

MIND FIGENT

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#JULY 2021



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Meet the students who are working behind the scenes to make Candid-Talks a success. We express our heartfelt gratitude to them for their continuous effort and support towards the Wellness Cell.



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‘तेरा मुझसे है पहले का नाता कोई, यूँ ही नहीं दिल लुभाता कोई’

A beloved son sang the lines from Sahir Ludhianvi's 1973 Bollywood song to bid farewell to his dying mother, who was breathing her last at a hospital. The entire incident was shared by a doctor who witnessed the heart-breaking moment between them. Like his family, many others have faced the wrath of the pandemic's second wave which has been ruthless and tore away lakhs of families in India. The sudden loss of loved ones comes with a huge amount of grief.



Grief is a universal reaction to loss. It is intense sorrow and sometimes a mix of other overwhelming emotions when facing a loss. Individuals may feel numb and disconnected from themselves and their surroundings following a loss.

Elisabeth Kübler-Ross, a Swiss-American psychiatrist described the five stages of grief. The stages do not necessarily occur in a particular order or tell us how one should grieve, rather it gives a perspective guide to understand our grieving process and contemplate the sense of loss.

- **Denial**- One of the immediate natural responses to a significant loss is denial. We deny or disbelief that the event has occurred. Denial is a common defense mechanism that helps to cope with the loss and makes survival easier. It buffers and absorbs the first wave of pain, shock, and numbness.

- **Anger**- Once the reality of the situation begins to reappear, the person may feel angry and resentful. The anger may be directed towards God, strangers, family, and friends, and even towards the deceased person. Behind the anger there is intense pain due to the loss.

- **Bargaining**- There is an attempt to bargain with the higher power, to gain some sense of control in the face of helplessness. The grieving person is lost in the “what-if’s” statements, thinking about any other possible outcome other than losing the loved one. Guilt is often associated with bargaining. They may think that they could have done something to save the person.

- **Depression**- At this stage, grief enters a deeper level of functioning. Intense emotional pain, sadness, and emptiness engulfs the person. Here, depression is not a sign of mental illness but a natural way of reacting to the loss. It is a way of processing grief. The difference between grief and Clinical Depression is that grief decreases over time and a grieving person will have moments of enjoyable phases whereas Clinical Depression is characterized by persistent sadness and low mood, and significant disability in the functioning of daily activities.

- **Acceptance**- Recognizing, understanding, and gradually accepting the new reality is often marked by withdrawal and calmness. The past reality of the person is changed forever, and people try to readjust to their new realities accordingly.

Coping with Grief

Learning about our loved one's death can leave us in complete shock and utter disbelief and it can impact us significantly. Overcoming from it feels almost impossible. However, we can try to cope with it in various ways:





- **Allow yourself to grieve:** Some days might feel okay and other days might feel too hard to get through. Allow yourself to go through this phase as you are trying to accommodate yourself to a new reality. Express your emotions and allow them to release.
- **Your experience is unique and valid:** Each grieving person has a unique way of experiencing grief. There is no timeline for healing.
- **Continue the relationship and preserve their memories:** The person has left physically but the relationship with them is for a lifetime. Create a memorial tribute to honour the person. You can plant a sapling in their name, engage in charity works, make a dedicated corner in your house with their photos and other belongings.
- **Ask for help:** Reach out to professional mental health care who will be able to help you in your grieving journey. You can also join a support group to connect with other bereaved persons and share the pain.
- Always ask the grieving person how they would like to be supported by you at this time.
- Create a space where they can safely talk about their feelings when they are ready.
- Believe in the magic of silence. Just be there without feeling the pressure to say the right words.
- Be a good listener and avoid providing any suggestion or advice.
- Be a companion and share their pain

Losing someone to death is one of the most painful human experiences while supporting someone who is grieving is equally challenging. There is no moving on but moving along with grief and growing in pain. Rumi, a mystic poet from the 13th century, said that the cure for pain is in the pain. When we allow ourselves to grieve, we allow the healing to begin.

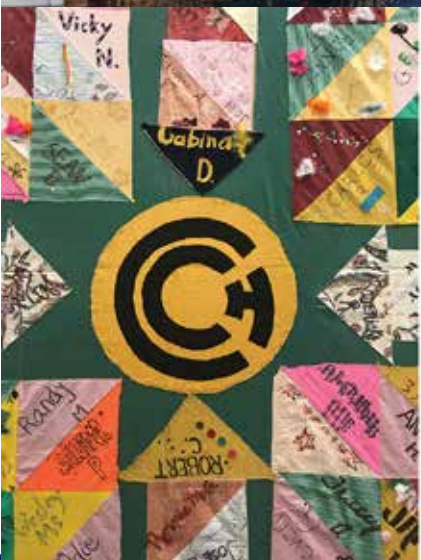
Shahnaz Rahman
Psychology Counsellor,
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Supporting someone who is Grieving

It might hurt us immensely when we see our close ones in a grieving state. We often find ourselves asking how do we take away their pain and help them? What are the right words that we should be saying?

► Did you Know?

Boykin or Gee's Band is an African American community from Alabama who have created thousands of quilts from the twentieth century till present day and are known as Gee's Bands Quiltmakers. Missouri Pettway's, a woman from the community made a memory quilt after her husband Nathaniel died. She created the quilt to provide her solace for her grief. Her daughter Arlonzia Pettway recalls making a memory quilt with her mother in 1942. Mama say, "I'm going to take his work clothes, shape them into a quilt to remember him, and cover up under it for love."



#Journal July

#MonthlyWellnessChallenge

Journaling is an effective way of expressing your emotions. Many studies have established that writing about your thoughts and feelings can improve your mental and physical health. It reduces stress, anxiety, and depressive symptoms. Journaling also helps in coping or processing a trauma.

This July make it a habit to journal every day before you go to sleep and share your experience of journaling with us.

Last date to send articles: 19th July 2021



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