



WOXSEN UNIVERSITY

MIND FIGENT

...A discoveri

December 2021



Issue #9

Table of Contents

1 Glimpse

2 Holiday Blues

3 Jot a Note

4 Did You Know?

4 #DeterminedDecember

Glimpse



Balasampras Reddy, BBA 2023, won the selfie contest organized by The Wellness Cell on World Mental Health Day.



Students enjoying a movie evening on Diwali.



The Student Wellness Cell organized a Street Play to raise awareness on sexual harm and abuse faced by children, adolescents, and adults across genders on the 19th of November to observe the World Day for Prevention of Child Abuse. The play addressed this sensitive issue to empower students to take a stand for themselves and others and to reach out to the dedicated support group for students who are going through or have gone through any kind of sexual harm and abuse.

Heartfelt thanks to Prof. Sanjeet Kumar Varma, Faculty, Arts & Design, for writing and directing the Street Play

What are Holiday Blues?

I'd like to start this with a short story about a friend of mine. Her name is Sophia. Sophia, who is from London, decided to pursue her Post Graduate studies from Japan, far away from her home. Now, this wasn't an easy decision for her to leave her family and pursue her education, but she had to do it for a better future. And, around the Christmas season, Sophia started feeling anxious and overwhelmed. She started having a major fear of missing out on the holiday season. But I will tell that you that what Sophia was feeling is very normal.

We can all acknowledge that December is a holiday month, with the Christmas Spirit in the atmosphere and people eager to burn old bridges and start the new year with vigour and vitality.

The holiday season frequently evokes feelings of comfortability, warmth, and belonging.

However, it can be a painful period of contemplation, despair, isolation, anxiety, and feeling overwhelmed for

some. All of this is amplified when people are away from home for work or education, have lost loved ones, or live in a toxic home environment, which is certainly relevant during this pandemic. The holiday blues are defined as a period of sadness that lasts throughout the holiday season, particularly in November and December.

The absence of close friends and family to celebrate the holidays can result in holiday blues. The societal expectations surrounding the holiday season and what it should feel like can lead to a sense of burden. People who are feeling grieving may withdraw or isolate themselves.

The end of the year is also a time when people look back on their accomplishments in the past year and decide about resolutions for the new year. People who are extremely self-deprecating may feel worse during this time if they rate themselves lower in their accomplishments than others would or blame themselves for not meeting their own or others' expectations.

But we must understand that these blues are very temporary. However, it is very important to have these conversations because if people do not take care of themselves during the holiday season, these temporary signs and symptoms can develop into clinical mental health disorders later.



Anika Raj, BBA 2023
Community Service Volunteer,
Student Wellness Cell

Jot a Note

50:13 Did you know? It takes around 50 muscles on your face to frown while just 13 to smile. And holidays are all about smiles. Spending time with yourself and doing things that makes you happy. You get to have fun and sometimes you may not spend it with your family and that's completely okay. It's not about who you're holidaying with, it's more about how you're spending it.

Doing what makes you happy!

The key here is to do what makes you happy, it can be anything from making a delicious meal in the kitchen to ordering pizza and watching a TV show. Now, you may be wondering about the difference between spending your holiday season doing trivial things which you usually do on weekends. Instead of having fleeing blue about missing out on celebrations, you tend to enjoy your own company and that's the difference we're talking about. It's really special if you ask me because I prefer eating Oreos and watching a movie rather than overthinking about things and get nothing out of it.

And let me share a little bit of my life experience. The festival of lights, Diwali, is one of the biggest festivals in my tradition. But unfortunately, I couldn't spend it with my family. Now, I've got two options, either sit back and think about the fact that I'm not with my family right now or I could at least do something for myself. I picked the latter. I spent my day doing the following things: drew a picture, cleaned my room, took a walk, painted my nails, watched the sunset, and called my family. A day well-spent. I was physically living in that moment, doing things that brought me peace. I felt grateful for the opportunity to experience these things in life.

Your most comfortable date!

It's like you're on a date with yourself, but it's probably the date you're most comfortable with. Because it's about you and nobody's there to condemn you.

And if you're thinking about ways on how you can spend your day, here is the one tip I would like to share with you in hopes of helping you on your next holiday.



MIND
FIGENT
...A discovery

Magical Notes!

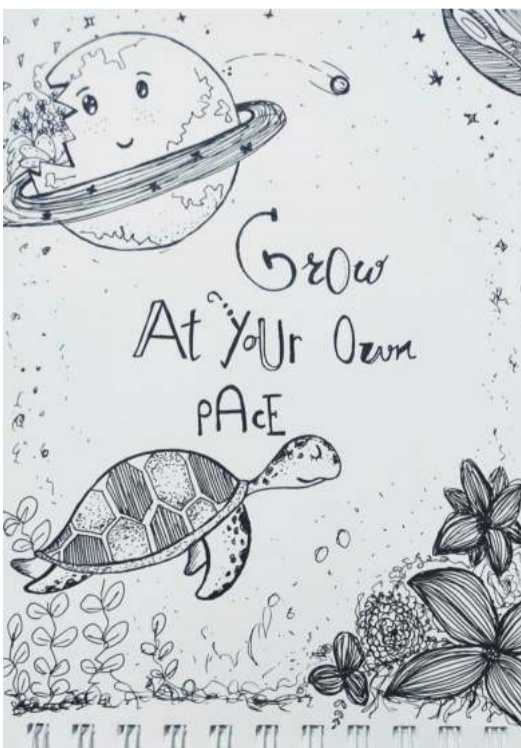
There was this one time when I saw a cool graffiti on the wall, and it motivated me to draw. I noted the following, "graffiti is cool, try drawing flowers, add turtle, and Saturn", I added a random list of things. After couple of weeks, it was Diwali, and I didn't know what to do. That's when I opened my note and decided to draw this.

Whenever you come across something that interests you or it can be a movie your favourite actor enacted in or an activity- you don't have enough time for, just type it down in your notepad but make sure you write down your emotions or ideas along with it.

The next holiday, when you'll be wondering what to do, all you must do is open up your magical notepad, read the things out, and do the activity that intrigues you. And since it was you who wrote the idea, you'd be happy with your work and that's how you end your holiday on a good note.

I would like to conclude this by saying that it is high time to acknowledge the fact that enjoying self-company is no less than having fun with a group of people.

Holidays are more about the perspective you see them with and the feelings you wish to surround yourself with.



Sri Harshi Singiri
BBA 2023

Did you know?

According to a National Alliance on Mental Illness (NAMI) survey, approximately 24% of people with a diagnosed mental illness believe the holidays make their condition "a lot" worse.

According to the same study, 68% of this survey's participants felt financially strained during the holidays, 66% felt lonely, 63% felt an overwhelming sense of pressure, 55% remembered happier times in the past in contrast to the present, and 50% were unable to spend time with loved ones.

The primary objective of this magazine section is to increase awareness about everyone's mental wellbeing during the holiday season. Reaching out to one another and being there for each other during this time of joy and warmth is the absolute epitome of the holiday spirit.





#DeterminedDecember

#MonthlyWellnessChallenge

Stay determined this holiday month to make your friends who are away from home feel valued and loved. Invite them to join you in your holiday celebrations.



Student Editorial Team



Anika Raj
BBA 2023



Samhitha Reddy
B.Arch 2025



Team Work



Corporate Office
Gateway Jubilee, 2nd Floor, Road No. 36, Jubilee Hills, Hyderabad - 500 033,
Telangana, India. T: +91 40 4444 8888
Campus
Kamkole, Sadasivpet, Sangareddy District, Hyderabad - 502 345, Telangana,
India. T: 08455 255555, info@woxsen.edu.in