

The Health And Mind Club

Anxiety

**appeasing scent of another choice
a reality of regret and another voice**

did I do it right?

No I haven't

Wait yes maybe I have

a tremor of paths untaken

wait breathe

you're alive now

you're well

you're here

tranquil in the ease of time

don't squirm away from the worry

face it

what's the worst that could happen ?

Credits

Poem

- Mohammed

Roshan Noor 12O

Anxiety

- Dinkar Nayyar 12M

How do I know I am anxious

-Alia Kalim 12G

The varied perceptions

- Afnan Hasan 12J

Coping Strategies

- Arsh Dar 12K

How to make a self-soothe
box

- Alaina Nayak 11E

Graphics:

-Andrea Jacob 10-F,

-Shriya Pradeep 10-F

May is widely recognized as "Mental Health Awareness" week". This week helps us all to learn more about mental health and how to properly take care of not only our mental health but to help those who might be suffering around us. Mental Health Awareness Week is very important as it helps to break the stigma that follows the topic of Mental Health. This year it is being observed from May 15th-21st, and the theme is Anxiety.

Anxiety in its simplest form is the feeling of unease or in simpler words it is the combination of multiple feelings like worry, fear and even stress, the degree of anxiety one faces varies from mild to extremely severe cases. While it is most definitely a normal response to the feelings mentioned above, it becomes a problem when it interferes with your daily life and mental health and can infact turn into an anxiety disorder.

People who suffer from anxiety disorders experience excessive panic and even physical symptoms like trembling and an increased heart rate, which in turn affects their ability to function properly in their normal day to day activities. For example someone with a severe case of anxiety could find it very difficult to even answer a question in class.

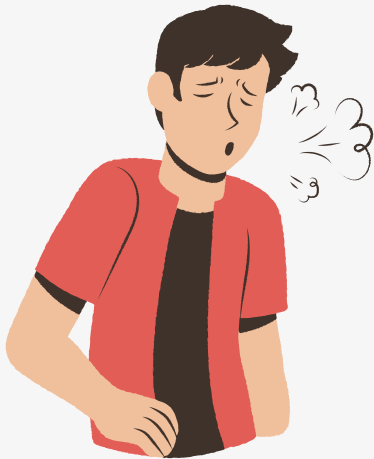
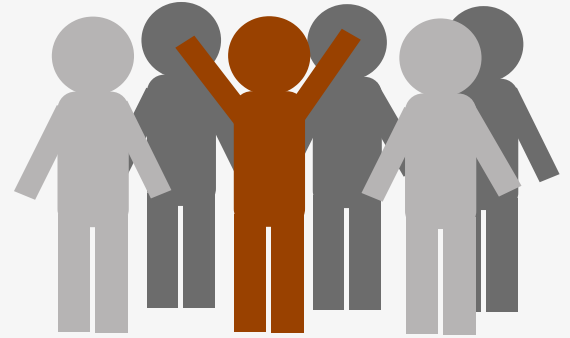
The causes of anxiety vary from person to person and we cannot objectively say that there is one common cause for everyone's anxiety but some of the most common causes are trauma, stress and even some medical conditions like thyroid disorders can trigger symptoms of anxiety in a person.

In conclusion, we'd like all of our readers who may be suffering with anxiety themselves to know that they are not alone and that this is temporary and you can most definitely get through it!



HOW TO COPE WITH ANXIETY

Everyone is unique, so the best coping strategy may differ from one individual to another. There are numerous anxiety management strategies, from as simple as breathing to as critical as clinical treatments.



The simplest and the easiest of all is breathing. Taking some slow and deep breaths may help to relax, rejuvenate and recollect positive thoughts.

Maintaining a healthy lifestyle like eating and sleeping well, spending time outdoors with loved ones and indulging in physical activities also reduces anxiety and stress, thus improving the mental wellbeing of an individual. .



Another way to combat stress is journaling. It is a fun way of keeping track of personal life and helping to identify the underlying cause of stress.



Most importantly, be kind to yourself! Never forget that you are not alone. Reach out to loved ones and specialists alike, who are always ready to lend an ear and provide unwavering support.



HOW TO MAKE A SELF-SOOTHE BOX



A Self-Soothe Box is a box that is filled with things which help you feel calm, whenever you are feeling down, anxious or stressed.

STEP 1:

Get an empty bag/box/container.



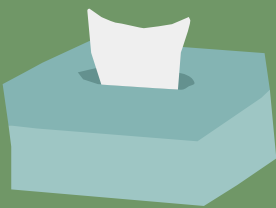
STEP 2:

Decorate the box with wrapping paper, colors, paints, or anything that you like.



STEP 3:

Cover the bottom of the box with tissue paper or cotton or anything soft, to give it a comforting feel.



STEP 4:

Fill the box with things which are meaningful to you, and make you feel better and calm, whenever you feel anxious or stressed



STEP 5:

You can also include things which keep you busy or distracted, like activity books, coloring, art & craft, notebooks etc.



The idea of this box is to include things which soothe all five of our senses. This could be photos of fun memories and people or animals/pets you love, your favorite songs, letters from friends and family, books or magazines, bubble wrap, scented candles, oils and perfumes, fiddle toys, chocolates and so much more. If all your preferred things cannot fit in the box, include cards or pictures of those items as reminders.

It is important to remember that it is totally okay to not feel happy all the time. The Self-Soothe box gives such reminders!

APRIL HIGHLIGHTS



GET READY, GET SET, GOALS; 12TH
APRIL 2023

Students conducted an open mic event to enlighten students about the importance of goal setting and the prominent features of it enabling them to become best goal setters.

GO GO GOALS; 13TH APRIL 2023

Boys and Girls gathered to participate in writing down their mission statement for the upcoming year! Students had to fill out goals of 4 categories: daily, weekly, monthly, and yearly. The students enjoyed the opportunity to lay a firm foundation for this school year.



INVESTITURE CEREMONY; 27TH
APRIL 2023

With the new academic year starting, introducing our new presidents, Maryam Amtul Qavi and Satvik Gautam, and our new vice presidents, Stuti Vora and Mohammed Maahir Tonse! Let's enthusiastically welcome our new club leadership!

