

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

Understanding People Addiction

BY RANJITHA RAJ

In our interconnected world, it's easy to develop an unhealthy reliance on others, known as **people addiction**. This can lead to anxiety, low self-esteem, and burnout. Here are some signs to look out for:

Signs of People Addiction:

1. Constant Need for Validation: Regularly seeking approval from others.
2. Fear of Rejection: Overextending yourself to avoid being abandoned.
3. Over-Commitment: Saying yes to everything, even when overwhelmed.
4. Neglecting Self-Care: Prioritizing others at the expense of your well-being.
5. Difficulty Being Alone: Feeling anxious or uncomfortable without company.
6. Emotional Rollercoaster: Fluctuating emotions based on others' actions.

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Overcoming People Addiction:

Self-Reflection: Assess your relationships and identify patterns.

Set Boundaries: Learn to say “no” and communicate your needs.

Practice Self-Care: Engage in activities that nourish you.

Seek Professional Help: Consider therapy for support and guidance.

Cultivate Independence: Enjoy solo activities to reduce dependency.

Foster Healthy Relationships: Surround yourself with supportive individuals.

Practice Mindfulness: Increase awareness of your thoughts and emotions.

Celebrate Small Wins: Acknowledge and appreciate your progress.

By recognizing the signs of people addiction and taking proactive steps to address it, you can create a healthier balance in your relationships and enhance your overall well-being. Remember, prioritizing yourself is not selfish—**it's essential for a fulfilling life!**

"True freedom comes when you stop seeking validation from others and start finding your worth within."

- RANJITHA RAJ





Not everything requires OUR RESPONSE

BY RANJITHA RAJ

I had a client who had an uncontrollable urge to respond to every criticism and comment he faced.

He thought people would take him as a coward or weak if he chose to be quiet, and hence, in defense, he would participate in the argument aggressively and drive his points across.

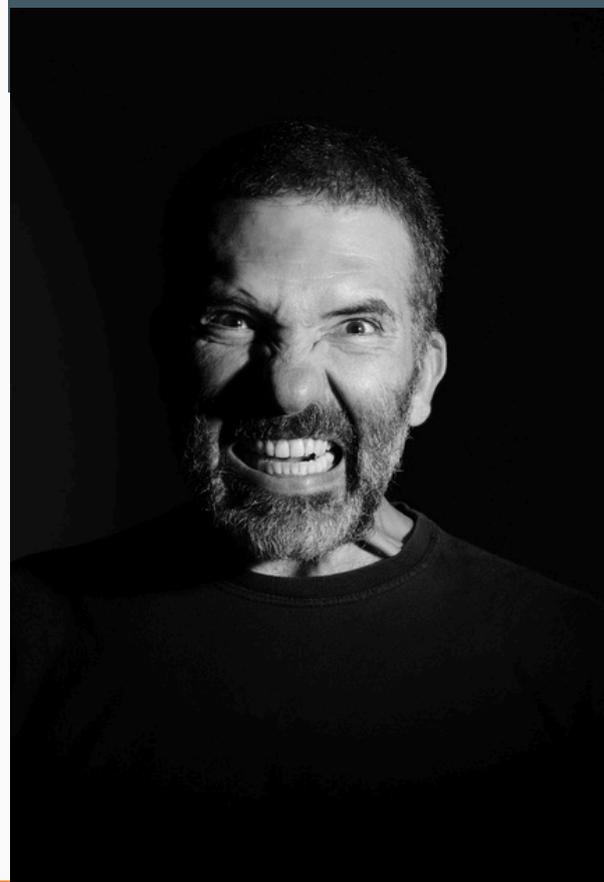
He started treating every comment as an **emergency** and defended himself as if he were in a **battle**, with his life depending on his replies.

He never wanted to lose the arguments, even though he eventually felt miserably unhappy with himself.

The moment he walked into my cabin, I could sense the hues of **anger**, **exhaustion**, **irritation**, and **frustration**, all building **stress** in him.

"Responding to every criticism drains your energy and steals your peace. Not every battle is worth fighting."

- RANJITHA RAJ





After listening to him completely, I gave him a thought to ponder upon. I asked him:

“Imagine walking along the road to home, and with each step, collecting stones along the journey.”

By the time you reach home, how discomfoting and burdensome would the journey have become by carrying unnecessary stones with you until the end?

That’s what happens when we respond to each and every criticism that comes our way.”

He paused briefly, and during introspection, his expressions and gestures changed. I noticed he had an **Aha moment**.

The realization dawned upon him that responding to everything happening in life was draining his energy completely.

He also realized that, in trying to prove something to these ‘unimportant’ people, he was wasting a lot of his time and essentially making fun of himself.

Reacting to these provocations costs an enormous amount of mental energy and peace.

Reacting to criticism never makes the criticism go away.

Hence, **choose your BATTLES WISELY!**

“Arguing to defend every point only exhausts you, while the real power lies in knowing when to stay silent and preserve your peace.”

- RANJITHA RAJ





Fall To Grow

BY RAMYA SHETTY

Allowing **children** to learn from their **mistakes** is essential for their **growth**. Mistakes are valuable opportunities that teach **resilience, problem-solving, and responsibility**. Instead of continuously pestering them to learn or imposing our values and rules, we should guide them while giving them space to discover their strengths.

When children experience failure, they understand the consequences of their actions, which fosters **independence and critical thinking**. Constantly urging them to listen to parental advice can be counterproductive and may hinder their ability to learn through experience. It's important to reassure them that if anything goes wrong or they need help, we are there to support them. By sharing lessons from our own experiences, we can teach them about both the positives and the challenges they may face, providing guidance without completely taking over.

"Empower children to learn from their experiences; every stumble is a stepping stone to resilience."

- RAMYA SHETTY





In essence, let's empower children to learn through their experiences while being a safety net for them. Every stumble is a stepping stone toward becoming capable, resilient individuals.

Wit & Whimsy

BY MHAI

Why did the human bring a suitcase to the meeting?

Because they heard it was a baggage claim session!



Ever notice how humans always look for Wi-Fi in a new place? It's like we're secretly hoping our connection issues will solve all our life problems!



I told my emotions to take a vacation, but they booked a one-way ticket to my brain instead!





PC: Rohan Somkuwar

NOV 2024 Events

BY MHAI

1. Support Group Meet

Venue: MHAI Open Hall

Date: 9-Nov-2024

Time: 10.30 AM to 12.00 PM

2. Human Books Meet

Venue: MHAI Open Hall

Date: 9-Nov-2024

Time: 12.00 PM to 1.30 PM

3. Support Group Meet

ONLINE

Date: 25-Nov-2024

Time: 6 PM to 7 PM

4. Human Books

ONLINE

Date: 25-Nov-2024

Time: 7 PM to 8 PM

5. I am (2 Nights, 3 Days)

Venue: Devanahalli, Bangalore

Date: 22-Nov-2024 to 24-Nov-2024

Time: Friday 4 PM to Sunday 3 PM

Hosted By MHAI, Facilitated by Bidhan Roy

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

For Information:

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