

HEALTH & MIND CLUB

july

A MONTH TO RESET AND RE-CENTER OURSELVES

Life often moves at a fast pace, leaving little time to pause and check in with ourselves. Between school, work, responsibilities, and constant digital distractions, it is easy to feel overwhelmed and disconnected. This month is an invitation to slow down, take a breath, and reconnect with what truly matters.

Resetting is permitting ourselves to pause, let go of stress, and recharge our mind and body. **Re-centering** is about bringing our attention back to the present, finding emotional balance, and focusing on what supports our well-being. It is not about having all the answers—it is about creating space to reflect, regain perspective, and move forward with greater clarity.

Sometimes, the simplest actions make the biggest difference. Talking to someone you trust, taking a walk in nature, reading a book, listening to music, or spending time on a hobby you enjoy can help you feel calmer, happier, and more connected to yourself. These small moments of self-care allow you to reset, recharge, and approach life's challenges with **renewed energy and confidence**.

Now that we understand what resetting and re-centering mean, the next question is:
**WHY DO WE NEED IT IN
THE FIRST PLACE?**



Chronic stress, constant information, and a lack of healthy boundaries can leave us feeling like we are always in survival mode. When stress continues for a long time, our bodies produce the stress hormone, making it harder to focus, think clearly, and manage our emotions. To regain mental clarity, we first need to recognize these patterns and make small changes to our daily routines. This helps us shift from simply reacting to responding with **greater awareness and better decision-making**.

One helpful strategy is to establish regular routines that prioritize mental recovery. According to studies, 10-20 minutes of mindfulness each day can dramatically lower stress, while regular sleep enhances cognitive performance by up to 20%. Setting boundaries with technology, scheduling breaks, and engaging in restorative activities helps the brain operate calmly.

Moving out of "**survival mode**" takes awareness and consistent practice. Although we cannot always control life's challenges, making time for rest and self-reflection helps us respond thoughtfully instead of reacting impulsively. Over time, these simple habits improve mental clarity, strengthen emotional well-being, and support a healthier, more balanced lifestyle.

Once we understand the importance of mental clarity, it is also important to look at the habits that either support it or make it harder to achieve. Two common topics today are **digital isolation and grind culture**.



Technology helps us stay connected, but spending too much time online without meaningful interactions can increase feelings of loneliness. Research also suggests that constant digital engagement without healthy boundaries is linked to **higher levels of stress, burnout, anxiety, and difficulty concentrating**. The key is not simply spending less time online—it is using technology more mindfully. Being aware of your screen time, digital footprint, and the quality of your online interactions can help protect your mental and emotional well-being while allowing you to enjoy the benefits of staying connected.

In today's world, **grind culture** has become a popular idea. It is the belief that working long hours and constantly staying busy are the keys to success. While working hard can improve productivity, help us achieve our goals, and build new skills, constantly pushing ourselves without enough rest can lead to **burnout, anxiety, depression, and other stress-related health problems.**

Success is important, but so is balance. Taking breaks and allowing ourselves time to recover helps us stay healthy, productive, and motivated in the long run.

Whether it is doomscrolling or simply endless scrolling, both can affect our ability to focus. This brings us to the idea of **directed attention fatigue.**



Directed attention fatigue is a temporary mental state that happens when we focus for long periods without giving our brains enough rest. Over time, the brain becomes tired from constantly blocking out distractions and maintaining concentration. These effects can **reduce productivity, make learning more difficult, and affect overall thinking and performance.**

The good news is that taking regular breaks, spending time in nature, getting enough sleep, and reducing unnecessary screen time can help restore our attention and improve our mental well-being.

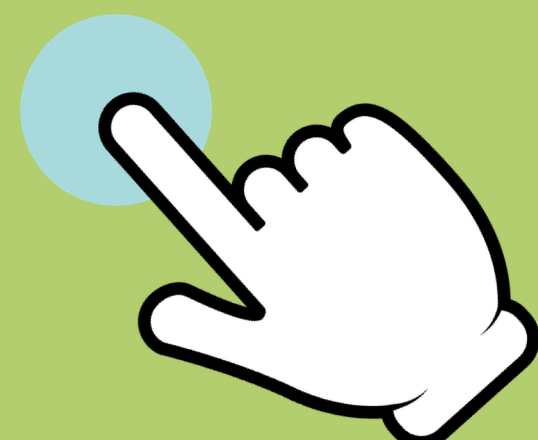


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Creativity

VALUE OF THE MONTH

Creativity in children is not just making some decorations, painting, or floor art. It is a crucial life lesson that fuels growth in the students' mental development. Creativity in children refers to the skill that generates new ideas or solutions to existing problems. **It transforms imaginative thinking into tangible form.**

In this fast-moving world innovation, technology, and imagination lead to creativity. For children, it's more important and needed. But have you ever wondered what creativity is? Or how to become a creative person? We know these questions make you curious. **Creativity fosters cognitive growth, improves problem-solving skills, promotes emotional expression, and supports social interaction.** Fostering creativity is an ideal approach that doesn't require any expensive planning. One just needs enough time, space, encouragement, imagination, and experimentation.

Changing our mindset, emotions, or daily routine helps us overcome a creative block

We often think of creativity as something we naturally have, when it is more of a skill that we learn. It's kind of like a muscle; it grows stronger the more we challenge it. One of the most effective ways to overcome a creative block is changing our **physical or emotional** mindset or even making small changes to our daily routine.

The reasoning behind this lies in the science of neuroplasticity, our brain's ability to create new neural pathways. When we repeat the same patterns, be it through our thoughts or actions, we strengthen the existing pathways. This is great for creating habits and routines, but not so much for **creativity**. When we're stuck doing the same thing for a long time, we can experience a creative block.

By trying different things, such as taking a walk in a new place, listening to a new song, or trying a new hobby, we create **new neural pathways and have unique and original ideas**. To truly grow and become more creative, we need to shift our mindset from perfection to loving the process of creation. You need to become comfortable creating something before perfecting it. By taking small risks and adding a bit of spontaneity to your daily life, you can prevent **creative blocks**.

Interestingly, one of the biggest triggers for creativity is something we often try to avoid: **boredom**. When our minds are not constantly occupied, it can wander, make new connections, and generate fresh ideas. So, what is the connection between boredom and creativity?

BOREDOM:

A HIDDEN SPARK FOR CREATIVITY

In today's fast-paced world, it's difficult to go even a few minutes without thinking about what's next. Whenever boredom appears, many of us immediately reach for our phones, turn on the TV, scroll through social media, or play music to avoid it. But **what if boredom isn't the problem? What if it's an opportunity?**

Whether you're a student, a parent, a working professional, or a grandparent, life often feels busy and full of responsibilities. When we're constantly focused on completing tasks, our brains have little time to come up with new ideas. However, during quiet moments when we're not occupied, our minds naturally begin to wander. This "**mind-wandering**" allows the brain to connect ideas, memories, and experiences in new ways—an important first step in the creative process.

Think about when your best ideas usually appear. It might be while taking a shower, brushing your teeth, looking out of the window, or simply daydreaming. These moments may seem unproductive, but they give your brain the space to solve problems and develop creative ideas in the background.

Research suggests that children and teenagers who experience occasional boredom are more likely to develop strong problem-solving skills, think independently, and become better critical thinkers. In other words, boredom isn't something to fear; it can help our minds grow.



A Simple Summer Reset

Summer is the perfect time to slow down, recharge, and prepare for a fresh start. A reset does not mean creating the perfect routine—it means making small changes that help you feel more balanced and energized.

Reset Your Routine

Bring structure back into your day by waking up around the same time, getting morning sunlight, and creating a simple morning routine. The goal is consistency, not perfection.

Build Healthy Habits

Focus on small habits that support your well-being, such as drinking more water, moving your body regularly, limiting screen time before bed, and keeping your space tidy. Small, consistent steps are more effective than drastic changes.

Reflect and Recharge

Take a few moments to think about the past term. Ask yourself:

- What made me feel overwhelmed?
- What helped me feel my best?
- What habits or boundaries do I want to carry forward?

Awareness is the first step toward positive change.

Redefine Productivity

Productivity is not just about doing more. Summer is also a time for rest, hobbies, creativity, and simply enjoying free moments. Remember—rest is productive too.

Refresh Your Space

A small change in your environment can make a big difference. Clear a cluttered area, remove unnecessary distractions, and add something that makes your space feel calm and inviting.

Reconnect With Yourself

Use the summer to enjoy activities that are not connected to school or grades. Spend time with people who uplift you, explore hobbies, listen to music you love, and do things that bring you joy. Remember

A summer reset is not about becoming a completely different person. It is about returning to school feeling **calmer, healthier, and more like yourself**. Small, steady changes often lead to the biggest long-term benefits.

WORDS FOR SPOTLIGHT

1

RESET

To pause, recharge, and begin again with a fresh perspective.

2

RE-CENTER

To regain balance and focus during stressful times.

3

RE-CHARGE

To restore your physical, mental, and emotional energy.

4

REFLECT

To thoughtfully consider your experiences and learn from them.

CREDITS

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