

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

The Unseen Rewards of Going the Extra Mile in Relationships

BY RANJITHA RAJ

We have observed the act of going the extra mile at work place for various reasons, understanding that it can be a pathway to promotions and overall success. However, have we contemplated extending this concept to our relationships?

The rewards derived from such efforts are immeasurable. As a giver, I have often pondered why I consistently go the extra mile in every relationship. Does it create stress within me? **No**. Is there an external pressure compelling me to do so? **No**. Am I seeking validation? **No**.

This issue:

The Unseen Rewards of
Going the Extra Mile in
Relationships

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The reason is simple: it brings pure joy to go that extra mile in myriad small ways, conveying our deep emotions and appreciation for the people we care about.

This practice is an integral aspect of nourishing and nurturing our relationships. If a relationship holds significance in your life, consider going the extra mile to illustrate what your loved ones mean to you. It doesn't necessarily involve material possessions; a kind gesture or small token of your affection can work wonders in strengthening the bond.



**“You can give
without loving,
but you cannot
love without
giving”**

-ROBERT LOUIS STEVENSON





LIBERATION

BY SOWMYA UDUPA

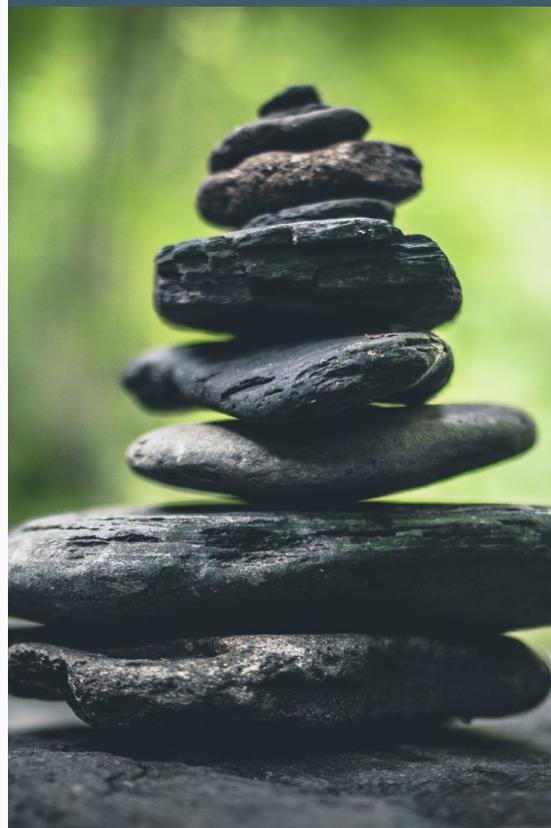
To me, my values are timeless and linear. I was in turmoil due to a reality I could not accept. My biggest realization was that values are not etched in stone, and whatever I did was contextual, influenced by my environment. I can learn from my mistakes and ponder my experiences. Honesty, kindness, and loyalty are not as straightforward as “All or none”.

In a moment of deep reflection, I had to ask myself, “How much and Where do I want these values to play a part”? A repressed, tired, angry, frustrated voice cried loudly, “I want to be that only when it feels comfortable for me, not because it is intrinsic value.

It was either good or evil, forgivable or unforgivable, honest or lying. I adhered to my values mostly out of fear. I was a slave to my values.

“It’s not hard to make decisions when you know what your values are.”

- ROY E DISNEY





Being kind was the most important value to me, And I realised I am a kind soul at heart, however I do take extra care to protect those close to me, whom I regard as my own and whom I really care for.

This is why I wish to compromise, adapt, accept change, and challenge my behavior for them. They matter to me. About the rest of the world I do not mind approval or disapproval. And this does not make me a bad person.

Now, I question my values, such as being honest, suppressing under the guise of kindness, being submissive, and pleasing others. I have the courage to act on my gut, my intelligence and intuition and not be a slave to my values. I got the courage to be disliked.

“When we are no longer able to change a situation-we are challenged to change ourselves”

- VICTOR E. FRANKL





MY REFLECTIONS

BY PANINI DERAJE

As I see many sad people around the world, I wonder: Does feeling hurt only happen when things don't meet our hopes in relationships, or does being disappointed come from bigger life expectations too?

Think about this: Is it only about our relationships or does our overall view of life also have these hopes that make us struggle and stop us from enjoying life completely?

Let's look inside ourselves to figure out if it's just about what we expect from relationships or if our whole way of looking at life needs to change for us to feel happier.

When you have expectations, you are setting yourself up for disappointment. - Ryan Reynolds

“Expectations
are
resentments
waiting to
happen”

- BRENE BROWN





MUSINGS CORNER

FOOD FOR THOUGHT

Are you making decisions

to feel safe?

or to feel **free**?

Let us know your reflections,
thoughts about this.

Write us at
info@mhai.in



“The fears
we don’t face
become our
limits”

- ROBIN SHARMA





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NOV 2023 Events

BY MHAI

1. Support Group Meet

Venue: MHAI Open Hall

Date: 11-Nov-2023

Time: 10 AM to 11.30 AM

2. Human Books

Venue: MHAI Open Hall

Date: 11-Nov-2023

Time: 11.30 AM to 1 PM

3. Support Group Meet

ONLINE

Date: 27-Nov-2023

Time: 6 PM to 7 PM

4. Human Books

ONLINE

Date: 27-Nov-2023

Time: 7 PM to 8 PM

5. Tai Chi Easy

Venue: MHAI Open Hall

Date: 19-Nov-2023

Time: 11.30 AM to 4.30 AM

By Pramod Shenthar

6. Retro Revival with Thanthi Tharangi

Venue: MHAI Open Hall

Date: 26-Nov-2023

Time: 5.30 PM to 8.00 PM

Musical Evening and Fun Activities

To Register:

www.mhai.in

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DEC 2023 Events

BY MHAI

1. Kaadu Harate – Expressive Art Therapy (EAT) with MHAI

Venue: Cubbon Park, Bangalore

Date: 2-Dec-2023, Saturday

Time: 10.00 AM to 1 PM

1. Support Group Meet

Venue: MHAI Open Hall

Date: 9-Dec-2023, Saturday

Time: 10 AM to 11.30 AM

2. Human Books

Venue: MHAI Open Hall

Date: 9-Dec-2023, Saturday

Time: 11.30 AM to 1 PM

3. Support Group Meet

ONLINE

Date: 25-Dec-2023, Monday

Time: 6 PM to 7 PM

4. Human Books

ONLINE

Date: 25-Dec-2023, Monday

Time: 7 PM to 8 PM

To Register:

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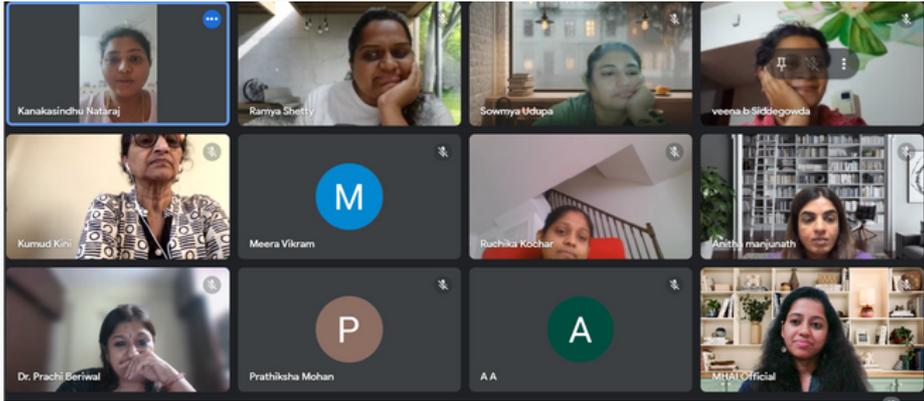


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SEP and OCT 2023 Highlights

MHAI - CREATING HEALTHY MINDS

Human Books and Support Group Meet



CBT Workshop, at MHAI



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Harmony - The Journey Within by MHAJ - 3 Nights 4 Days Retreat at Coorg

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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**
- **Kaadu Harate - Expressive Art Therapy (EAT)**

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