

Stress & other 'negative emotions'

It's not the
stress that
kills us,
it's our reaction
to it.
-Hans Selye

Accepting the negativity is
the first step to positivity

- M



- RENEE JAIN

DON'T BELIEVE
EVERY WORRIED
THOUGHT YOU HAVE.
WORRIED THOUGHTS
ARE NOTORIOUSLY
IMACCURATE.

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Anxiety

My heart is beating,
I feel sweaty each time I have a meeting.
What is this feeling?
My insides are squealing.
I am afraid,
Will no one come to my aid?
Why do I worry so much?
I am scared that people will judge.
My tears come pouring down,
All around me people do frown

Sometimes all I want to do is flee
No one understands me.
I feel trapped,
When all I want is to be free.
Am I worthy?
The world around me is blurry
As I sink to the ground,
By handcuffs I feel bound
This feeling is choking me,
Will no one listen to my plea?

Is there no one to take care?
I am gasping for air
Someone help me please!
I want to be at ease
Anxiety rules the beats of my heart
It grips me and waits,
To tear me apart

I'm Okay!

“It’s fine, I’m okay,” I keep telling myself, but I get no avail from my repeated statements. I pull my hair as I sit back down on the bed that I hadn’t left for three days in a row. I stare into nothingness, as I let a painful realization hit me. I am not okay. At all, actually.

I have known it from a long time, but I tried my best to send these ‘absurd’ feelings back down my body and bury them. Nobody would understand. I mean, I look perfectly fine. My friends call me the ‘class clown’ as I’m known to make everyone around me feel great about themselves. At least better than how I feel. But I never registered that me being jolly and bringing joy to a set of people was actually a big cover-up to hide my sorrows. I don’t tell anyone what I am going through because people think I’m perfectly fine. And, if at any time, I feel the need to express myself, people ask me, “what’s wrong? Why aren’t you being yourself, huh?”

Maybe they’re genuinely worried but their questions make me feel as though I’m not allowed to show how I really feel. My parents think that damage is done only when it is seen. How do I show my mental instability to the world? Because of the ‘love and care’ people give me, I feel even more burdened and disconnected from myself. It sometimes feels as if I don’t have the right to experience simple emotions. I am a pessimist, and I end up taking everything negatively.

“Hey, how are you?” do I seem gloomy? Is my smile not satisfying enough?

“Do you need some help?” do they think I am weak? Are my weaknesses showing through?

I needed help; I knew it. On what levels? I didn’t know. How I came to perceive this was just by taking a simple step backwards and breathing out deeply. I cried a lot, letting all my piled-up emotions out. But instead of feeling upset about it, I was glad that I finally didn’t feel the need to hide my feelings anymore. I felt like I was in an unlocked cage, and it was my choice whether I should reach out for help or not. And I decided to do the former.

I still have issues with handling my life in the ‘correct way’, but don’t we all? All we need to do is realize that:

1. There is no such thing as a wrong or right way of living
2. It’s okay to show your weak side
3. It’s okay to not be fine



I'm not okay



But it's ok.

Just like in the story above, life isn't all sunshine and roses all the time for a lot of us. We get sad, we get angry, we get stressed. In fact, these emotions can interfere with other parts of our lives and even manifest physically if we do not address them properly. Therefore, we must learn to deal with them.

Dealing with 'negative' emotions:

I think “stay positive and be happy, and everything will be alright” is a phrase all of us have heard at some point in our lives. But sometimes it doesn't seem as easy as just “being happy” or staying positive, and things don't magically become alright even if you do stay positive.

We spend so much time trying to be happy and trying not to feel all the ‘negative’ emotions, because we've been taught that feeling upset is bad, and that we should just suck it up because that's how life is, but that just causes us to repress our emotions. We ignore our emotions and try to avoid acknowledging them by telling ourselves that we just need to accept life as it is, but that is not acceptance. We need to **accept** the situation, **acknowledge** and **allow ourselves to feel** our emotions about it too, to truly become at peace.

Stress: What it does to your body

Stress symptoms may be affecting your health, even though you might not realize it. You may think illness is to blame for that irritating headache, your frequent insomnia or your decreased productivity and focus. But stress may actually be the cause. Recent studies on stress among individuals show that 25% of people suffer from high levels of stress and 50% of the world's population suffer from stress. Some of the common symptoms of stress are as follows



On your body

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Upset stomach

On your mood

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression

On your behaviour

- Overeating or undereating
- Angry outbursts
- Social withdrawal
- Exercising less often
- Loss of interest

Stress is a part of life and is inevitable but too much of anything is not good.

Here's how you can fight it by following the 2 R's



Relax and Recharge

Be sure to carve out some time to relax and take care of yourself each day—even just 10 to 15 minutes per day can improve your ability to handle life's stressors. This is especially important for us students during exam season. Nothing should take precedence over our health.

Everyone has different ways they like to relax and unwind. Here are a few ideas to get you started:

- Take a walk
- Read a book
- Go for a run 
- Have a cup of tea
- Play a sport
- Spend time with a friend or parent
- Meditate
- Do yoga 

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, studies, relaxation, and fun.

Credits

Anxiety (Poem) - Nandini Gupta

I'm Okay! - Arpita Pai

Dealing with 'negative' emotions - Livleen

Stress - Alina Khan

Design - Livleen