



MIND FIGENT

...A discover!

#November 2021

Issue #8



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| Glimpse

The Student Wellness Cell organized its first Annual Event to mark the occasion of World Mental Health Day on October 10th. At Woxsen, World Mental Health Day was observed by releasing the 7th issue of MindFicent journal, wearing the green ribbons which symbolize support towards mental health, exploring the stories of Human Books & organizing a musical event to celebrate friendship.

Are you in a healthy relationship?

As social beings, humans seek meaningful engagement and quality connections with other individuals. Our need for love & belongingness drives us to form meaningful relationships with those we can vibe with. In one's lifetime, people share significant relationships with their parents, siblings, teachers, friends, colleagues, romantic partners, and so on. Relationships provide us with emotional stability, a feeling of safety and security, and help us overcome difficult life situations.



Relationships & Mental Health

One of the most important aspects of our life is relationships. Our relationship with our own self and that with others can impact our mental health & vice-versa. Scientific research shows that quality relationships can provide us with a sense of belongingness and can help us lead a long and meaningful life with fewer mental health problems. On the opposite spectrum, a lack of meaningful social bonds can invoke loneliness and feelings of being isolated. However, the quality of the relationships is an important determinant of mental health outcomes. A healthy relationship contributes positively rather than an unhealthy one which further deteriorates our overall well-being.



What makes a relationship healthy?

All the relationships in our lives are unique and dynamic in nature. What is a healthy relationship can be quite subjective as no two relationships are the same. However, existing literature in Psychology can suggest some of the common elements which make a relationship healthy. Here are five definite signs to look out for:

1. Feeling of being safe and comfortable: A healthy relationship provides you with a space where you can be your true self. Most often than not, people worry about getting judged for who they are and avoid sharing what's going on in their life. The feeling of being safe in a relationship can enhance the bonding & communication.

2. A sense of trust is present: For a quality relationship to thrive, the presence of a sense of trust in one another is extremely crucial. It is the foundation of a relationship that makes or breaks any bond. Reiterating what most Bollywood drama movies have taught us, it takes years to build a relationship and seconds to break it. However, cliché it may sound, but most relationships break when the trust element seems to wane off.

3. Respect for one another: Every human being on this planet is a unique individual with their own complex thoughts, beliefs, and emotions. We may find some similarities with another being, but it's almost impossible to be an exact true copy of someone else. In relationships, sometimes it is expected of us to act and behave in accordance with the other person, or we expect the same from someone else. We often forget or lack regard for the individual human experiences that have shaped a person. What makes a relationship healthy is respect and acceptance of our unique individuality without trying to change them according to our needs.

4. Honesty is maintained: We have heard many times that honesty is the best policy, and it holds true for our relationships as well. It might be hard to talk about certain things to your loved ones, however, saying the truth helps the relationship to survive; it fosters love, trust, and safety needs. Being deceitful, lying, manipulating, and gaslighting can damage any relationship.





5. Conflicts are resolved effectively: When the world of two or more people collides, there is bound to be some explosion. Sometimes this collision gives an opportunity to stand strong during difficult or testing times. Conflicts in relationships do happen and to a certain extent it is necessary too, but what stands out between a healthy and an unhealthy relationship is how effectively those conflicts are addressed and resolved. In a healthy relationship, people would want to address the issue, talk respectfully about their unmet needs or what originally led to the problem, and find out ways to resolve it amicably as opposed to in an unhealthy relationship where the focus shifts into blaming one another and sometimes end with physical, verbal, or other forms of abuse.



Humans have an innate need to love and to be loved. When there is a sense of belongingness, it contributes positively to our mental, physical, and emotional well-being. It is important to be mindful about who we would want to share a relationship with as it can impact all areas of our being. A quality relationship with even one person is enriching and adds more meaning to our life. It is time we recognize and value its importance too.

Shahnaz Rahman
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| Did you know?

The ability to form stable relationships starts in infancy. In Erikson's theory of psychosocial development, he theorized that the early experiences of a child with a caregiver and the environment ingrains the pattern of relating to one another. If a child's need for food, care and warmth is responded quickly and appropriately, they start to learn to trust those around them and the world.





#NurturingNovember

This month move ahead with a purpose of nurturing all the relationships that are important for you. Take out time and make your people feel valued and loved. Thank them for being a part of your life and making your life better. You can write a letter to them or plan a special surprise too. Don't forget to share your experience with us.

#MonthlyWellnessChallenge

