

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

"In the Arms of Perspective: A Moment of Bliss"

BY RANJITHA RAJ

As I find myself standing on the 17th-floor balcony, an unusual experience for someone who has always cherished the allure of independent houses, I am pleasantly surprised.

Today, I am captivated by the captivating view and the vibrant city lights, surpassing even the brilliance of the stars and the moon.

The gentle breeze caresses my body as I indulge in a cup of hot tea, accompanied by the melodies of romantic songs.

These simple pleasures fill my heart with joy, adorning my lips with a smile and transforming this moment into something truly special and perfect.

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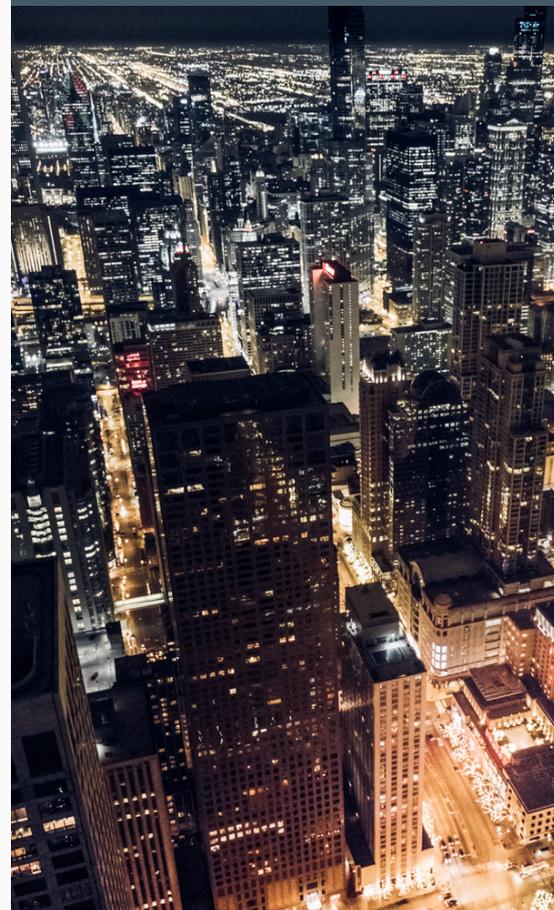


From this lofty vantage point, I gain a new perspective akin to that of a bird soaring above.

It prompts me to contemplate how often we confine ourselves within our own beliefs and limitations, unknowingly accepting them as absolute truths. We neglect the wondrous possibilities and experiences that lie on the other side, failing to embrace the beauty they offer.



“There is so much beauty when your eyes lay lost in all the city lights.”





‘You are Brilliant’, Doesn’t work.

BY SOWMYA UDUPA

"You're smart", "you're a genius". I too have received such praise, and it made me feel happy for a short while, but it also built subtle pressure and uncertainty. Take a closer look at such praise. We're praising an attribute. In order to achieve it, this attribute has to be present at all times and a tiny voice that rings through the praise. "What if I am not brilliant" enough to understand the next task.

"You are brilliant" also has another effect. When you fail a task, what does it mean? You are not brilliant, you don't have it in you?" In other words, it is interpreted by the mind as "I am a failure" and interpreted as such. So yes, I loved the high praise, however, it was not until I began a new job that I realized that such praise is not what pushes me.

My new boss always acknowledged my work. She always said, "Thank you or well done". She would then keep mentioning how hard I worked. She would point out how I had shown a willingness to learn. She would always give me tips and techniques to learn and improve. She accepted and encouraged mistakes, taking time off to assist and give feedback. She was with me every step of the way. Ah! But she didn't call me brilliant, genius. So what made me achieve so much?

She didn't praise my attributes. She praised my capabilities. It was not "You are brilliant" that ran in my head every day, it was "You work hard, You can learn" that ran through my head. And the tiny voice was not of fear, rather curiosity. My boss has a growth mind-set. She believes in my capabilities. She had faith in my capability to learn and grow. Many leaders have a fixed mind-set. It was believed that a person either had a 'success' gene or not. And that doesn't drive motivation.

“No matter what your ability is, effort is what ignites that ability and turns it into accomplishment.”

– CAROL DWECK





'Think before you talk'

CONTRIBUTED BY RANJITHA RAJ

T - Is it True? Consider whether what you are about to say is accurate and factual. Avoid spreading misinformation or engaging in dishonesty.

H - Is it Helpful? Reflect on whether your words will contribute positively to the conversation or situation. Avoid unnecessary criticism or hurtful remarks.

I - Is it Inspiring? Assess whether your words can motivate, encourage, or uplift others. Strive to inspire and bring out the best in people rather than dragging them down.

N - Is it Necessary? Evaluate the necessity of expressing your thoughts. Avoid sharing irrelevant or superfluous information that may detract from the main point or purpose.

K - Is it Kind? Examine the tone and intention of your words. Choose words that are gentle, compassionate, and considerate. Avoid using harsh or hurtful language that may cause pain or distress.

By incorporating these considerations into your communication, you can significantly decrease the chances of hurting someone with your words. Always remember to **THINK** before you speak, fostering a more empathetic and harmonious environment in your interactions.

T - True
H - Helpful
I - Inspiring
N - Necessary
K - Kind



What do we say to ourselves?

BY SOWMYA UDUPA

On a stifling summer night, while sleep evaded me, I asked myself, why?. Why can't I go asleep, I got no answer, then I asked what am I feeling? And there came a dark answer. A yearning of wanting to feel loved. I delved deeper, I began to ask more, why am I looking outward, do I feel less loved, the answers eluded me.

However my subconscious vehemently screamed, "No! I have a fantastic core group that I feel safe and accepted in.", "I feel loved by their smiles and their eyes .

As I dug deeper, my inner monologue was exposed. The phrases "you are not good enough, they will one day hate you" played in loops repeatedly, reflecting the harsh criticism and the fearful predictions of rejection and disappointment. I realised there was an echo of fear within me. Fear of not being enough, a resistance to accept the love I have fed by powerful sentences that were repeated in my conscious.

I made an equally conscious effort to refute each of their statements with truth and reason.

“Courage isn’t having the strength to go on – it is going on when you don’t have strength.”

- NAPOLEÓN BONAPARTE





I began to say the words "I'm loved" and "I can feel the love of my friends". "I am a beautiful person", I deserve love, and I won't let my friends down. I let the emotions stirred by these words to take hold of me. I felt it in my pit of my stomach I felt peace and most of all a spontaneous smile came on my face.

Our negative self-talk is frequently the cause of our anxieties, our unhappiness, and conflicts. What are words are echoing in your head? How do we communicate with ourselves? This awareness could be the answer.

**“Words matter.
And the words
that matter
most are the
ones you say to
yourself.”**

- DAVID TAYLOR-KLAUS





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JUNE 2023 Events

BY MHAI

1. Support Group Meet

Venue: MHAI Open Hall

Date: 10-June-2023

Time: 10 AM to 11.30 AM

2. Human Books

Venue: MHAI Open Hall

Date: 10-June-2023

Time: 11.30 AM to 1 PM

3. Support Group Meet

ONLINE

Date: 26-June-2023

Time: 6 PM to 7 PM

4. Human Books

ONLINE

Date: 26-June-2023

Time: 7 PM to 8 PM

5. Understanding Mindset Workshop

ONLINE

Date: 1-Jul-2023

Time: 5 PM to 8 PM

By Sridhar Srinivasan

To Register:

www.mhai.in

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No.316/5, Ibbani,
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JUL 2023 Events

BY MHAI

1. Support Group Meet

Venue: MHAI Open Hall

Date: 8-Jul-2023

Time: 10 AM to 11.30 AM

2. Human Books

Venue: MHAI Open Hall

Date: 8-Jul-2023

Time: 11.30 AM to 1 PM

3. Support Group Meet

ONLINE

Date: 24-Jul-2023

Time: 6 PM to 7 PM

4. Human Books

ONLINE

Date: 24-Jul-2023

Time: 7 PM to 8 PM

5. Retro Revival with Thanthi Tharangi

(Fun Activities, Meaningful Conversations, Musical Night followed by Dinner)

MHAI Open Hall

Date: 15-Jul-2023

Time: 5 PM to 9 PM

To Register:

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MAY and JUNE 2023 Highlights

MHAI - CREATING HEALTHY MINDS

Human Books and Support Group Meet at MHAI, Unwinding with Live Guitar and Steel Tongue Drum played By Panini Deraje at MHAI

For Information:

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Workshops at MHAI



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MAY and JUNE 2023 Highlights

MHAI - CREATING HEALTHY MINDS

Training at Fitwel Tools and Forging Pvt.Ltd



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TES - Masterclass for Teens by Ranjitha Raj and Skilling Internship for Teens



RANJITHA RAJ

MAY 7TH, 2023
3:00PM-4:00PM IST

An Ex-Corporate turned Trainer, Counsellor, Mentor in education with a burning purpose to bring difference in people's lives by creating healthy minds with more than a decade of expertise specialized in Mental Health skillset maximization via, Training, counselling, Mentoring, Awareness Programs to Students, Parents, Teachers, Schools, Colleges, and Corporates.

VISIT WWW.THEEXPRESSO.COM TO REGISTER



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MHAI Services

CREATING HEALTHY MINDS

- **Diploma in Life Skills**
- **Diploma in Mental Health**
- **Certificate Course in Suicide Prevention Skills**
- **Certificate Course in Non-Suicidal Self-Injury (Self- Harm) Prevention**
- **Workshops - On Invite**
- **Human Books**
- **Support Group Meet**
- **Holistic Health Rural Training in collaboration with Mental Strides, Australia**
- **Eco Therapy**
- **Emotional Counselling**
- **Mentoring and Internships (Teens and Adults)**
- **Mental Health Awareness Programs**
- **Harmony - The Journey Within - Outdoor Workshops**

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