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Issue #20

Theme: Red Flags in a Relationship





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Glimpse

Farewell to Ms Shahnaz

With immense gratitude for her role and noteworthy contribution to Woxsen University, the Student Wellness Cell bid farewell to Ms Shahnaz Rahaman. The members of the Cell offer their heartfelt congratulations and wishes for all her imminent endeavours.

Ms Anubha Jain has been appointed as the Psychology Counsellor and will be heading the Student Wellness Cell, at Woxsen University.



The Annual Event of Student Wellness Cell

The Student Wellness Cell organized its second Annual Event to observe World Mental Health Day on the 10th of October. 10th of October holds significant importance in raising awareness about Mental Health, reviewing policies, and mobilizing efforts in support of mental health across the globe. This year's theme 'Mental Health and Well Being- a Global Priority for All' highlights the gap in accessing mental health care facilities among people from different socio-economic backgrounds.

This year at Woxsen, World Mental Health Day was marked by distributing Mental Health Badges amongst the students and staff to symbolize solidarity toward people struggling with mental illnesses. During an interview with Anika Raj, a community service volunteer, Dr. Raul, Vice- President at Woxsen University shared insights on making mental health a priority for all. Another successful initiative undertaken on this day was the Walk with a Stranger, aimed at encouraging conversations around student's mental health. The day ended with a special Bonfire event, Rise from the Ashes, where the students rejoiced the night with a live band performance by The Octaves. As a symbolic act to let go of their worries, the

students were encouraged to write down their struggles on a piece of paper and put it in the bonfire.



Visit to Kamkole High School

Ms Shahnaz Rahman, Ms Anubha Jain along with Ms Varshini Naidu, community service volunteer, visited the Kamkole Government High School to fulfil some requests made by the school and students. The six month long Social Impact Project – Woxsen-Monmouth Elevate Program 2022 was concluded by providing with notebooks, study kits and, a desktop; collected and donated by the Woxsen students.



Orientation Programme

On 19th of October, the Student Wellness successfully conducted an induction program for over 85 students from School of Technology. The program consisted of a fun-filled ice breaking activity, followed by an interactive discussion on the importance of breaking the stigma around mental health. The students were apprised of the various initiatives undertaken by the Student Wellness Cell and were encouraged to take part in upcoming activities.

Relationship & Red flags

Our lives depend greatly on our ability to connect with others. Our mental health is influenced by our sense of connection, being accepted, and loved by others.

But not every relationship is meant to improve our quality of life. Certain relationships are unhealthy for us, some of them may even be toxic, and therefore it's critical to spot the warning signs.

Red flags are warning signs that denote dishonest, exploitative, or unethical behavior, in the context of relationship. They are not usually instantly obvious, which contributes to their severity. Nevertheless, they frequently develop and worsen over time, leading to toxicity. Toxic behavior is generally stealth and sneaky. It sneaks up on us when we're vulnerable, and if we can't fight it off, it can take over our life.

"It is quite common for our guts to tell us something is off in a relationship, but we choose to ignore it because we want things to be different," says Jennifer Kelman, a licensed clinical social worker based in Boca Raton, Florida, and a mental health expert.

Here are few commonly identified red flags in a relationship:

1. **Lack of trust:** Any healthy partnership needs trust as a basis. When partners, friends, coworkers, or family members mistrust you, it is a clear indicator that the connection is fragile. Mutual trust is necessary for a relationship to be healthy.
2. **Emotional, mental, or physical abuse:** Emotional, mental, and physical abuse are indisputable red flags in any relationship. Although, physical abuse is evidently visible, emotional, and mental abuse can be equally harmful in the long run.
3. **Dominating behavior:** Over controlling trait is one of the most common red flags in any relationship. People that attempt to influence your



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1. actions, choices, or beliefs are more focused on their own desires than what might be certainly suitable for you.
2. Gaslighting: Gaslighting is emotional manipulation where the other person distorts reality, making you doubt your perceptions through denial or by placing the blame on you.
3. No clear boundaries: Lack of boundaries is evident when your partner devotes all of their time to you and demands that you do the same. Prioritizing your relationship is crucial, but it's also equally crucial to prioritise and succeed in other aspects of your life. It can strengthen your relationship and each of you as individuals when you each have a strong sense of self. Someone who completely and continuously depends on you for their enjoyment and sense of satisfaction may experience emotions of suffocation, resentment, and sadness as a result.

Communication barrier may not necessarily constitute a red flag, but it can help you spot potential red flags. Good communication is critical for the well-being and stability of relationships; as a result, if it is lacking from the beginning, it is likely to persist.

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The Most Crucial Relationship

We, as human beings, are wired to need a sense of belonging. The best way to achieve that intimate connection is relationships, whether they be platonic or romantic. We dwell and thrive as a result of the positivity, connection, intimacy, and support that the relationships we have cultivated offer us.

The relationship you have with yourself, however, is an underappreciated and often overlooked aspect that serves as the foundation for all the other relationships. Our propensity to connect with others truly reflects how well we get along with ourselves.

According to Julie Hanks, a therapist and writer at Psych Central, "A healthy self-relationship is the ability to value yourself as a person and embrace your strengths and weaknesses." Similar to any other relationship, your relationship with yourself has warning flags that could mean you need to work on building a far more positive and strong bond with yourself

When we talk about red flags, it is extremely important to talk about the act of kindness, to oneself and their body. Start engaging in mindfulness exercises as soon as you notice that you are being harsh on your body and yourself. It will enhance your self-confidence to take care of your body, get a massage for yourself, exercise frequently, and pay attention to what you eat, practice self-care. Over time, you will gradually come to naturally love your body the more you treat it with the loving compassion it deserves. It's time to alter your perspective if you are someone who frequently critiques their own work or constantly feels inadequate. Understanding that self-criticism and negative speech are two very different extremes of a continuum is essential.

You must strive to be your own best friend, and if you hear criticisms floating around in your head, stop and recreate the dialogue with loving words for yourself, just like you would for your best friend.



Anika Raj

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Did you know?

Anxiety and depression cost the world economy roughly US\$1 trillion in lost productivity each year. Around 1 in 7 people in the workforce worldwide have a mental illness. This is more common in low-income nations. Yet, there is only one mental health practitioner for every 100,000 people.



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