

MIND FIGENT

...A discoveri

#MAY 2021



ISSUE #2

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Interesting Fact

Mindficient is a portmanteau word; which means it is a blend of two words: Mind and Magnificent. Mindficient journal aims to bring about the discovery of various aspects of the Magnificent Mind in its monthly issues.

GLIMPSE

Student Wellness Cell conducted group sessions for all the schools of Woxsen University and more than 280 students took part in it.

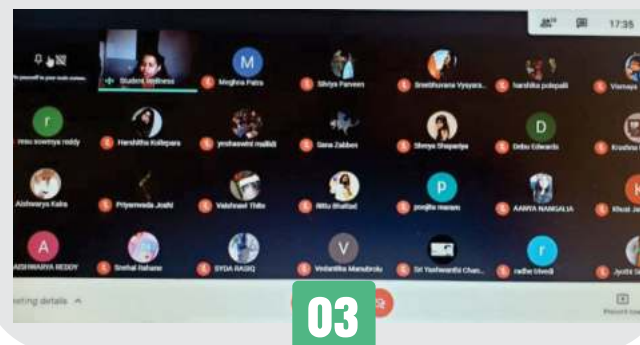
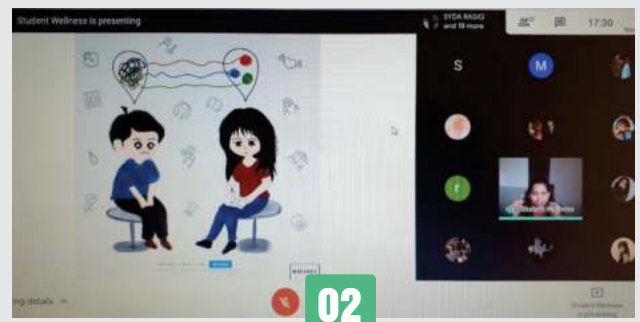
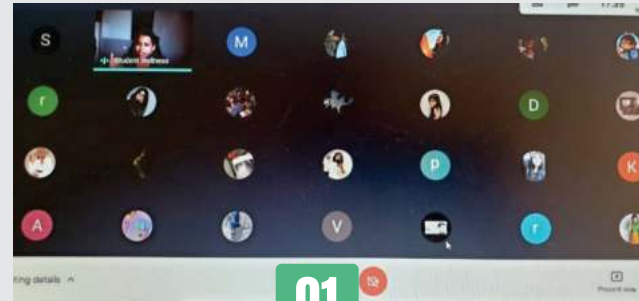
The Wellness Cell has also launched 'Candid-talks' an initiative to reach out to all students individually and have a one-to-one conversation about the *Young Adult Life: Conquer your Fears & Face tomorrow!*



This is a phase wise initiative and is projected to be completed in the next six months.

CONCERNS Commonly Addressed

- 👤 Difficulty in studying
- 👤 Attention & Concentration
- 👤 Relationship problems
- 👤 Sexual orientation
- 👤 College life adjustment
- 👤 Confidence
- 👤 Self-esteem
- 👤 Stress, anxiety, depression
- 👤 Other difficulties



Students' take on Candid-Talks

“

It was really nice to talk to a professional about your worries and get meaningful insights for the same.

”

“

It is a great step to enable students to understand what they are here for in the college. It is important to check one's progress in life, once a while

”

“

It's pretty good session and if it continues for long term there is a possibility to change individual minds towards self-motivation

”

“

It was really good sharing our feelings to someone who doesn't judge us. The Wellness Cell will help you in overcoming challenges which is an excellent thing.

”





Living through Social Media Highlights

Modern day living is incomplete without the presence of social media sites. It provides us a platform for social connectivity, share life stories, get news update, upload photos and videos, play games, and much more. We can safely say that it has slowly become an indispensable part of our life. From the moment we wake up, till the time we go off to sleep, we are constantly checking our phone and receiving updates about each other. The ongoing pandemic is a crucial factor for our increased use of social media sites like Facebook and Instagram. Living through social media highlights may be a way of killing boredom for most teenagers or young adults. But are we really aware about what it might be doing to us?

How many times have you looked at someone's Instagram account and thought 'Oh they look so perfect!' or how many times have you wished that your life was as great as you see those people on Facebook?

Several studies have established that social media usage is increasing the symptoms of anxiety, depression, sleep issues, negative body image and also affecting our self-esteem. The reason is not because of the innocent scrolling but the constant comparison we do with others.

"The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else's highlight reel." ~Steve Furtick

Everyone else's life seems more fun and sorted when we scroll through our newsfeed each day. We see people having a perfect figure, spotless skin, wearing branded clothes, going for vacations, showing their skills, flaunting their relationships and so on. We are forced to believe that everyone's life is much better than ours.

The Psychology behind comparison

Lion Festinger, a social psychologist, popularly known for his influential theory on social comparison, suggested that people have an innate drive to evaluate themselves by making comparisons with someone similar to them. Long before the arrival of social media, his theory in the year 1954, talks about how we make sense of our opinions and abilities by making comparison with someone else.

We generally engage in either upward comparison, where we compare ourselves with someone whom we perceive to be better than us or downward comparison where we compare ourselves with someone whom we perceive to be inferior to us. Both types of social comparison can result in negative and positive effects.

Social comparison has existed since long and now social media platforms are providing modern-day opportunities for social comparison where upward comparison seems more prevalent triggering negative emotions.

How can we handle it?

Social media is a place where everybody want themselves to be liked and feel validated by others. Most people showcase only the good things that are happening in their life and present the optimized version of themselves. The highlight reels showcase only the wins and the achievements. Often times, we fail to know what goes behind the reels in a person's life.

We also associate our value with the number of likes we get and in the process, forget who we truly are. All this can lead to a vicious cycle and trigger a full blown mental health issue if left unchecked. If eliminating comparison seems totally impossible then we can always choose to be more aware about our thoughts and feelings while we are online and actively try to lessen the comparison.



• **Morning Ritual-** Start your day with a morning ritual which reassures you about your own unique self. It can be as simple as giving a warm smile to yourself in front of the mirror or saying three positive things about yourself when you wake up. Avoid checking your phone first thing in the morning and last thing at the night.

• **Focus on 'haves' rather than 'have nots'-** It important to know that we all are blessed in some or the other way. When we shift our focus to the things we have, we are able to recognize those and become more grateful in life.

• **Know real human stories-**Form genuine human connections outside the online world and know about the real stories of people which will help you form deeper connections.

Usage of social media cannot be classified as either good or bad. For example, imagine it to be just like the food we eat. Not every type of food is liked by everyone and we know how subjective it can be. We always want to feed ourselves with the type of food of our liking. Similarly, we can choose what we want to feed our mind with each and every day through online social platforms.

• **Recognize-** The first step in handling it would be recognizing that you are engaging yourself in comparison.

• **Reduce your time on social media-** It might be difficult to begin with but not impossible. Keep a check on the amount of time you engage yourself online.

• **Identify your triggers-** There might be some specific people or pages which could trigger the comparison process. It would be best to avoid them completely.

*Shahnaz Rahman
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DID YOU KNOW?

Phantom vibration syndrome is a recent psychological phenomenon where people perceive their phone to be ringing or vibrating when it's actually not. Robert Rosenberger from Georgia Institute of Technology, studies the impact technology has on our behaviour and in his study, he says around 90% of students have felt the sensation but most people do not find it “very bothersome”. He says the tendency to check phones comes from the basic human tendency to obsess about things. It is similar to constantly checking to see if a guest has arrived or not, or a commuter straining to hear the arrival of a train.



#AffectionateApril

Wellness Challenge Gallery

I gifted my nephew a goldfish which he named “Stoy”. The happiness on his face is inexplorable which was lit like 1000 bulbs. I wanted someone who keeps him occupied and make him feel loved when I am not around due to work. The way he took care of Stoy and the affection he gave him are something that I experienced for the first time coming out of a 6-year-old.

#Mindful May

#MonthlyWellnessChallenge

Mindfulness is our ability to be aware of what is going on both inside us and around us. It is the continuous awareness of our bodies, emotions, and thoughts. When you are consciously aware about your surroundings and completely live in the present moment, you will usually feel happier and experience less stress. If we can live mindfully each day, we can create magic.

Let us do two mindful activities this month and choose wellness each day

Activity 1: Mindful Walking

When you begin to walk, feel the earth beneath you. Be a little slow, than you would normally walk. Be aware of every step you take while walking. Breathe easily. Observe your surrounding a little bit more closely and keep a note of every little thing you see, hear, feel, smell or taste. When your mind drifts away to other thoughts, gently bring your attention back to your feet.

Activity 1: Mindful Walking

Take out 10 mins every day from your schedule and practice breathing mindfully. Focus your attention to the process of inhaling and exhaling air out of your lungs. Gently remind yourself that you are inhaling positivity and exhaling negativity. It will help to relieve stress and relax the body

Follow 3 Basic Steps:

- ✓ Participate in the wellness challenge
- ✓ Click a photo while doing Mindful walking or breathing
- ✓ Send us and get it featured in the June 2021 edition

Last date to submit photos: 25th May, 2021



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