoring, meditation, physical exercise or calm imagery can be of substantial help. Modifying our core beliefs about the world, and exploring alternate, rational ways of thinking can also change our perspective in the long run. And yes, a dash of humour in times of distress couldn't really hurt.

"What others do is a projection of their own reality," says Don Ruiz, the Mexican author popular for his work on ancient philosophy in achieving spiritual enlightenment. Taking his empathic view, if we can feel compassionate towards those who wrong us, we can protect ourselves and our loved ones from anger as well as the angry.

Dr. Bhakti Murkey Sisodia.
Asst. Professor, Dept. of Psychiatry,
Pacific Medical College and Hospital,
Udaipur.

"Dealing with Anger"

Anger is a highly analyzed human emotion and even regarded as sin in religious scriptures. The advice on controlling anger is one of the most common lectures we encounter often. Even though controlling this one human emotion is a difficult task, it is also an art of life. People tend to convince themselves that, an 'angry person has more love and affection'.

In the way we 'react or respond' to situations, decides its consequences.

1. To deal with this, first, understand the gravity of your anger. Is it just a mild irritation or an intense fury??
2. Secondly, scrutinize whether it is due to external or internal factors.

External factors can vary from the domestic worker's leave of absence to traffic jams. Internal factors can range from traumatic past events to work pressure and family issues. It also includes physical factors because of 'not so good' health condition.

For example, in a situation like a traffic jam where you get angry and hit the horn with all might and force, just rewind and reflect. It may be because you got out of home delayed by 5 minutes, due to late wake up or time was lost in searching for your socks for your school going kid or a family member was not helpful. With different reasons everyday, the cycle gets repeated making the person irritable, short tempered, socially withdrawn, sulk and physically unhealthy.

Overcoming Anger: Discipline yourself by changing your attitudes radically.

- Practice assertiveness. Politely convey to unhelpful or demanding family members about their act.
- Practice good communication skills with appropriate words and sometimes keeping quiet.
- Forgive and forget others mistakes and sometimes your own.
- Do not skip your meals.
- Have good sleep hygiene.
- Develop a hobby to rejuvenate yourself.

Above all love yourself.

Sripriya Shaji
Psychologist. Art therapist.
Srisha Counselling, Kozhikode, Kerala.



ANGER SPECIAL

MY STORY

My childhood was very depressive and full of anger issues. I used to throw things over here and there in chronic anger state. I was getting annoyed and would easily burst over little things. It was difficult for me to control my actions and not able to realize my reactions which was overblown and hurtful to my family. I hated the feeling of guilt, I had after my chronic aggressive behavior. I took counselling for few years and I felt comfortable while sharing all my experiences with her. I discovered my triggers for anger issues which helped to control my behavior. I read the self-help books for positivity. I practiced meditation like anulom-vilom and other yoga techniques suggested by counselor. I used to do small exercise whenever I felt exhausted to calm my mind like spot jumping, breathing exercises. I tried to connect with old hobbies such as playing table-tennis for one-two hours daily. It helped me to regain my mental peace and being active. Also, I became determined to enhance my career as I was getting frustrated cause of not able to focus on studies and tried to socialize. I overcame it step wise within 4 years. Meditation have helped me a lot during this phase. Also, writing down my own feelings, mumbings for few minutes whenever I get frustrated about the things helped me to regain good mental health and slow down my aggressive reaction. I felt guilty for my behavior in past and hope everyone can overcome it without harming others feelings. Anger is very destructive and needs to be controlled.

Ritika, Chandrapur, Maharashtra.



Anger- It is an uncomfortable feeling! As we express it unconsciously to other, it is unhealthy for them and affects our relationships. However if we suppress it affects us and we becomes like a volcano ready to erupt any time with slightest of trigger. It is vital to learn to manage and

YOUNG MINDS "The Angry Child"

Anger is a strong feeling of displeasure and antagonism. Being angry at times is normal. However, if you see your child getting frustrated or angry frequently there may be underlying, mental health conditions such as anxiety, ADHD, or oppositional defiant disorder.

Anger is a big emotion for a child to handle. However, children who are able to calm quickly after an outburst are showing us that they have a handle on anger management. They just need extra support and guidance to manage their emotions better.

Causes of anger in children:

- They feel powerless.
- They feel disconnected.
- They feel unheard or misunderstood.
- They feel hurt.
- They feel anxious or nervous.
- They feel their boundaries have been invaded.
- They feel frustrated.
- They are silently suffering from ADHD, OCD.

How can parents or guardians help:

Talk calmly and listen to your child without reactions. Allow your child to express all kinds of emotions.

Let go of the judgements and generalizations. All children are different, so some may express differently.

Try to include, words like, "I" instead of "you". Let your child feel his or her emotions.

Don't give into their tantrums. If a child throws tantrums and parents give them a toy to silence them, they will learn that tantrums are effective. Give consequences for the bad behavior not the emotion of anger. Help your child develop emotional intelligence.

Don't give overly harsh judgments. Later, once your child calms down, you can talk about appropriate tone or language.

Give your child ways to manage his angry impulses in the moment:

When a child becomes angry or aggressive, he can pose a serious risk to himself and others. It is helpful to first understand the behavior with some communication. This may require more patience and willingness but when the result leads to a better relationship and a happier home, its' worth the effort.

regulate our emotions, which is healthy for both!

For that we have a wonderful tool here. It is the Anger thermometer. This tool is helpful for everyone as it gives a measurable structure to the intensity of the anger as it cannot be seen and cannot be measured!

You can make this and put it in front of your desk. The anger thermometer can be customized as per your needs. You can assign various levels of what I behave like and what I can do to cope with anger if I am at that level. You can figure out what works for you as different people cope with anger differently!

What Can I Do?



Lavina Keswani
Asst Professor, English.

My ANGER Thermometer!



Hope this anger thermometer helps regulate and manage your Anger better!

Kavita Saraf,
Life coach, Soft skills trainer,
Art Therapist



CLUB REPORTS

25 July 2021- Rotary Club of Jalgaon West:

A mental health awareness program was conducted at 'Matroshree Vrudhashram'. President Rtn Krishnakumar Wani gave introductory remarks. Rtn. Dr. Mayur Muthe and Rtn. Dr. Anand Dashputre guided the inmates on importance of mental health, how to maintain a good state of mind and also explained the importance of balanced diet and exercise to stay healthy especially in old age. The session was highly interactive and the inmates participated enthusiastically. Cultural event committee Chairman of the Club Rtn Samkit Mutha and Rtn Munira Tarvani conducted various games in which all seniors participated whole heartedly and the bright smiles on their faces was the evidence of the extent they enjoyed. Snacks were also distributed on the occasion which were sponsored by the club members. Rtn Anup Asawa, Club Secretary proposed vote of thanks.



BEING IN HARMONY

"Cut" & "Shut"

Between stimulus and response there is a space. In that space is our power to choose our response. "Cut" your reaction and "Shut" your mouth. If you keep calm, healthy, honest in a situation then you are in control.

Staying disciplined, cool, about how you respond can be achieved by following:

1. Quick and easy way to mentally gain time to rethink about the situation; is to start counting from 1 to 20.
2. Walk away to a 'silent room/ place' or to a 'comfort zone' where you are with yourself to think clearly.
3. Repeat a phrase that helps you calm down and refocus like 'relax'; 'take it easy'; 'all is well'.
4. Put in your ear buds and let your favourite music carry you away from your feelings.
5. Write in your journal, practice gratitude, talk to a friend, laugh etc may also help.
6. Exercise - walking, cycling etc help of you calm.
7. Express your response once you are calm. Your reaction to a situation literally has the power to change the situation itself.

-Deepa Aggarwal.



(1)



(3)



(2)



- 1) SHASHANK ASANA
- 2) ANULOM-VILOM PRANAYAM
- 3) BHRAMARI PRANAYAM

DAGMHI PROJECTS



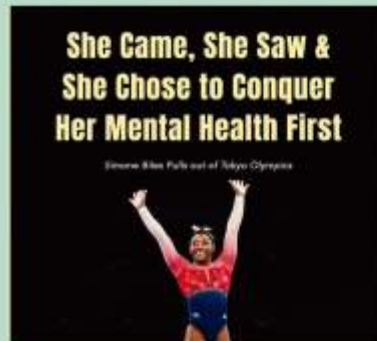
28th July 2021. Talk on CBT/REBT

District Action Group on Mental health conducted its first webinar on CBT-REBT, Cognitive /Rational emotive behavior therapy, an introduction. District Governor Rtn. Ramesh Meher was the chief guest

of the event. He was introduced by Rtn Abha Pimprikar, President DAGMHI. In his inaugural address he stressed importance of Mental health and assured his full support for such activities.

Dr. Tariq Sani, certified CBT and REBT consultant was the guest speaker, he was welcomed and introduced by Dr. Kalpana Date, Vice President DAGMHI.

According to Dr. Tariq, even at best of times worry and anxiety are common problems and in pandemic times such problems are worsened. CBT and REBT are the techniques which can help to overcome such problems. He elaborated on worry tree technique, worry time technique, sleep hygiene etc the techniques which can be practiced to overcome stress and anxiety. Fifty participants comprising of Rotarians, Non Rotarians associated with DAGMHI were benefitted by this program. Dr Rita Aggarwal advisor DAGMHI was the motivating force behind this successful program. The program was conducted by Rtn Pratiksha Mayee Hon. Secretary DAGMHI.



We also have to focus on ourselves, because at the end of the day we're human, too. We have to protect our mind and our body, rather than just go out there and do what the world wants us to do.