

# HEALTH AND MIND CLUB NEWSLETTER

**IN OUR BUSY LIVES, TAKING SMALL MOMENTS TO SLOW DOWN AND BE MINDFUL CAN MAKE A BIG DIFFERENCE TO HOW WE FEEL.**

**PRACTICING CALMNESS HELPS OUR MIND RELAX, IMPROVES OUR FOCUS, AND ALLOWS US TO HANDLE CHALLENGES WITH GREATER EASE.**

**THIS THEME REMINDS US THAT EMOTIONAL BALANCE DOESN'T COME FROM BIG CHANGES, BUT FROM SIMPLE, CONSISTENT HABITS LIKE PAUSING, REFLECTING, AND BEING PRESENT.**

## **WHICH SMALL DAILY HABITS HELP BUILD CALMNESS AND EMOTIONAL BALANCE?**

Building calmness and emotional balance doesn't usually happen through big one-time changes.

It's more about the small, consistent things you do every day.

A few manageable habits that can make a real difference:

• **BOX BREATHING: JUST FOUR SECONDS IN, FOUR SECONDS HOLDING, FOUR SECONDS**

out, and four seconds holding again. It's a quick way to "reset" your nervous system when things feel frantic.

• **A "NO-PHONE" MORNING WINDOW: GIVING YOURSELF EVEN JUST 15-30**

minutes after waking up before checking emails, social media, prevents your brain from starting the day in a reactive mood

• **MICRO-JOURNALING: WRITING DOWN JUST ONE THING YOU'RE GRATEFUL FOR OR ONE**

win from the day. It trains your brain to look for the positive rather than focusing on the negative

• **MOVEMENT FOR MOOD: IT DOESN'T HAVE TO BE A FULL WORKOUT.**

A quick walk or some light stretching helps process the physical energy that comes with stress.



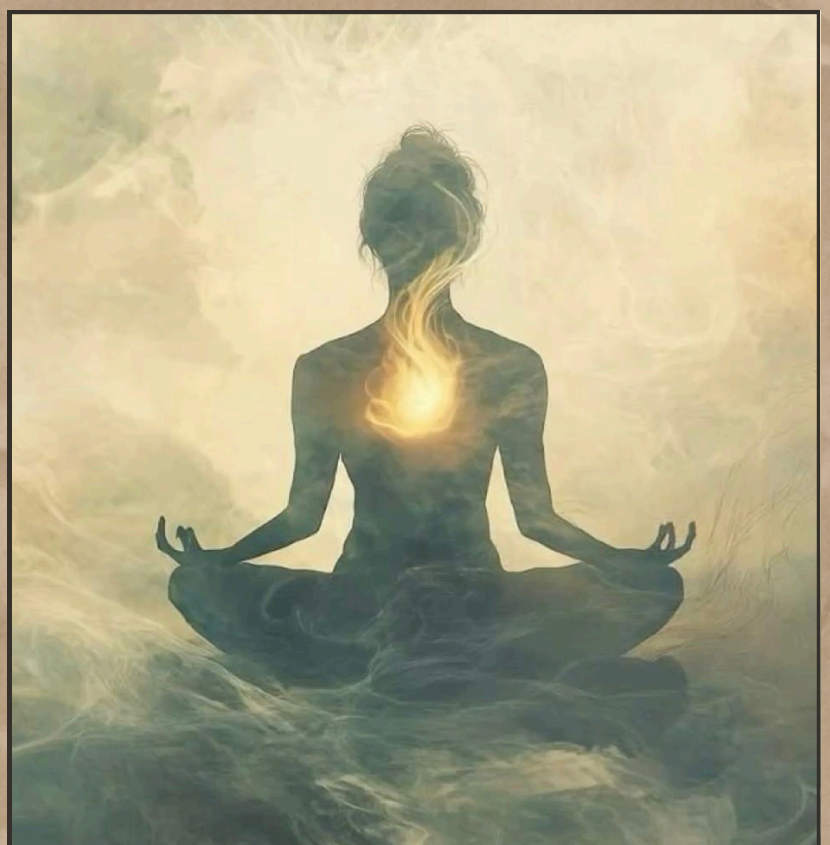
## **HOW DOES SCIENCE EXPLAIN THE LINK BETWEEN CALMNESS, COMPASSION, AND EMOTIONAL BALANCE?**

Science does not only mean labs and experiments, but it also explains how we think and feel. It clearly shows that calmness, compassion, and emotional balance are connected. When we get stressed, the body releases cortisol, and too much of it makes emotions harder to control. Mindfulness and simple breathing lower this stress; even though it sounds basic, it actually works. Calmness helps the brain handle emotions better, so people do not just react instantly.

Compassion is also important, especially self-compassion. People who are kinder to themselves feel less stressed and more balanced. Studies show it reduces how strongly people react to stress, even if some results are still being studied. Overall, these are linked through how the brain and body deal with stress. They support each other and help create a more stable emotional state.

## **WHAT DOES IT MEAN TO MAINTAIN EMOTIONAL BALANCE IN DAILY LIFE?**

Maintaining emotional balance in daily life means being able to understand and manage your feelings healthily. It doesn't mean you never feel upset or stressed, but that you can handle these emotions without letting them take control. It involves staying calm during difficult situations, thinking before reacting, and finding ways to relax and reset. Simple habits like taking deep breaths, talking to someone you trust, and taking breaks can help. Emotional balance helps you make better decisions, stay positive, and deal with challenges more confidently.



## A QUESTION THAT WE ALL WONDER ABOUT— WHAT IS THE SCIENCE BEHIND COMPASSION AND EMPATHY?

When we talk about compassion and empathy, it's easy to think of them as just "being nice" or "understanding others." But there's actually a lot happening behind the scenes in our brain, body, and heart when we feel for someone.

### 1)THE MIRROR IN YOU

**EVER SEEN SOMEONE ELSE DRINK WATER AND GET THIRSTY YOURSELF, OR EVER SEE SOMEONE STUB THEIR TOE AND FEEL A TINY BIT OF PAIN YOURSELF?**

**EMPATHY STARTS IN THE BRAIN. THERE'S A GROUP OF CELLS OFTEN CALLED MIRROR NEURONS THAT ACTIVATE WHEN WE SEE SOMEONE ELSE EXPERIENCING SOMETHING LIKE PAIN, HAPPINESS, OR EVEN EMBARRASSMENT. IT'S ALMOST LIKE OUR BRAIN QUIETLY SAYS, "I KNOW THAT FEELING."**

### 2)THE CHEMISTRY CHEMICAL

**YOU KNOW WHAT THE BEST PART IS? COMPASSION GOES ONE STEP FURTHER. IT'S NOT JUST ABOUT FEELING WHAT SOMEONE ELSE FEELS; IT'S ABOUT WANTING TO HELP. STUDIES SHOW THAT WHEN WE ACT WITH COMPASSION, THE BRAIN RELEASES CHEMICALS LIKE OXYTOCIN (BONDING HORMONE) AND DOPAMINE (LINKED TO SATISFACTION AND REWARD). THESE CHEMICALS ARE PROVEN TO DEEPEN AND IMPROVE YOUR RELATIONSHIP WITH NOT ONLY PEOPLE SURROUNDING YOU BUT YOURSELF AS WELL.**

### 3)THE COMMAND CENTER

**EVERYONE'S USED THE PHRASE 'I'VE GOT THIS GUT FEELING' AT LEAST ONCE IN THEIR LIVES. WHAT'S INTERESTING IS THAT THIS PHRASE IS ACTUALLY BACKED BY SCIENCE. THERE'S A MASSIVE NERVE THAT RUNS FROM YOUR BRAIN DOWN TO YOUR HEART AND GUT CALLED THE VAGUS NERVE. IT'S THE OFF SWITCH FOR YOUR FIGHT OR FLIGHT RESPONSE. WHEN WE PRACTICE COMPASSION, WE EXERCISE THIS NERVE. A STRONG VAGUS NERVE IS WHEN YOU DON'T SPIRAL AS EASILY WHEN THINGS GET CHAOTIC. IN A MONTH FOCUSED ON CALMNESS, COMPASSION, AND EMOTIONAL BALANCE, IT'S WORTH REMEMBERING THAT THESE QUALITIES AREN'T JUST IDEAS. THEY'RE DEEPLY HUMAN, DEEPLY BIOLOGICAL, AND EXTREMELY POWERFUL IF USED THE RIGHT WAY.**



#### EDUCATIONAL TOPIC: MANAGING EMOTIONAL OVERLOAD WHAT DOES IT MEAN AND WHY IS IT IMPORTANT?

Emotional overload is when your brain gets much to handle. Your brain can only deal with so much at a time. When you feel strong emotions like anxiety, frustration, or sadness, they take up a lot of space in your brain. This means you do not have brain power left to think clearly and make decisions. It is like your brain's computer is full, so you cannot even decide what to eat for dinner when you are feeling overwhelmed.

### ARE YOU THINKING TO YOURSELF,

" Why does it matter? Well, if you do not do something to clear your brain, you will start to feel really worn out. This is called Allostatic Load. It is what happens when you are stressed for a time. It is like the difference between a car having trouble and a car completely breaking down. When your brain gets to the point where it's overwhelmed, you are not being dramatic. You are just feeling really overwhelmed. When you feel emotions, it affects the part of your brain that helps you think and plan. This is why just trying to think your way out of it does not work. Your brain is not working properly. To fix this, you need to stop trying to think so much and start trying to calm down. You can do this by breathing or moving your body. This helps your brain switch from feeling anxious to feeling more relaxed. It is like restarting your computer. It helps you start thinking again and making good decisions. Emotional overload is a problem, and managing emotional overload is important. Emotional overload can happen to anyone, and managing overload is the key to feeling better.

### WORDS FOR SPOTLIGHT:

- Tranquility- A state of peace and calmness
- Resilience- The ability to bounce back from challenges, whether physical or mental.
- Benevolence- The quality of being nice and kind

### CREDITS:

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