

## EMOTIONAL WELL-BEING



### EDITORIAL

#### EMOTIONAL WELL-BEING AND EMOTIONAL IMMUNITY

We are aware of different emotions and the thought-emotion-behaviour trait.

After identification and validation of an emotion at a particular moment of life, it is important to nurture that emotion properly. The fact of how you express or suppress that emotion and how effectively you do that, will decide your response (or reaction) to that particular situation. Learning how to control the emotions and to effectively shape your response to it; leads to emotional well-being. This ability helps you sail through the times of changes or challenges throughout life.

**Emotional well-being is very important in day to day situations as it affects how we function; it affects our relationships with ourselves (intrapersonal) as well as others (interpersonal). It also affects our overall mental and physical health.**

Cultivating emotional well-being is essential as one can deal with various challenging and unanticipated situations. It also helps us find success and happiness in life.

**Life is not always easy; everyone faces problems in life; at the same time no one can be free from negative emotions because no one is perfect. But developing and bettering the ability of emotional well-being develops the ability of coping with all the uncertainties.**

Let us explore different aspects of this quality as we all are getting impatient, impulsive and angry day by day due to various reasons.

Let us work on our emotional well-being and develop Emotional Immunity. Immunity which will prevent stress, anxiety and depression to a great extent.

Let us learn to slow down, to be patient, to be empathetic (with ourselves and others).

30/8/23

**Dr. Aabha Pimprikar**  
Co-Editor, President DAGMHI 3030

## PRESIDENT AJAY UPLANCHIWAR ROTARY CLUB OF NAGPUR VISION.

President of Rotary Club of Nagpur Vision, Mr Ajay Uplanchiwar is a true, "Go Getter." Once he sets his mind to do something, he gets the job done with determination and success. He has been instrumental in starting an organisation, "Sparsh" dedicated to Marathi theatre.

Ajay is a businessman and has his own franchise for SOTC travels. He is 51 years old and is married to the charming Pallavi who is a Vaastu Consultant. They are blessed with a son who is in college.



Ajay thinks that how you start your day is really important for being happy. He begins his mornings with physical activities and positive thoughts. He also prefers eating healthy food at the right time.

He tries to be happy and have a positive attitude irrespective of the situation. He has a lot of expectations from DAGMHI 3030, especially regarding the mental health of students. He has collaborated with some colleges to conduct sessions on various aspects of mental health. He plans to hold these sessions for both teachers and students all year round.


President Ajay's enterprising nature and positive attitude makes him a great friend and wonderful human being.



**-Dr. Shantala Bhole**  
Director DAGMHI 3030

**Mental Health Initiatives**  
Rotary Action Group



**CREATE HOPE**  
in the WORLD




Rotary Action Group on Mental Health Initiatives  
Lead Chapter DAGMHI 3030  
with District Chapters of India -3170, 3291, 3070

### CELEBRATING MENTAL HEALTH On INTERNATIONAL YOUTH DAY

#### Program Details

**Saturday**  
**12th August 2023**  
**6 pm IST (8:30am ET)**



Venue: Zoom Meet  
Meeting ID: 823 5542 5951  
Passcode: RAGMHI

Watch us live here:  
 Rotary cares for Mental Health  
 rotariycare4mentalhealth  
 Rotary cares for Mental Health

#### Agenda:

1. Bob Anthony, Chair of Rotary Action Group on Mental Health Initiatives. Welcome address.
2. RID Anirudha Roychowdhury (Zone 5/6) Chief Guest address, and release of video by RIP Gordon McNally. -10 minutes.
3. Mike Verry- Celebrated motivational speaker (USA) and RAGMHI member- 'Breaking the Stigma'- 20 minutes.
4. Rita Aggarwal -Director/Chair of Chapters-Asia RAGMHI- Moderate the panel of 3 Young Leaders/ Rotaractors on mental health and youth. One youth to share her story of recovery. -30 minutes.
5. MANAS- Introducing the first digital app by the Government of India. -Speaker - Karthika Venkatesan, Principal technical officer, C-DAC Bangalore, 10 minutes.
6. Concluding session

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**Rotary** | **Mental Health Initiatives**  
Rotary Action Group  
DISTRICT 3030 CHAPTER

### VISION


PROMOTION OF MENTAL HEALTH AND REMOVAL OF STIGMA

### MISSION

PROGRAMS AND PROJECTS IN ALL CLUBS  
CAPACITY BUILDING AND SKILL DEVELOPMENT  
CREATING RESOURCES AND CHAPTER FORMATIONS

### MAJOR PROJECTS

MONTHLY E-NEWSLETTER 'MIND MATTERS'  
GLOBAL GRANT PROJECT ON MENTAL HEALTH IN SCHOOLS  
ANXIETY AND STRESS AWARENESS PROGRAMS



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- SHREYA MUDLIAR: REVIEWER



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## EMOTIONAL WELL-BEING "IN THE DIGITAL AGE"

In the digital age, emotional well-being has become a significant concern as technology continues to shape how we interact, work, and live. While the digital world offers numerous conveniences and opportunities, it also presents unique challenges that can impact our emotional health.

One of the primary issues affecting emotional well-being in the digital age is **constant connectivity and information overload. Smartphones, social media platforms, and digital devices keep us engaged around the clock, leading to feelings of overwhelm, stress, and anxiety. The pressure to constantly stay updated and connected can take a toll on our mental and emotional state.**

Youngsters suffer from FOMO, 'textxiety', envy, and a sense of inadequacy when they look at social media posts of celebrities, influencers, or friends. Cyberbullying, stalking, harassment, and brainwashing in the cyber world leads to disrupted emotional well-being.

It has also been observed that 70% of parents suffer from anxiety about their children's online safety.

In order to maintain balanced emotional well-being in the digital age, it is essential to -

- Develop Internet Maturity.
- Have tech-free spaces in our homes.
- Prioritize face-to-face interactions over digital ones.
- Keep our emotional support system strong.
- Practice Mindfulness.
- And seek professional support when required.

**-Dr. Geetanjali Jha,**

**Head of Cyberpsychology and Digital Parenting Expert at iMature EdTech**



## "EMOTIONAL WELL-BEING IN WOMEN"

Emotional well-being is easily intercepted with one's physical, sexual, and financial well-being. For women particularly, this is subject to their individual nature, environment, family circumstances, relationships, opportunities of expression, work-life dynamic, range of responsibilities, and support systems in place.



A woman's awareness of her own emotional strengths and vulnerabilities also plays a key role in shaping her emotional well-being.

Distress for women has unfortunately been normalised in many sections of our society and continues to be seen as an encouraging element for their personal growth. However, well-being spans into our body, mind, and soul, which lean onto each other and hold a person together. If any of these were to experience unusual amounts of stress or incompleteness, this equilibrium would fall. For example, the importance of physical well-being in a woman's life is phenomenal, given the vital role of hormones (oestrogen and progesterone) in defining her functioning and productivity. These hormones not only account for her health and emotionality as her strength but also make her particularly vulnerable to mood changes and perceived emotional pains, as compared to men. The statistics of symptoms experienced around the pre-menstrual period, pregnancy, childbirth, and menopause – all reflect her biological and psychosocial vulnerability to mood disorders, commonly depression.

On the other hand, being able to experience emotions deeply and express them without feeling ashamed, appears to be protective against fatalistic outcomes and self-harm for women. Suicides are more commonly attempted by women, but attempts are more commonly completed by men. A female who finds an outlet of ventilation in cohesive support groups of like-minded others can then empower and raise another woman to revive her own well-being. **Thus, today's woman faces an array of challenges that could endanger her emotional well-being but could also be viewed as opportunities for resilience-building and safeguarding fellow women.** It is her unique ability to receive the support she seeks, which heals her wounds and prepares her to keep going.

**Dr Bhakti Murkey Sisodia**  
**Psychiatrist UK**

## "GENTLE-MAN; TURBULENCE UNDER THE TIE"

Despite the ferocity of the monsoon, the day was surprisingly sunny. Ours is a quaint town nestled between a sun-kissed beach and swaying coconut trees. Mr. Nandan came in with his granddaughter, a ripe age man who once wore the cloak of a cantankerous youth. His life was a symphony of emotions, both concealed and profound. In the bygone days of his youth, his demeanour bore the prickly thorns of a disgruntled soul. A man whose anger seemed to thunder like the monsoon clouds, he found solace in walls built high around his heart. His story is no less than any movie; he faced moral dilemmas and emotional turmoil as he navigated through love, ambition, and deception. Little did his family or associates realize that beneath this facade of fury dwelled a river of affection, meandering through the landscapes of his being.

Life's symphony took a poignant turn when fate decided to pluck the strings of Mr. Nandan's heart, leaving him bereaved and a widower. The once turbulent seas of his emotions turned into tranquil pools of sorrow. Like a shadow cast upon the canvas of his existence, grief lingered silently. This is not just the story of Nandan, but a representation of men in our society.

**Society often believes men's strength lies solely in their physicality.** However, men are emotional beings with complexities hidden behind their masks. Challenging societal norms, emotional expression is crucial for overall well-being. Conforming to traditional masculinity can lead to stress, anxiety, and depression. Men need safe spaces and should feel empowered to seek help without judgment.

**Embracing emotions is not a weakness but a step toward growth.** By promoting open dialogue, we can reshape perceptions of men's emotional health.

**Breaking the stigma surrounding men's emotional well-being allows them to embrace their emotions constructively.** Engaging in mindfulness, physical activities, and strong social connections positively impact mental health.

Addressing men's emotional health is essential for a healthier, happier society. Let empathy, compassion, and understanding flourish, nurturing emotional resilience in all.

**-Dr SriPriya Shaji Ph.D**  
**Counselling Psychologist & Nutritionist,**  
**Kozhikode**

## “YOGAS’-CHITTA-VRTTI-NIRODHAN”

According to Patanjali Yog-Sutra “Yogaś-citta-vṛtti-nirodhaḥ”, means Yoga is the cessation of the fluctuations of the mind—a compelling statement stating the importance of Yoga for emotional well-being.

The word “Yoga” is understood by many people as a synonym for yoga asana or yoga postures. Whereas the deeper meaning of Yoga is much more than that.

In the Patanjali Yog-Sutra, Maharshi Patanjali has given the concept of Ashtanga Yoga (the 8 limbs of yoga). Ashtanga Yoga, one of the traditional forms of yoga, holds a special place in promoting emotional well-being through its systematic approach. Combining Yam (code of ethical principles); Niyam (self-discipline); Asana (a series of physical postures); Pranayama (breath control); Dhrana (concentration or focus); Dhyana (meditation); Samadhi (meditative absorption).

Ashtanga Yoga also emphasizes the concept of “Drishti,” which means focused gaze.

The physical aspect of Ashtanga Yoga complements its mental benefits. The practice increases the release of endorphins, commonly known as the “feel-good” hormones, which contribute to a sense of well-being and happiness. The systematic approach aids in regulating the body's energy flow and balances the chakras, vital energy centers. When these energy centers are balanced, emotional blockages are released, promoting a harmonious emotional state.

The introspective nature of Ashtanga Yoga (pranayama and dhyana) also allows practitioners to confront suppressed emotions and experiences in a safe and controlled environment. By acknowledging and accepting these emotions during practice, individuals can learn to let go of negative thought patterns and emotional baggage, leading to a sense of liberation and emotional clarity.

**Emotional well-being is vital for a fulfilling life, but modern stresses often lead to anxiety and depression. Ashtanga Yoga's mindful movements and breathwork provide a holistic solution. Synchronization of breath and movement in Ashtanga Yoga fosters focused concentration, calming the mind and reducing worries about the past and future.**

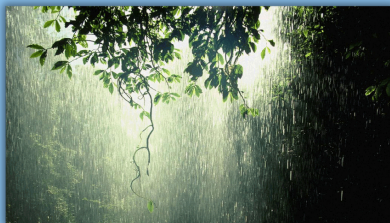
In conclusion, Ashtanga Yoga transforms emotional well-being through breath, movement, and meditation, promoting self-awareness and resilience.

**-Dr. Geetanjali Jha.**  
Holistic healer, Raipur.

## EMBRACING THE STORM WITHIN:

### “UNDERSTANDING EMOTIONAL WELL-BEING”

Emotional well-being is easily interceded with one's physical, sexual, and financial well-being. For women particularly, this is subject to their individual nature, environment, family circumstances, relationships, opportunities of expression, work-life dynamic, range of responsibilities, and support systems in place.



Emotional well-being, also known as emotional health or mental well-being, refers to an individual's emotional state and psychological resilience. It encompasses the ability to understand and manage our emotions, cope with stress, build healthy relationships, and embrace life's ups and downs with a positive outlook.

The connection between rain and emotions is intriguing. Rainy days often evoke a range of feelings, from comfort and nostalgia to melancholy and introspection. The pitter-patter of raindrops on our windows can induce a sense of tranquility, encouraging us to appreciate the present moment. Conversely, thunderstorms and heavy rains may trigger fear, anxiety, or sadness, mirroring our inner emotional storms.

To nurture emotional well-being, all that is needed is to practice mindfulness and emotional awareness. Recognize and acknowledge your feelings without judgment, allowing yourself to process and cope with them effectively. Develop healthy coping mechanisms and engage in activities that bring joy and relaxation. Seek support from friends, family, or professionals when needed and practice self-compassion.

Strive for balance in life by setting healthy boundaries and managing commitments. Cultivate gratitude to boost overall well-being and resilience.

Remember, just like a rainbow follows a storm, moments of clarity and growth often emerge from our emotional journey, leading us to a more enriched and emotionally balanced existence.

**-Dr Sripriya Shaji Ph.D**  
Counselling Psychologist & Nutritionist,  
Kozhikode

## TIPS TO FOSTER:

### “EMOTIONAL WELL-BEING”

Emotional well-being is the key to leading a fulfilling and balanced life. It involves developing resilience, managing stress, and nurturing positive emotions. By actively working on strengthening your emotional well-being, you can enhance your overall happiness and satisfaction. How to foster a healthier mindset with practical strategies to cultivate emotional well-being.

#### Practice Self-Awareness:

Start by developing self-awareness, which involves recognizing and understanding your emotions. Take time to reflect on your thoughts and feelings, and identify any negative patterns or triggers. By being aware of your emotions, you can respond to them in a more constructive manner.

#### Cultivate Positive Relationships:

Nurture supportive relationships with family, friends, and loved ones. Positive social connections provide emotional support, reduce feelings of isolation, and enhance overall well-being. Invest time in building and maintaining meaningful relationships that bring joy, understanding, and positivity into your life.

#### Prioritize Self-Care:

Self-care is essential for emotional well-being. Engage in activities that bring you joy and relaxation, such as exercising, pursuing hobbies, practicing mindfulness, or taking breaks when needed. Make self-care a priority, as it replenishes your energy and allows you to better cope with stress.

#### Develop Coping Strategies:

Stress is a natural part of life, but how you respond to it greatly affects your emotional well-being. Develop healthy coping strategies such as deep breathing exercises, journaling, or seeking professional help when needed. Find what works best for you and incorporate these techniques into your daily routine.

#### Practice Gratitude and Mindfulness:

Cultivating gratitude and mindfulness can significantly contribute to emotional well-being. Take time each day to appreciate the positive aspects of your life, however small they may be. Practice mindfulness by being fully present in the moment, letting go of judgment, and accepting your emotions without resistance.

#### Set Realistic Goals:

Setting realistic and achievable goals can boost your self-esteem and sense of accomplishment. Break larger goals into smaller, manageable tasks, and celebrate your progress along the way. This approach helps foster a positive mindset and enhances emotional well-being.

#### Seek Support:

If you find yourself struggling with emotional well-being, don't hesitate to seek support from professionals or support groups. Mental health professionals can provide guidance, tools, and strategies tailored to your specific needs.

To conclude, nurturing your emotional well-being is an ongoing process. By implementing these strategies into your daily life, you can enhance your emotional resilience, reduce stress, and experience a greater sense of well-being. Remember, your emotional well-being is worth investing in, and the rewards are immeasurable.

**-Khushi Agrawal.**  
B.A. Psychology, Nagpur



## “EMOTIONAL WELL-BEING AND HEALTH”

Emotional well-being is essential for holistic wellness. Taking care of your emotional well-being matters. When you're emotionally healthy you manage the various elements of your life and work with a range of emotions, without losing control. You bounce back. Attending to your emotional well-being is always a good investment, in good times or bad. One of its foundations is resilience, which allows you to navigate challenging life events. Think of resilience like a muscle. It flexes and develops the more you use it. Resilience impacts how you face challenges and how you think about the challenges you face.

Everything in your life, emotional, social, spiritual, physical, and intellectual, connects in a state of well-being. For example, walking just 10-15 minutes a day gives your brain a boost. That means more energy, awareness, and a healthier outlook on life. Because exercise of any sort balances your dopamine and serotonin levels, it also improves your sleep and reduces stress and anxiety. All of this can make you better equipped to manage your feelings and emotions.

Each area of your well-being has the potential to impact other areas. Many research studies focus on how poor mental well-being can negatively impact physical health on a regular basis with frequent bouts of aches and pains, infections and allergies. This ultimately leads to chronic lifestyle illnesses. And there is an emerging set of data that is focusing on the effects of positive well-being.

Understanding the significance of emotional well-being and its impact on various aspects of our lives allows us to make conscious efforts to nurture and prioritize it.



By building resilience, fostering positive emotions, and seeking support when needed, we can enhance our emotional well-being and achieve a more balanced and fulfilling life journey. Ultimately, investing in our emotional well-being is a worthwhile endeavor that pays dividends in good times and bad, leading to greater life satisfaction and an increased ability to thrive in the face of adversity.

**-Dr. Sahithyaa Raghu**  
Positive Psychologist

## “EMOTIONAL WELL-BEING AND FOOD”

Emotional well-being is the ability to produce positive emotions, moods, thoughts, feelings and adapt when confronted with adversity and stressful situations.

Food is basically one of the major necessities in life. Food consists of nutrients that help in the growth, repair, and maintenance of body tissues and for the regulation of vital processes.

In the past scientists neglected any connection between emotional well-being and food. Recent discoveries have made them realize that food not only impacts how we look but also how we feel as well. A healthy balanced diet can make us feel good and energized and act as fuel for the brain whereas processed food or junk food can make you feel good at that moment but they lead to uneven or hampered production of neurotransmitters which disrupts the steady message flow to the brain which affects mood, emotions, cognitive functions negatively

### Foods good for emotional well being

**Leafy Vegetables (Spinach, Broccoli, Sprouts Etc):** They are really good sources of folic acid and vitamin B which help in reducing depression, insomnia. They help produce hormones like serotonin, norepinephrine, and dopamine.

**Whole Grains (Wheat, Corn, Oats Etc):** Ultimate source of glucose (energy). They help in brain function, increase concentration span, and reduce symptoms of anxiety and irritability.

**Turmeric:** It helps us to deal better with stress and anxiety as well as helps in treating allergies, digestive issues, respiratory functions as well inflammation, and regulates emotional well-being.

**Yogurt:** Yogurt is a good source of good bacteria and has anti-inflammatory properties to keep the brain fit, increasing our learning capacity and overall mood. Research has been done where yogurt helped in reducing social anxiety.

**Extra Virgin Olive Oil:** This helps in reducing cognitive decline and risks of Alzheimer's, dementia, and heart diseases. It increases your visual memory and verbal fluency

**Green Tea:** It doesn't taste good at all but has a lot of benefits not just weight loss but also helps in dealing with symptoms of mental impairment, ADHD, depression, anxiety, etc. It has a soothing effect that makes you calm and stable.

So, always remember to choose foods that provide health benefits rather than just focusing on taste and appearance.

**-Dr Sripriya Shaji Ph.D**  
Counselling Psychologist & Nutritionist,  
Kozhikode

### WELL-BEING INVENTORY

Please answer as accurately as you can. This test is helpful in assessing whether you have achieved a sense of purpose in life and satisfaction, and whether you have self-confidence in handling perceived stress.

1 During most of the day, my energy level is:  
Very low: 000000 Very high: 000000

2 As a whole, my life seems:  
Dull: 000000 Vibrant: 000000

3 My daily activities are:  
Not a source of satisfaction: 000000 Source of satisfaction: 000000

4 During stressful situations, I experience anxiety:  
All the time: 000000 Never: 000000

5 When I think deeply about life:  
I feel there is no purpose to it: 000000 I feel there is a purpose to it: 000000

6 I feel my life so far has been:  
Productive: 000000 Not been productive: 000000

7 I feel that the work I am doing:  
Is of no value: 000000 Is of great value: 000000

8 In a difficult situation, I am confident that I will receive the help that I need:  
Disagree Strongly: 000000 Agree Strongly: 000000

9 I react to problems and difficulties:  
With a great deal of frustration: 000000 With no frustration: 000000

10 When and things happen to me or other people:  
I cannot feel positive about life: 000000 I continue feeling positive: 000000

11 My present life:  
Does not satisfy me: 000000 Satisfies me: 000000

12 I feel joy in my heart:  
Never: 000000 All the time: 000000

13 In really difficult situations:  
I am unable to respond positively: 000000 I am able to respond positively: 000000

14 I feel trapped by the circumstances of my life:  
Agree Strongly: 000000 Disagree Strongly: 000000

15 When I am in a frightening situation:  
I panic: 000000 I remain calm: 000000

16 When I think about my past:  
I feel many regrets: 000000 I feel no regrets: 000000

17 Deep inside myself:  
I do not feel loved: 000000 I feel loved: 000000

18 When I think about the problems I have:  
I feel I cannot solve them: 000000 I feel I can solve them: 000000

19 I have come to expect that every day will be:  
Exactly the same: 000000 New and different: 000000

20 All the time I have:  
No clearly defined goals for life: 000000 Clearly defined goals for my life: 000000

