

## DAILY HASSLES

### EDITORIAL

#### HASSLES AND HEALTH



Daily Hassles is not considered a mental disorder neither it was under focus of Mental Health experts. In 1981, Kanner et al. brought this into consideration as everyday stressors (major or minor) that can be interpreted as minimally stressful, frustrating, or irritating.

They designed a Hassles Scale, which consists of 117 items. These may include general appearance, weight, finances, health of self or a family member, waiting at a traffic signal, even misplacing a few things and menstruation. We can not and should not underestimate the importance of daily hassles in our day to day life.

The daily hassles can be specific to countries, regions, towns/ cities, families. It can be very specific to you and your personal life. Eg. Commuting will become a daily hassle in a city which is undergoing infrastructural development like flyover or metro. Chronic health issues, work pressure, finances might act as daily hassles on a personal level. Something which is a daily hassle for you, might not be a daily hassle for me.

One might face multiple hassles at a time eg. A person who is not able to say 'no' (because of inner concern hassle - low self esteem or loneliness) may face the time-pressure hassles and work hassles, due to increased workload as he/she might be taking extra work on his/her shoulders. Then that person might start avoiding the situation, postponing the work (procrastination) thus affecting his functioning and productivity.

**Chronic minor stressors or the daily hassles may cause stress and anxiety which in a long run may lead to major physical health issues** like hypertension, heart diseases and diabetes. One might experience chronic joint pain, tension headache or conditions like psoriasis. These stressors may also act as a risk factor to certain autoimmune diseases.

**The range of daily hassles is exhaustive** but we are going to focus on a few. We hope that you will be able to **identify your own daily hassle and take care of yourself before it impacts your mental and physical health.**

201911

-Dr. Aabha Pimprikar  
Co-Editor

President DAGMHI 3030

Dentist, Entrepreneur, Life Skills Trainer.

### EDITORIAL TEAM



Rita Aggarwal,  
Editor



Dr. Aabha Pimprikar,  
Co-Editor



Dr. Geetanjali Jha,  
Co-Editor



SCAN THIS QR CODE TO ACCESS  
ALL MINDMATTERS ISSUES.

## CLUB REPORTS

### ROTARY CLUB OF NAGPUR

RI President Elect Gordon McNally visited the Rotary Club of Nagpur on April 25, 2023.

The sudden, surprise, and short visit of RIPE Gordon McNally to the Rotary Club of Nagpur gave a sense of excitement to the Global Grant Team and the club members. In his brief 30-minute visit, Project Director Rita Aggarwal made a 10-minute presentation on the **Global Grant Project on Mental Health, 'Wellness in a Box- Prevention of Depression, and Peer Leadership Programmes'**. She also made a brief 3-minute presentation for the **DAGMHI 3030 (District Action Group on Mental Health Initiatives) and the work done so far**. President-Elect Gordon appreciated very much the hard work and the successful outcome of the project. He said such a **project needs to be scaled up to cater to a much larger audience** and should not remain at this level. **He was emotionally touched by the work done, as he is passionate about mental health and is launching mental health as his presidential initiative in his term of July 2023-2024.**



-Rita Aggarwal,  
Project Director, Wellness in a box  
Advisor DAGMHI 3030



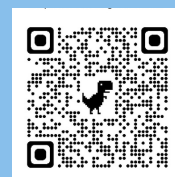
### ROTARY CLUB OF NASIK NORTH

**RC Nasik North** recently introduced an online platform **SHIELD - to educate, protect, support and guide young adults** who are facing emotional turmoil which has not only affected them academically but also scarred their natural thoughts, actions and basic ability to believe in oneself as well as the society as a whole.

The pilot project was launched at Jawahar Institute of Technology, Nashik on 19th April, 2023 by the hands of Mrs. Sayali Palkhedkar, Member of MSCPCR, Maharashtra in the presence of DGND Rtn. Nana Shewale. Rtn. Dr. Aabha Pimprikar President DAGMHI 3030 who has been a strong pillar of support and enabled the project by her inputs also graced the occasion.



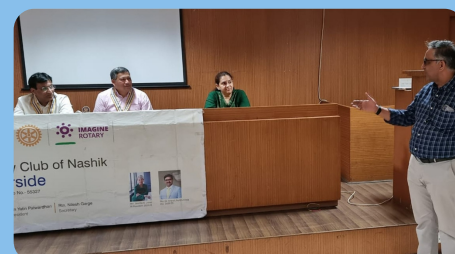
-Rtn. Agastya Munim  
Project Director, Shield  
Director Elect DAGMHI 3030



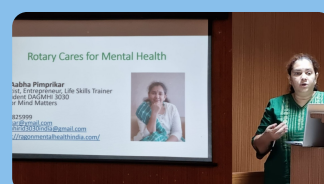
### ROTARY CLUB OF NASHIK RIVERSIDE

**RC Nashik Riverside** invited Dr. Aabha Pimprikar President DAGMHI 3030 as a guest speaker. Dr. Aabha Pimprikar talked about **DAGMHI 3030 - genesis, history and future projects**. In her second presentation, she talked about **'Geriatric Mental Health' and care strategies** to address the MH needs of this population. This presentation was preceded by a quiz - **'Ageless Happiness'**. The members enthusiastically participated in the quiz as well as the question-answer session.

Dr. Aabha proposed to form a **Geriatric Support Community** and the club has agreed to partake and support the activity.



-Rtn. Yatin Ptawardhan,  
President, RC Nashik Riverside.



## HEALTH HASSLES

According to the **Centres of Disease Control and Prevention survey** conducted in 2010, the 10 most common chronic conditions among persons living in residential care facilities were high blood pressure (57% of the residents), Alzheimer's disease or other dementias (42%), heart disease (34%), depression (28%), arthritis (27%), osteoporosis (21%), diabetes (17%), COPD and allied conditions (15%), cancer (11%), and stroke (11%).

In a similar survey conducted in the US in 2021, 40% school age children were found to have at least one chronic condition such as asthma, obesity, other physical or behavioral, learning problems.

**Maintenance of these chronic major illnesses (conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both) to live a quality life in itself can work as daily hassles for many.**

In the previous issue (Health Psychology), we learned that people who perceive, comply and manage the illness nicely are able to lead a quality life. Those who don't are more susceptible to the daily hassles.

**Patients as well as caregivers both are equally vulnerable to these daily hassles.** Common reasons may be frequency of medicines, difficulty in remembering the dosage of each medicine, etc. Mere thoughts of visiting a doctor can be stressful for few.

For the patients: Loneliness, dependance in day-to-day activities, fear of recurrence of health episodes, fear of hospitalization, and treatment costs can act as stressors.

For the caregivers: These may be long working hours, disturbed sleep patterns, missing days at work or social activities, constant worry.

Few chronic illnesses come with low life expectancy, which can have a huge impact on the patient as well as the caregiver.

**Even the healthcare workers experience the stressors** like unusual working hours and shifts, traumatic experiences (heavy bleeding, death, at times abuse) which take a toll on their physical and mental health.

**Please remember, chronic illnesses can be controlled. Develop a positive attitude and look for upliftments.**

-Dr. Aabha Pimprikar  
Co-Editor.



## CONCEPTUAL/F-ACTUAL

According to Kanner et al. (Kanner, Feldman, Weinberger, & Ford; 1981) daily hassles are a source of stress that include irritating, frustrating and distressing demands that people face on a day-to-day basis.

These **everyday micro-stressors or daily hassles can be categorised** as household hassles (cleaning, grocery shopping, etc.), health hassles, time-pressure hassles (too many responsibilities, etc.), inner-concern hassles (low self-esteem, loneliness, etc.), environmental hassles (crowding, pollution, crime, etc.), financial hassles, work hassles, and future-security hassles (investments, retirement income, etc.). **Two individuals may respond differently to the same stressor** (e.g., few will honk horns at a red signal while others will wait patiently). **One single individual can respond differently to the same stressor**

(e.g., the person who usually is patient at traffic signals might get impatient if he/she is in some emergency).

The most unfavourable hassle is 'Academic stress'. Few studies have shown that 'studies' is a **major cause of stress and anxiety amongst students of any age, school transition being the second in young children. Parental interference and peer pressure pose a hassle when the kids enter teenage.** As you grow, the hassles keep on changing (or adding). Women feel stressed while doing housework, more so if they are alone while working. According to a research article on sciELO.br, there is a positive association with high housework overload and mental disorders. According to Deloitte's Mental Health Survey (2021-2022)-

**\*Poor mental health amongst employees costs Indian employers around US\$14 billion yearly.**

## TIME PRESSURE HASSLES

**Time pressure hassles are daily activities that cause psychological stress when a person has less time available (real time, actual or perceived, self-imposed) than it is necessary to complete a task or obtain a result.**



This mainly happens because in modern life, we expect a faster result.

Factors considered here are task complexity, flexibility of work, organizational time constraints, characteristics of the person in charge like motivation, multitasking, resilience, interpersonal and intrapersonal intelligence etc.

These stressors may add up quickly since they occur so regularly and build upon one another thus having a major impact on quality and safety of life.

**Time pressure changes how people explore and respond to uncertainty (scan the QR code to know more)**

-Dr. Aabha Pimprikar  
Co-Editor.

### FIGHT OR FLIGHT RESPONSE IN TIME-PRESSURE HASSLES

Fight or flight is humans' natural and automatic response to act in a perceived challenging or stressful situation (Cannon, 1927).

In the modern era, where stressful environments lie not only around death but also around most everyday tasks (Zautra et al., 2005).

Among various daily hassles, time-pressure is a significant stressor that triggers the fight or flight response. The flight response is expressed through procrastination or negligence, and the fight response is expressed by approaching and completing the task by working on it. Sometimes in the fight response, an individual might work to a greater extent and get exhausted (Mayes & Ganster, 1988). Both are not helpful in their extremes.

Even though this response is automatic, we can change it with conscious efforts. Here are 3Ps which might help handle this fight or flight response in time bounded pressures.

**1.Plan:** Write and enlist the goals

**2.Prioritize:** Prioritize the goals based on significance and worth. Delegate the work and collaborate.

**3.Pomodoro Technique:** This is a research-proven time management technique that helps to overcome distraction and boosts productivity. Here, an individual has to do focused work consciously without any distractions for 25 minutes with a 5-minute break. A long break of 30 minutes can be taken after a minimum of 4 Consecutive work stretches. The website (<https://pomofocus.io/>) makes it easier to track during the work (Wang et al., 2010).

These are some of the proven techniques to reduce negative effects of time-pressure hassles. You can try different methods too. Feel free to reach out to a professional for help.

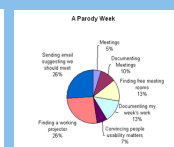
-Haran R P, M.Sc.  
Research Scholar, Lecturer, Counsellor.

**\*Around 80 percent of the Indian workforce has reported mental health issues over the past year.**

**Chronic daily stressors affect health negatively.** Physical and psychological health work hand in hand in such cases. **Those who have poor health, reported more hassles** (<https://pubmed.ncbi.nlm.nih.gov/3611366/>), while daily health hassles may lead to negative emotions.

There are numerous research articles that have studied the effects of daily hassles. Sharing two of them, scan the QR codes to read those articles.

-Dr. Aabha Pimprikar,  
Co-Editor.





## 'NO' IS NOT A BAD WORD!

# NO

Do you remember how frequently we said no as a child? NO taking my toys, NO eating bitter gourd, NO studying on Sunday! But as we grew up, this simple two letter word gradually diminished from our vocabulary. We say 'yes' when actually what we want to say is the opposite. **For many of us, saying No, doesn't just feel awkward – it feels complicated.**

We experience this frequently, whenever we are asked to do extra chores, or requested to cover up at the workplace for a colleague. Spouses can have this pressure of not being able to say no when asked to do some extra work for the partner. Few parents are unable to stop fulfilling unjustified demands of children.

As social beings, we don't want to be lonely. We want to be a part of the society, we want to belong - preserving our relationships. So we just blurt out yes, just because we don't want to be seen as a difficult person, or hurt someone's feelings. At the workplace, we don't want to disappoint a colleague. Also, we worry that saying no might reflect on our ability and efficiency and it will affect our position as a team member.

Everyone likes a person who is always willing to do their work or cover up for them but in the long run they take us for granted, making you lose your self esteem. This is nothing but inner concern hassles. **(Richard Lazarus described inner concern hassles as involving one's own personal worries, such as being lonely or socially isolated. Low self-esteem would make for another one of these).**

Even though we may contemplate saying a NO, eventually we give in and end up saying YES.

Never saying no can come at a higher price than you might realize. This adds to our already existing workload leading to work hassles and time pressure hassles. You get a feeling of being manipulated all the time. It can also make you more passive aggressive, trying to get some self respect back, but in the long run, you might resent your own behavior.

**You get very less time for yourself leaving you constantly feeling anxious and stressed. An inability to say NO can lead to codependent behavior and finally burnout. Not too surprisingly, women struggle with saying no more often.**

Experts encourage people to take control of their lives and assert boundaries by learning to say no. The ability to communicate a 'NO' reflects that you are in the driver's seat of your own life- which gives you a sense of empowerment!

-Dr Rucha Sule Khot  
Consultant Psychiatrist, Nashik

## PROCRASTINATION - THE DAILY LIFE HASSLE



The Tortoise and the Rabbit is a well-known fable that tells the story of a race between a **fast, but overconfident Rabbit** and a **slow, but persistent Tortoise**. The Rabbit, confident in his speed, takes an early lead and decides to take a nap during the race. Meanwhile, the Tortoise continues to move steadily and eventually overtakes the sleeping Rabbit, winning the race.

**Procrastination is a behaviour that is often associated with putting off tasks until the last minute, resulting in stress and poor performance.** The story of the Tortoise and the Rabbit clearly pictures the dangers of procrastination and the benefits of persistence and consistent effort.

One of the main lessons of the story is that slow and steady progress can often be more effective than sporadic bursts of energy. The Rabbit's decision to take a nap during the race shows that even the most talented and skilled individuals can be brought down by overconfidence and lack of effort. The tortoise, on the other hand, is a symbol of consistent effort and persistence, which ultimately leads to success.

Procrastination can be seen as the antithesis of the Tortoise's approach. **When we procrastinate, we often delay acting on important tasks until the last minute, relying on bursts of energy to make up for lost time. This approach can be ineffective and lead to poor performance, as we may not have enough time to complete the task properly or may feel rushed and stressed.**

In contrast, by adopting the Tortoise's approach, we can **break down large tasks into smaller, more manageable ones and work steadily towards our goals.** By taking consistent action and avoiding the temptation to procrastinate, we can build momentum and achieve our objectives more efficiently.

In conclusion, the story of the Tortoise and the Rabbit is a powerful reminder of the dangers of procrastination and the benefits of persistence and consistent effort. By adopting the tortoise's approach, we can overcome procrastination and achieve our goals more effectively. **The key is to focus on steady progress and avoid the temptation to rely on bursts of energy to make up for lost time.**



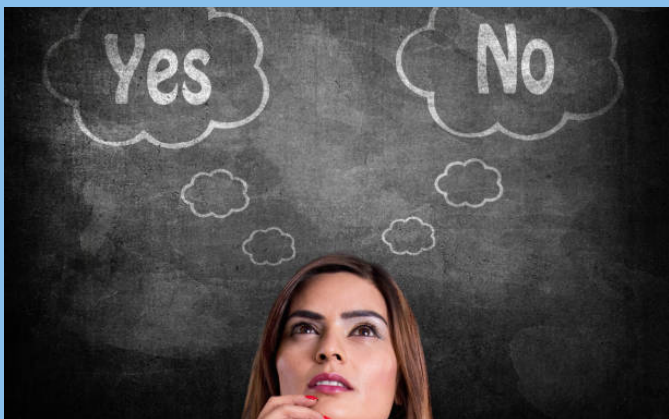
-Dr. Sripriya Shaji Ph.D.  
Counseling Psychologists & Nutritionist,  
Kozhikode.

## ACCEPT AND ADAPT

Q. I am 32 years old and married a year ago. Recently I have been diagnosed with diabetes and life-long medication. Both my parents have diabetes. I am shocked I developed it so early. My marriage has been stressful. This I realised after the doctor asked me questions, that it could lead to this illness. I feel very depressed and I am worried. I love eating sweets and all that. Please help me.

Ans. I can understand your state of shock. But worrying about it will not be helpful at all. Once you have been diagnosed with diabetes, it is best for you to **accept the condition and educate yourself about its maintenance.** Regular visits initially to the doctor for check-ups and **education of the do's and don'ts of medication, food habits, and life-style modification.** A psychologist can help you in training your mind to **regulate your emotions, de-stress your mind, modify your daily schedules, and adapt to the medical condition.** Accept your illness, **be kind to yourself** and protect and care for yourself. **Keeping your attitudes right will help in maintaining the illness without compromising your quality of life.**

-Rita Aggarwal,  
Editor, Consultant Psychologist Advisor  
DAGMHI 3030



## ENVIRONMENTAL HASSLES AND MENTAL HEALTH

In my recent encounters with clients, I noticed that anxiety issues were often related to health concerns, and many of them have their roots in rapid changes in surroundings. This made me realize how environmental changes can directly and indirectly impact our psychological well-being.



PC Mrigank Shail

**Nature provides immense benefits to our physical and mental health**, but climate change and environmental degradation can have adverse effects on air, water, soil and on living organisms too. These two, pose a threat to our mental wellbeing as much as physical health. Pollution and weather changes lead to food shortages, environmental degradation and increased stress, anxiety and depression. **Natural disasters can trigger acute stress and PTSD, while seasonal changes affect Seasonal Affective Disorder.** As seen during Covid, Obsessions and compulsions related to cleanliness or contamination fears related to nature, such as germs or dirt, can also affect mental health. **Climate change exacerbates symptoms for those living with mental health conditions and increases the severity of their condition.**

**Environmental degradation and climate change are widely known to affect mental health, but man-made hazards can also significantly impact mental well-being.** India recently became the world's most populous country. **Overcrowding can lead to interpersonal conflict, agoraphobia, disease spread, and inequalities.** Addressing mental health requires a multifaceted approach that considers both environmental and human factors.

It is important to note that while environmental changes may have natural triggers, mental health disorders are complex conditions with a range of contributing factors, including genetics, environment, and life experiences. By incorporating nature into our daily routines and taking steps to protect the environment, we can create a more sustainable and healthy future for ourselves and future generations. Addressing the mental health impacts of environmental changes requires efforts to promote resilience and coping strategies, provide mental health services such as therapy and counseling, and addressing the underlying environmental changes. It is essential to prioritize mental health in our efforts towards environmental protection and sustainability.

-Aditee Bhargave  
Psychologist, Nashik

## PSYCHE TIP

### LISTEN TO YOUR INNER VOICE

Even before we become aware of the self as an entity, we slowly make our way through life by trying and making errors again and again, until we know a certain fact or master a certain skill. Whether it is learning to walk, drive, cook, or swim, or even to communicate, introspect or forgive. Being imperfect is innate to being human. Half our lives are spent rectifying old mistakes and the other half making new ones. And the yearning and learning goes on as we evolve into more mindful and aware beings.

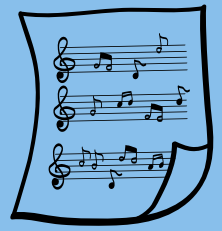
**Tip:** Stay connected with your inner voice and be responsible for your words and actions. Every thought counts.

Dr Bhakti Murkey,  
Assistant Professor (Psychiatry).

## INNER RHYMES

### MEMOIRS OF A SPLIT MIND

As I wade through the tides,  
I wonder if I'll reach ashore  
I am lost they say, but haven't felt this real before



Talking about me, they tell me to do things  
Even if I don't know why, I run by their musings  
I was just another happy lad  
before this reality struck me  
Unaware of mind's tricks that the  
weed showed me

I am angry! Yes, I am sad  
If only someone told me, what did I do bad?  
I must find the truth, and place a nip in the bud  
Lest it takes me too far off my strut

They don't get me; they think I'm mad  
Aren't they the ones who made a good boy bad?  
Maybe they win, maybe I do  
All that matters is, my heart beats true

Right or not, at least she gets me  
Pills or talking, she says it would help see  
Another aspect of what lies beneath  
Or perhaps the strength to lay a tough sheath

So here I trust again, afraid it might just hurt  
What's there to lose really, when the world is anyway so curt?

By Dr Bhakti Murkey, Assistant Professor (Psychiatry)  
Selected by Laveena Keswani.

## PSY-BER MATTERS

### NIGHT TIME SCREEN USE AND ITS EFFECT ON EMOTIONS:

It has been gathered through research that using your phone, laptop, tablet screen etc. between 11 pm to 4 am, suppresses dopamine. This creates a state like depression, feeling low and unable to cope with moderately challenging tasks of daily routine, **which becomes a huge daily hassle.**

Studies have found a direct link of this glum and hopeless mood with night time screen use.

Not just blue light but lights of all colors have the same effect. Even if the dark mode is switched on the effect is only reduced, but still inescapable.

Talk about a daily hassle we are carrying in our pockets !

There are many more significantly bad effects of using the screens after dark. In-depth information can be found on the following links -

<https://pubmed.ncbi.nlm.nih.gov/29499467/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5299389/>

<https://www.sixgldn.com/blogs/six-gldn/your-screen-time-is-adding-years-to-your-skin#:~:text=Studies%20found%20that%20bright%20light,it%20robs%20you%20of%20positivity.>



-Dr. Geetanjali Jha,  
Co-Editor  
Digital Parenting Expert and  
Cyberpsychology Researcher  
at iMature EdTech.