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Issue #12 - Self-Care

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Glimpse

The Student Wellness Cell initiated a six-months Social Impact Project named 'Woxsen-Monmouth Elevate Program' to teach the underprivileged school students of Telangana State in collaboration with the Centre for International Relations.

Woxsen University & Monmouth University, USA, came together for this noble initiative with a vision to uplift the weaker sections of the society in alignment with the United Nations Sustainable Development Goals.



Students registering for the Elevate Program



The volunteers teaching the students, as part of the initiative.



Surveying the local residents, as part of the initiative.



Students from the Elevate Program, playing with the guest faculty from Germany



Started with 8 students on week 1 and we are at 165 students on week 4

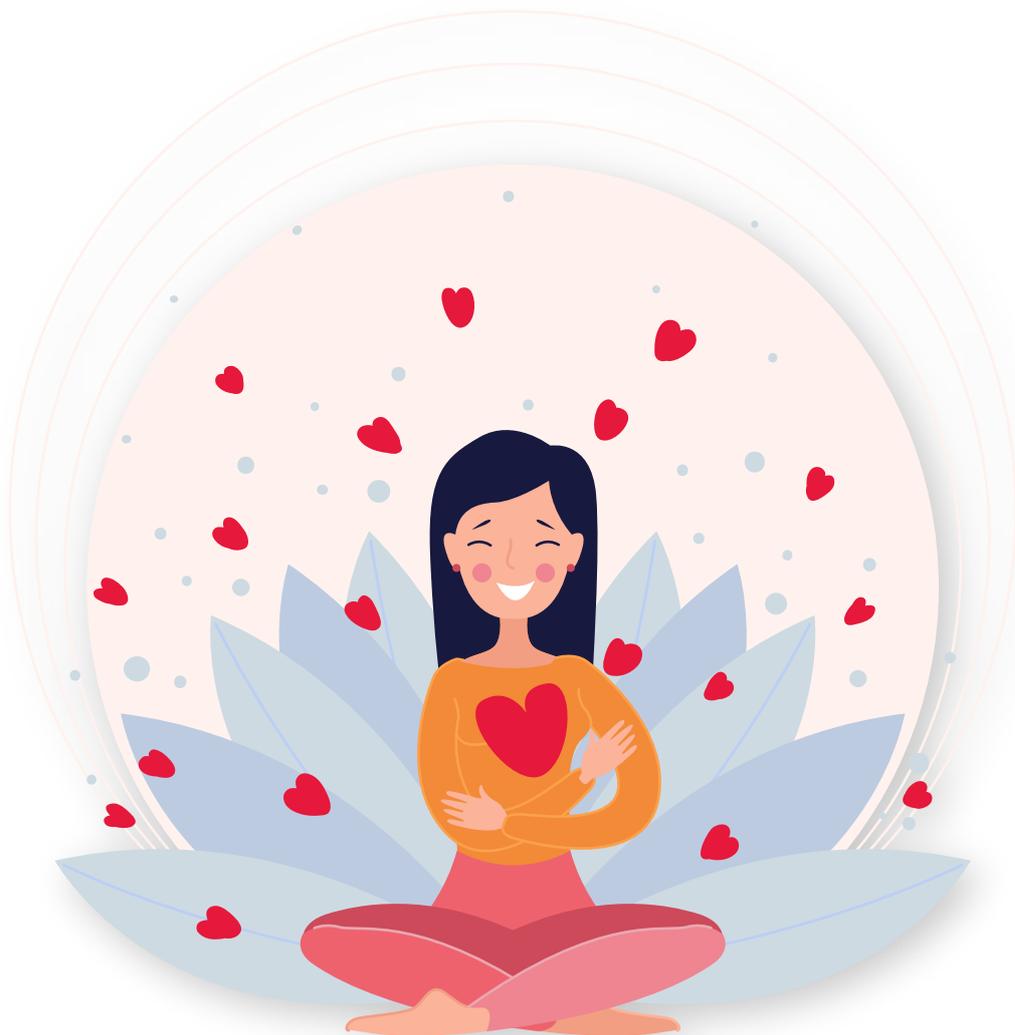


The Art of Self-Care

As the world's population continues to evolve, there is an increasing demand for better health management with more awareness on the wellness of person increasing with keen attention given to “self-care”.

The concept of self-care is diverse. Self-care encompasses all aspects of maintaining physical and mental health, including hygiene, eating, and seeking medical help when necessary. It refers to all of the efforts you take toward better understanding your health and make appropriate decisions about your health and well-being.

Checking in with yourself and asking yourself how you're doing is part of self-care. Some people use it to deal with negative subjects, while others simply to maintain their cheerfulness on a daily basis. Adopting a healthy self-care routine is stabilizing. However, for everyone, self-care means something different. Different people will have different self-care routines, and your notion of self-care may alter over time.

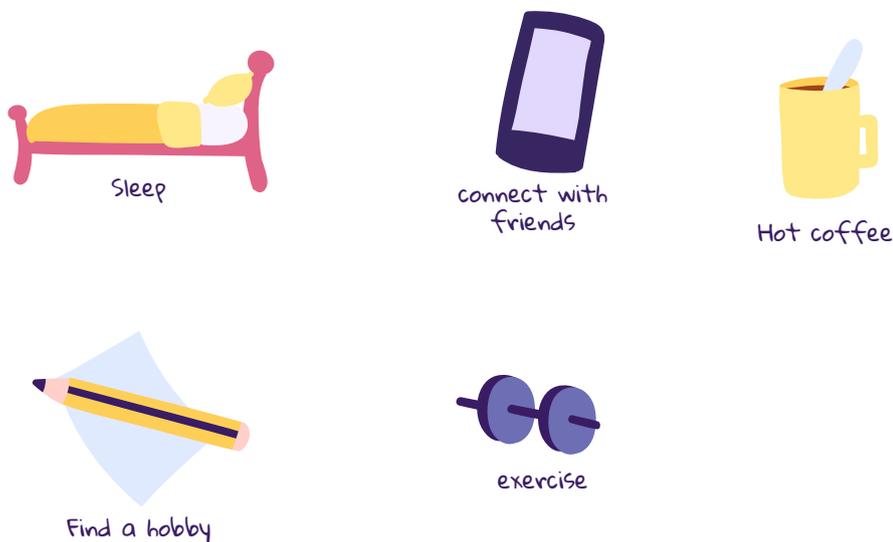


However, self-care is a compilation of making healthy life choices, avoiding unhealthy life choices, managing yourself, and monitoring yourself so you can seek help when necessary.

Everyone should engage in self-care. And for many, self-care can look like – Journaling, meditation & yoga, using a planner to organise their day better and be productive, opting for healthier food choices, reducing screen time, or even drinking more water and keeping yourself hydrated.

Self-care necessitates being gentle with yourself, giving yourself kindness, and giving yourself opportunity to erase the subconscious notions that keep you stuck.

The benefits of self-care are numerous and have even been related to beneficial health outcomes such as lower stress, enhanced immune system, increased productivity, and higher self-esteem.



Anika Raj
BBA-2023
Community Service Volunteer

Self-Care through Self-Talking

How often do you appreciate yourself after achieving something small or big? How about spending time with yourself? Or how frequently do you place boundaries with others and say no to something you don't want to be a part of? If you are thinking about what these silly questions even mean, well let's dive deep in. Remember the time when you were quick to judge yourself after failing a test or getting rejected from a potential partner or from a job offer? Do you exactly remember the internal monologue you had with yourself?

Are you one of those who hates to be alone and always needs company for activities? Do you find yourself skipping meals just because your friend said they won't be available at that time?

How about always agreeing with other people even at the cost of your own happiness? Does all this sound familiar?

Most of us have been in situations where we have neglected ourselves, our needs, and placed others over us. In all the situations stated above, you might have doubted your potential, cursed yourself for being the way you are and felt like an embarrassment to your own self. All of these can leave you emotionally exhausted and potentially trigger mental health concerns.

How do we help ourselves?

Identify your internal dialogue pattern:

Take cognizant of how you speak with yourself after any situation emerges. Self-talking is influenced by our subconscious mind, and these thoughts are automatic and not in your control. Let the thoughts float and allow them to pass away. Identifying how you communicate with yourself sets the tone for your emotions and behaviour.

Take responsibility to change:

If you notice that you are constantly engaging in more negative self-talk, take responsibility towards changing the habit.

Prepare an action plan: Seldom awareness without any action plan will



not help. Actively work on the triggers of negative self-talk and replace them with more healthy self-talk.

A roadmap for healthy self-talk

Be gentle with yourself: Talk to yourself as a friend who needs your support. You will be mostly compassionate towards other's needs, why not show some compassion to your own self?

Allow yourself to make mistakes: Acknowledge that as humans, we will spend most of our lives making some of the other mistakes. It is important to tell yourself that it's okay to make one and it's not the end of the world. You will probably overcome it.

Judge less: Show some love for the amazing things you do every day and pass less judgement on your own self. Accept yourself truly and completely. Remember Poo from KKGG? She is still inspiring generations with her love for herself.

Surround yourself with like minded people: The people with whom we interact daily occupy a huge space in our minds. It is always encouraged to surround yourself with people who are happy, cheerful and have an optimistic outlook and avoid people with toxic thoughts and who complaints about everything. Your outer interactions will shape your inner world consistently.

Practice positive affirmations: Positive affirmations are phrases or statements, which are repeated frequently to enhance the quality of life and counter negative thoughts. It might sound crazy to tell ourselves all the good things but there are empirical studies that have shown its benefits. The Self-Affirmation theory (Steele,1988) proposes that we can maintain our sense of self-integrity by telling ourselves (or affirming) that we believe in positive ways. Some positive self-affirmation examples could be:

- I believe in myself
- I am aware of my potential
- I will attract goodness in my life
- I allow myself to give and receive love

Positive self-talking or affirmations can lead to a positive outlook towards life and can help an individual develop happy feelings, thoughts, and attitudes. It can enhance the quality of life and boost confidence and self-esteem.

Shahnaz Rahman
Psychology Counsellor
Student Wellness Cell



Did you know?

Endorphins, often known as happy hormones, are neurochemicals that improve your mood and provide you with a general sense of well-being. Self-care also boosts the number of endorphins released in our body. Self-care is critical in lowering your anxiety levels. As a result, your immune system will be stronger, you will have more energy, and you will feel better overall.

#MeaningfulMarch

#MonthlyWellnessChallenge

This month, make your March meaningful by writing down a few affirmations that contribute positivity to your daily life and tape them to your mirror so you can read them every day and feel effective.





The poster features the logos of Monmouth University and Woxsen University at the top. Below the logos are two circular images of children: one holding a chalkboard with the number '9' and another group of children laughing. The text on the poster reads: 'Woxsen-Monmouth Elevate Program Fundraising Campaign', 'Donate & help the underprivileged children to get Right to Education', 'Scan here to Donate!' with a QR code, 'Share it on your [Instagram, Facebook, LinkedIn] to maximize our reach', and 'Reach out to student.wellness@woxsen.edu.in for more details.'

As part of the Woxsen-Monmouth Elevate Program, we are raising funds to ensure that the underprivileged children are not deprived of basic amenities as means to their right to education.

If you wish to donate to this noble cause, please click on this link:
<https://fundraise.woxsen.edu.in/>

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