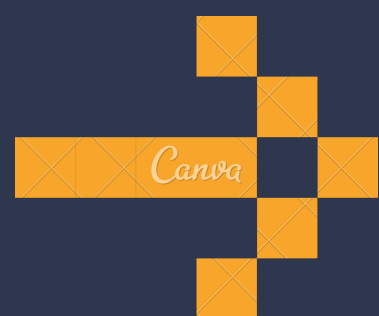


# Growing together

CHILDREN'S MENTAL  
HEALTH WEEK

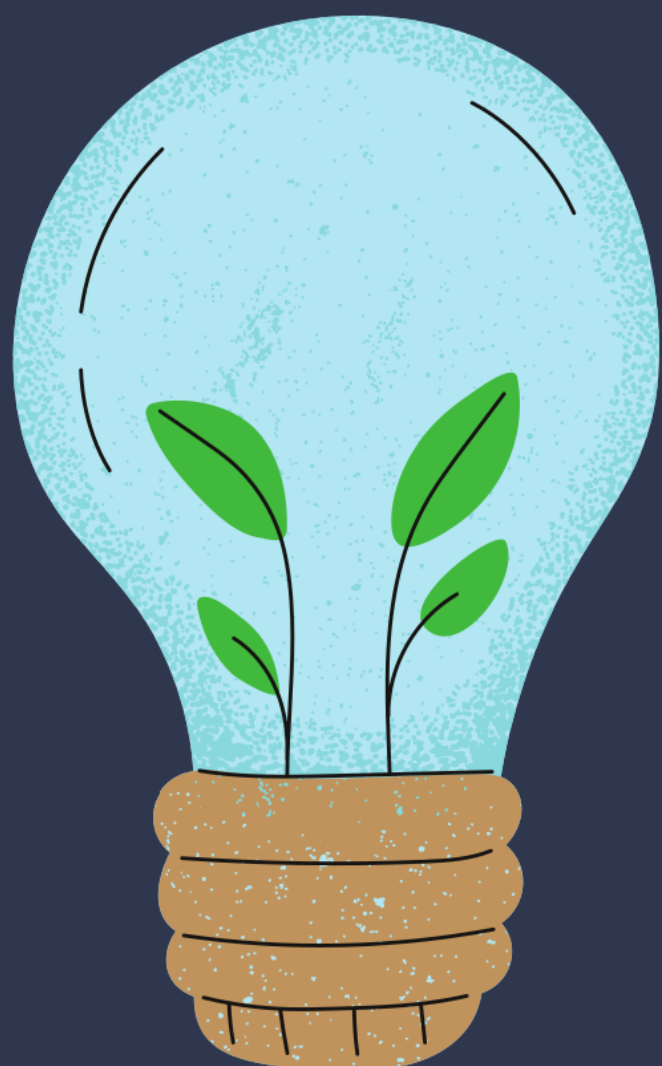


STORIES FROM  
THE PANDEMIC

POSITIVE  
DISCOVERIES

TO YOUR YOUNGER SELF

WINNER - YOUNG  
STORYTELLER  
COMPETITION



FEBRUARY 2022

# CHILDREN'S MENTAL HEALTH WEEK 2022

7 - 13 FEBRUARY 2022

The theme of Children's Mental Health Week 2022 is

Growing  
Together



Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

This Children's Mental Health Week 2022, we encourage children (and adults) to consider how they have grown and how they can help others to grow.

This newsletter features our stories of growth!

Sometime in the future when you look back at this time of your life during this pandemic what will you remember? **WHAT STORIES WILL YOU TELL?**

*By Ishani Sharma*

COVID-19 was declared as a pandemic on 11th March 2020 by the WHO. At that time none of us thought that it would last as long it is now. There were good times and bad ones, and the stories we tell will be shaped by both.

I would most like to remember the pandemic as a time of **transformation** and **solidarity**.

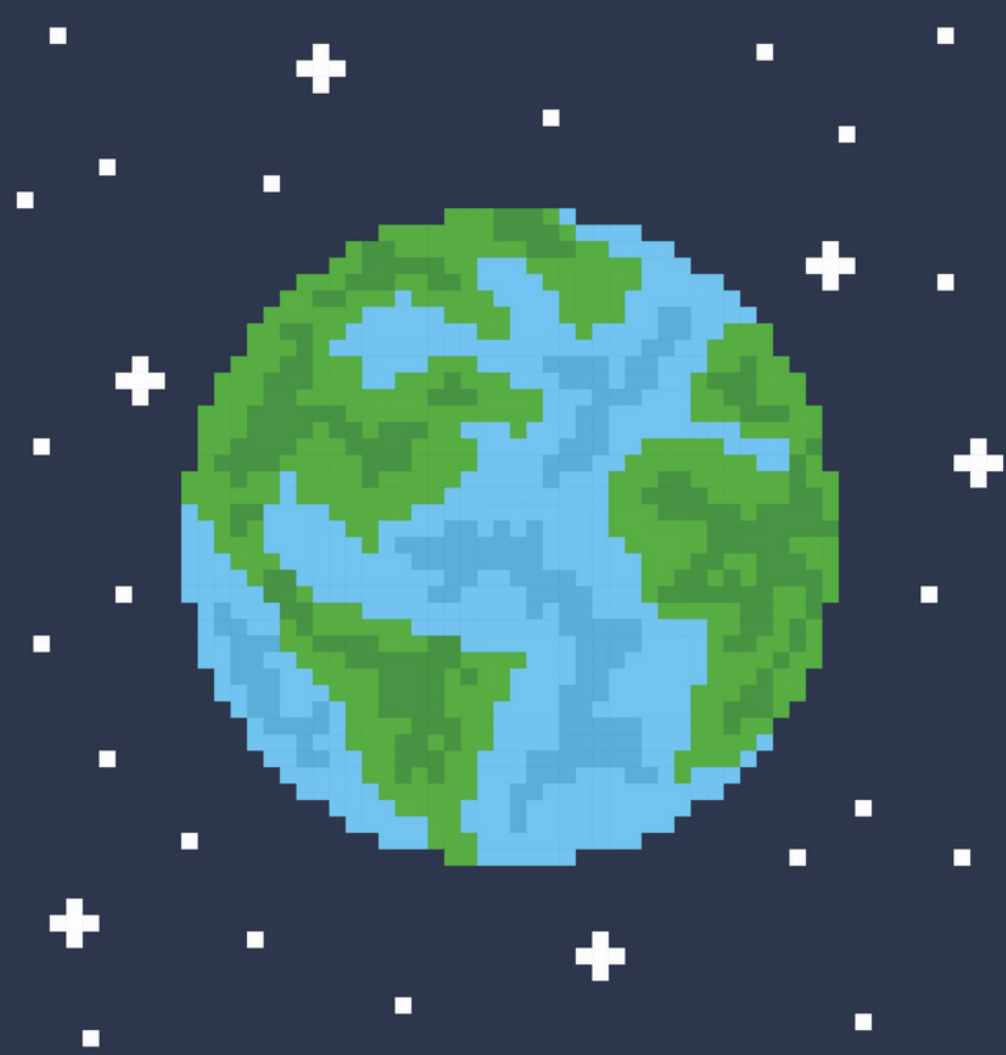
The pandemic taught us again that we are social creatures, and **our greatest strength is to rely on each other**. Despite social restrictions, I have seen people coming up with several ways to help each other. We as citizens of the earth realized that this pandemic can only be fought if we have the entire planet together.

This was also a period of transformation and growth. There were good moments in this pandemic, but it is the negative experiences that have taught us the biggest lessons.

It was a typical pandemic day, I was at home, hadn't been out in months and life seemed dull at this point.

Then I watched a ted talk about resilience and my life changed. I remember thinking to myself, that in this pandemic resilience and patience are very important.

I must go on and be optimistic. I had a change in mindset. The very next day, I made a list of all the things I was grateful for. Instead of just sitting at home, I tried new things. Only from my negative experience could I have gained this newfound realization. **I failed, learned, and grew.**



We're already shaping our future pandemic narratives—the stories we will tell as individuals, as communities, as societies, and as nations about this epoch. The process of crafting these stories will help determine our resilience and well-being. How we tell our stories can transform how we move forward from hard times.



By Alaina Nayak

## WHAT ARE THE **POSITIVE THINGS** IN LIFE THAT YOU DISCOVERED OR REDISCOVERED OVER THE PAST YEAR?

Since the beginning of 2020, the whole world has been in a state of turmoil. Since the outbreak of the Coronavirus, everyone had to follow a set of precautions, required to lessen the chances of them being infected by this deadly virus. We all had to think twice before going out of the house, making sure to carry a complete kit consisting of sanitizers, extra masks, gloves, etc. It has been a very tough time for everyone. But we all fought this war with the virus together; vaccines, sanitization and masks being our strongest weapons.



Looking on the bright side of this pandemic, the countless quarantines and lockdowns gave us some distance away from other people, to focus on ourselves. We all pursued new hobbies and discovered talents which we never knew we had. From trying out a new recipe, to reading an interesting book, lockdowns gave us a lot of new things to try out. In the past years, everyone made memories, be it happy or sad. And these memories helped us to remember our old selves, and improve our habits we used to have before the pandemic. We improved our IT skills by using our computers for online classes and getting to know so many applications and sites. Making new friends, online calls, text messages, has been our daily routine and kept us busy. We developed new interests, likes and dislikes, and though these 2 years haven't really been the best, it hasn't been the worst either.



**2020 and 2021 are memorable years for all of us. We should try to find opportunities in every difficulty, not difficulty in every opportunity.**

# WHAT ADVICE OR REASSURANCE WOULD

*By Vaishnavi Pant*

## YOU GIVE TO YOUR YOUNGER SELF?

One of the best questions we can ask ourselves is 'What advice would you give to your younger self?'

- ❖ Be yourself and not something you're not
- ❖ Take care of your health. Be kinder to yourself
- ❖ Always believe in what you do
- ❖ Make positive life choices
- ❖ Don't dwell in the past. Just because it was that way doesn't mean it will be that way again
- ❖ Set your goals and targets
- ❖ Focus on healthy relationships
- ❖ Do what you want and not what others want

**Remember, 'To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself.'**



**Winner of  
Young  
Storyteller  
Competition!**

## HOW THE PANDEMIC CHANGED ME

The pandemic began with hushed tones of pessimism. Faced with a predicament that was so unheard of, people were unable to fathom its severity, toying around callously until they witnessed its wrath. This challenge presented its own unknown nature, thwarting all plans and edging everyone towards turmoil of all sorts. From parents sacrificing to provide for their families to children facing roadblock after roadblock on their path of progress, every citizen stood before an assemblage of challenges. The light of hope flickered as the situation transgressed, constantly striking and wounding people's strive to sail through and at a point, darkness befell and consumed us, making it seem impossible to scale the pit we had fallen into.

But the human spirit is a fire that burns with eternal flames. Before we could succumb to this difficulty, the world, amid all its chaos and pain, banded together and formed a wall, enabling people to emerge from this victoriously and progress. The pandemic moved me, instilling a sense of admiration in my heart, for the fearless souls fighting for our safety, reminding me that no challenge or problem can withstand the waves created by the imperishable unity of humans. These united souls imitated stars to the lost sailor in my mind, guiding me to a changed mindset, permeated with positivity. Monumental tasks of distributing resources and handling emergencies as well as the simplest yet important action of supporting each other through the loss of a loved one, people shielded each other from all the negativity unfolding around them, establishing irreplaceable and concrete bonds. This assured me that the truth is, when all else fails to persevere, the human spirit and brotherhood is the guiding light leading us through everything. The only wealth we truly possess in times of peril is... Hope.

*- Raunak Raghavan*

## Credits

STORIES FROM THE PANDEMIC - ISHANI SHARMA (12-F)

POSITIVE DISCOVERIES - ALAINA NAYAK (9-E)

TO YOUR YOUNGER SELF - VAISHNAVI PAINT (10-D)

WINNER OF YOUNG STORYTELLER COMPETITION - RAUNAK RAGHAVAN (11-K)

DESIGN - LIVLEEN (11-D)