

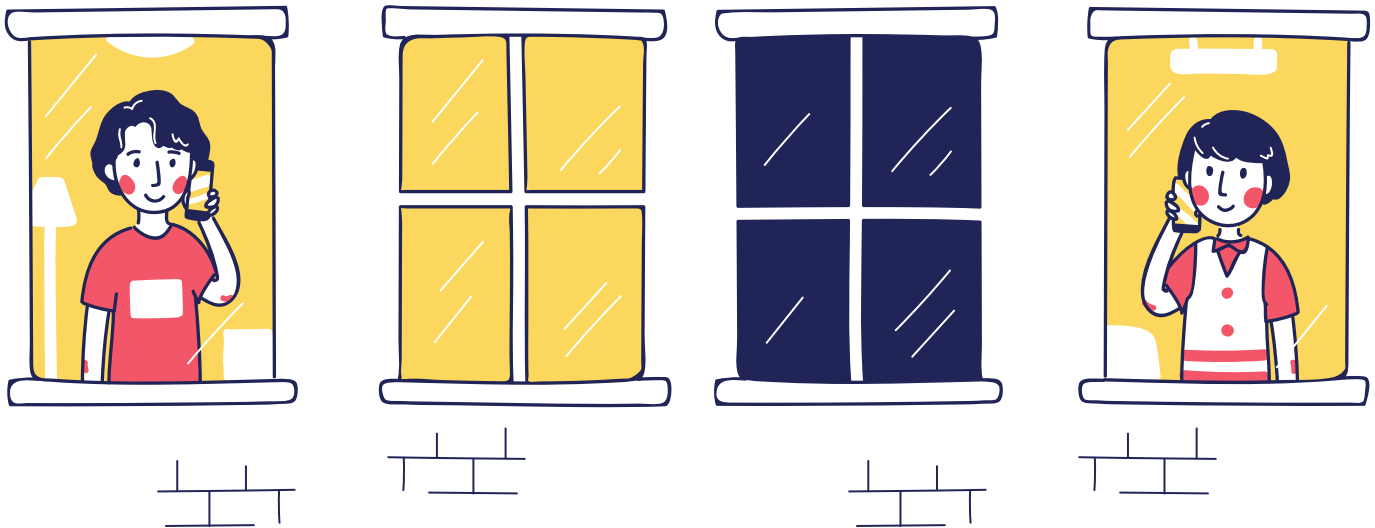


# DIALOGUES



A NEWSLETTER FROM CONVERSATIONS-  
CENTRE FOR POSITIVE MENTAL HEALTH AND WELLBEING

JANUARY 2022 • ISSUE 1 • VOLUME 2



## PERSPECTIVES ON CONNECTION WITH SELF AND OTHERS

Another year has passed and we can still see how the COVID-19 pandemic is affecting us in so many ways. Social distancing, has become part and parcel of our lives, a means to mitigate the impact of the pandemic and its spread. Yet, as human beings, we strive and yearn to be connected. This issue explores how the pandemic has affected the way we experience and view connections with ourselves and other people in our lives.

Members of our community, including students, alumni and the members of the counselling team, have shared their perspectives and personal experiences in this issue through articles, poetry and artwork. Happy reading!

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# CONTRIBUTIONS FROM STUDENTS & MEMBERS OF AZIM PREMJI FOUNDATION

## THE SILHOUETTE OF A PANDEMIC

*by Vanshika M. (UG 2021)*

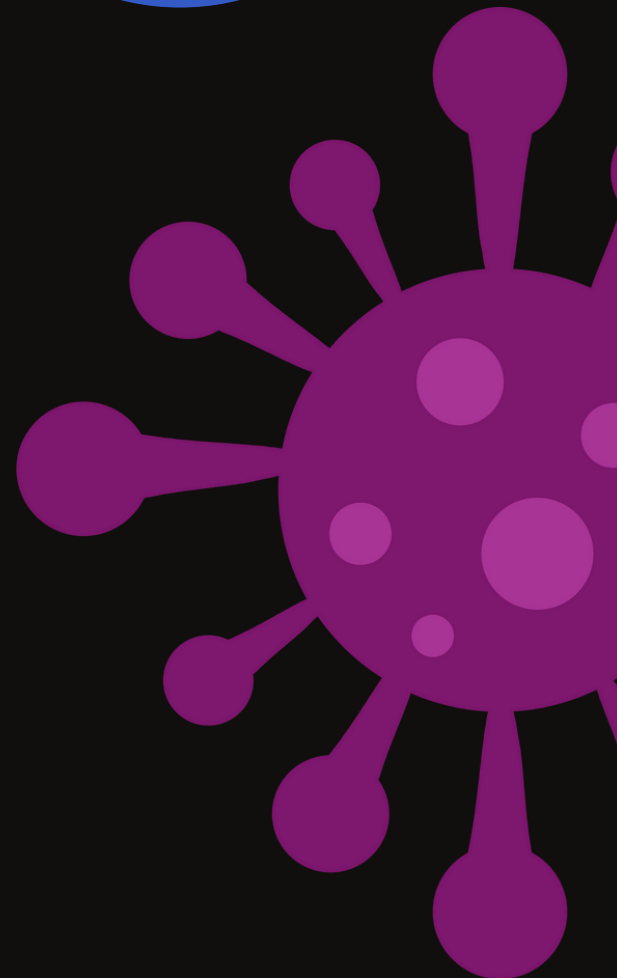
For the life that is and for that isn't  
For the silence in euphoria  
And the chaos in peace,  
Searching meaning in an entire piece.

Romanticized life is fading purpose,  
Lost in a rhythm and thriving in the  
bubble.  
Unearthing bleak connections:  
Hope for justice in this kinship.  
Looking for truths while living a falsity,  
Feels merely a formality.

What has been surrendered-  
Was your space, a race,

This intellect is waste.

Searching for any one absolute,  
Atmosphere a broken and manipulated  
Is it impossible?  
I think it's not so possible.



## THE ART OF WEAVING

*by V Manikandan  
(Azim Premji University)*

'Life has become intrinsically complex.  
It is full of knots that I can't untie',  
I was telling my friend.

'That is the art of weaving',  
he smiled.

'What!?',  
I screamed.

'Haven't you seen  
how a beautiful piece of fabric is  
woven?',  
he asked.

'How?'

'It is full of these knots  
made by the warp and the weft,  
visible but invisible',  
he philosophised.

'So?',  
I still remained a question.

'Just wear the fabric.  
Don't try to count or untie the knots'.

## THOUGHT FRAGMENTS

*by*  
**Sowbhagya Varma H.S.**  
**(MAE 2021)**



My smile has gone away  
Transparence is no more.

It's the eyes that must do the talking.  
My voice muffled,  
You no longer hear them crack up  
You can't see 32 white teeth  
Shining bright, you barely open your eyes.

It dark dim and grey now  
And silence, the new language.  
But everyone's illiterate.

Ah well, but what difference is it to you?

When all was well and fine  
When all was green and bright too,  
You didn't see a thing.  
You didn't hear the screams,  
You have un-seen the cries,  
You didn't smell the stream full of fishes and  
lies.

You didn't realise the mask then,  
What would you even, now?

You were illiterate then,  
And even now.

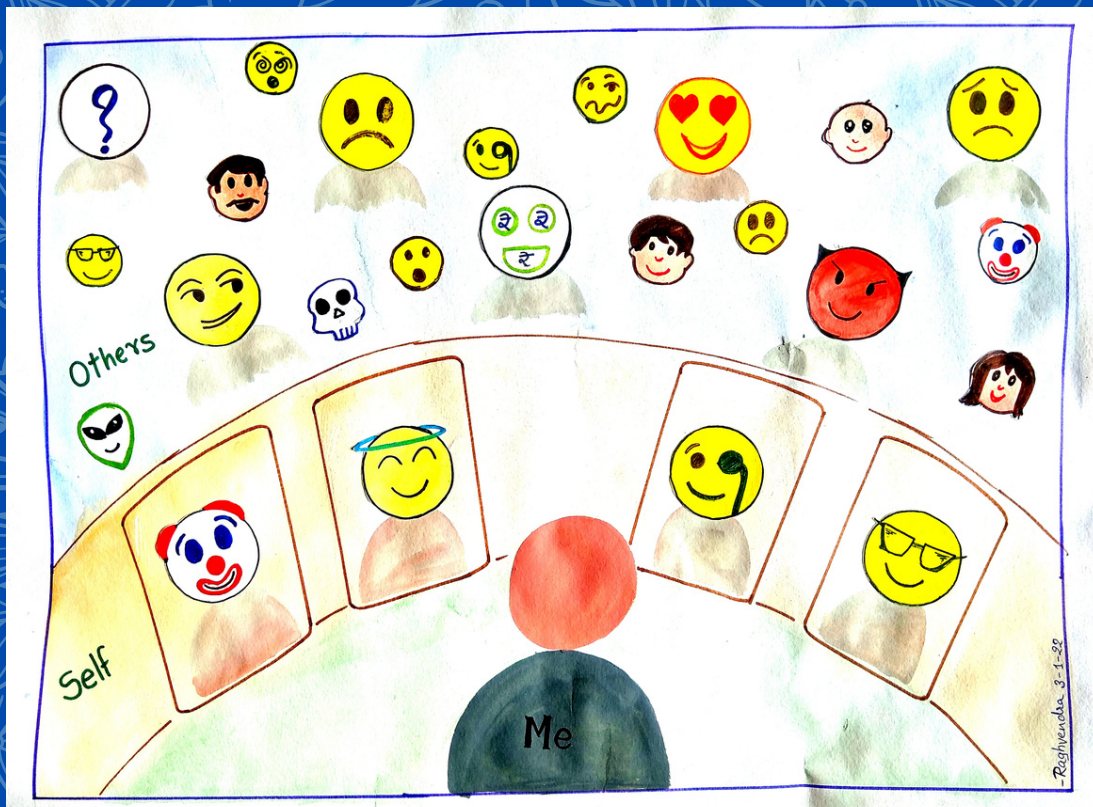


But I have the Boon,  
To know beyond your show.

I see twitching noses of lie.  
I hear words gobbled in fear.  
I feel the heart racing and heat fuming from  
your ears.  
I taste bitter novels after novels of dark non  
fiction strung up in your eyes and lips.  
I don't read them, until you want me to.  
And I see them all.  
I always see them all.

I tied our strings pretty well at my end.  
I wished, you'd too.  
I see it loosen even more so than before.

But I hope, finally now you'd learn to tie it  
too.



Artwork by Raghvendra Shrikrishna Vanjari (Azim Premji Foundation)

## MISSIN' WILSON

*by Tejas Abraham (UG 2018)*

As I stared at an ant, I wondered to myself  
Do others like the little things they see?  
Then I heard of Wilson, the best ant scientist!  
Inspiration to a little boy like me.

The little boy grew older, still,  
Not a lot had changed  
The world he knew was critters and ants,  
His admiration for Wilson never dimmed.

Then a virus emerged out of the blue,  
Left the whole world startled and scared  
So I stopped to look, picked up Wilson's book  
'... to a Young Scientist' it read.

More inspired than ever and building the courage,  
I thought I'd write him a mail  
To share my appreciation for his words and work  
A moment to be made!

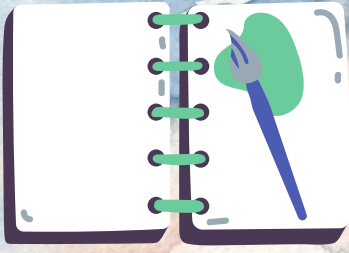
But alas... work piled up  
'Should write to him later', I thought.  
'Later' never did show up  
Until, it was just too late.

I learnt of his passing on New Year's Eve  
It filled me with shock and guilt  
All I wanted was to write him a mail,  
Something I never did.

So this one's for you, Mr. Wilson,  
I hope you've received my mail!  
I feel blank in my head and full of regret  
Just wish I wrote to you that day...







# VEDA'S VISUAL VERSES

AS JULIA CAMERON ONCE SAID, "ART OPENS THE CLOSETS, AIRS OUT THE CELLARS AND ATTICS. IT BRINGS HEALING."  
WELCOME TO A SPACE WHERE I EXPLORE MENTAL HEALTH THEMES AND CAPTURE EXPERIENCES THROUGH ART AND POETRY!

## WINDOWS

Staying home, sheltering to keep safe,  
I often thought about windows.  
Lockdowns were like a narrow tunnel,  
shrinking the view.  
Of friends, partners, family, the world.

And I started to think  
about all the little ways  
we would try to get glimpses of more.

*We connected in windows and pockets.  
Of time and technology.*

Periods of unlocking  
between the waves,  
windows in our year and calendars  
to make up for lost time.

*"Before we lock down again,  
let's go on that trip  
we kept postponing,  
let's go to the theatre,  
let's go out for brunch,  
it's been ages!"*

Screens, little windows  
into the lives of loved ones.

Our imaginations,  
windows to fantasies  
of the world outside,  
of bigger pictures.  
The lake nearby,  
parks glossed with trees,  
sunsets at the beach.

Through all the tribulation,  
we've had windows  
at least.







# KAVITHA'S KORNER

## STUDENT EXPERIENCES

Giving yourself alone time is a great of starting to understand what you really want starting from the smallest things as to what to eat and going all the way up to the bigger things such as choosing what course to study in university. Give yourself some love and find spaces where you can make yourself happy without the influence of others. Others around can help you be your truest self and love yourself more, but it is best to not give them the space to make you forget about yourself entirely.

It is sad that most of the world is actually following this trend. We try to make other people happy and forget about our own happiness. We know that many of our happy moments in life come from memories we made with other people around us, whether it be our parents, friends or loved ones. And that's why we use up so much of our energy to make them happy. We tell them we enjoy spending time with them or doing the things that they want to do because we want to be with them but forget about what we want to do for ourselves. We think we're enjoying ourselves but really we're just fooling ourselves and trying to win more of the other person's approval. We forget that if they truly cared for us they would actually want to make sure we did the things that we wanted to do as well.



**"SO MANY OF US, IN THE TRUEST WAY, JUST WANT PEOPLE TO LIKE US AND END UP GIVING SO MUCH THAT WE FORGET TO GIVE OURSELVES SOME LOVE TOO."**



# SWATI'S STORYBOARD

WAYS OF COPING FROM THE COMMUNITY

The community was invited to share the quality of connection they had over the year, what they did to enable it and what they discovered along the way. This was an invitation to share stories, but also to create a document of resources for other people to use. Feel free to be influenced from these ways, and keep adding to your list! 😊

It's been a year of hits and misses. Hits because I managed to move to a new city in between all the travel restrictions, new variant scare and much else. Misses because I lost a lot of people to the virus that has claimed a lot of lives. However, this past year has been an eye-opener. It has taught me to be the best of what I am, while I can.

Quality of Connection with  
Myself...

Better

I have been able to connect with myself in myriad ways. Living alone during the pandemic has been very insightful. I have been able to understand myself better, the way I have adapted to changes during this time, it has also given me the strength to carry on. Most importantly, the insights have set the base for every other connection.

I lost all connection with myself at the start of 2021. A series of traumatic events that left my vulnerability exposed and dishonored by people I thought would respect it.



I have now a better understanding of my own capacity for working long hours and studying more about things and concepts I had not much thought about in the past. I now know that even after 37 years in government, my appreciation, about the administrative history of the country or about the Constitution of India was all this time quite shallow and insignificant. In the past one year, after much reading and study, I can now claim to know more about these subjects than I have ever known. Truly, despite the circumstances, I have not felt the need for more social contact, but was content to stay at home and try to expand my horizons. My hours in reading and interest in music has expanded. The quiet joys of family are really savoured now.

I Yes, it has been a deep and hard one

After June it was depressive

Quality of Connection with Others...

The past year has helped me value the 'others' more than ever. Just interacting with someone without a screen in between felt new and refreshing. While the screens showed us a way in between a pandemic, it also taught us the value of magic moments (offline).





Still, the long hours spent at home has motivated me to reach out, more than ever before, to old colleagues and friends I had lost touch with these past four decades.

There is a better understanding about the frailty of life and the need to live more than ever in the present.



Superficial and always at the surface. Naturally, I was deprived of and yearning for deeper connections. But I was also very fearful of having to go through the cycle of exposing my vulnerabilities and having them coldly disregarded again. So, I kept myself guarded from trying to make any meaningful connections.

I have made more intentional connections and phone calls during the last year. Moreover, I am re-learning to listen better, to be present more and walk into a room with the least amount of assumptions as possible.

Meaningfull and amazing. I am learning what it means to seek support

Good

With some it was very good and with some it was very bad.



## Ways in which I have made an effort to stay connected

Post 2021, I have started to get back to some of my older habits to reconnect with myself. Journaling daily; following guided meditations to acknowledge my feelings & comfort myself; yoga to stretch & connect with parts that had frozen in response to overwhelming events; doing small & mostly inconsequential things that give some joy daily; taking my meds on time, and reconnecting with safer & more familiar people from my childhood.

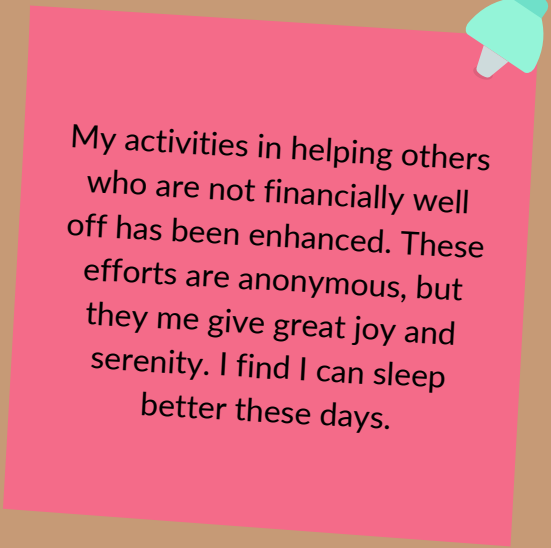
I think I have tried being kind to myself, it's not as easy, but I try. I have realized that it's always easier to be kind to others. It's difficult to think about specific ways, but I think just taking out time for myself to not actively engage in something and to just be has definitely helped.

With others, I think just being available to people, whenever I can be, has helped.

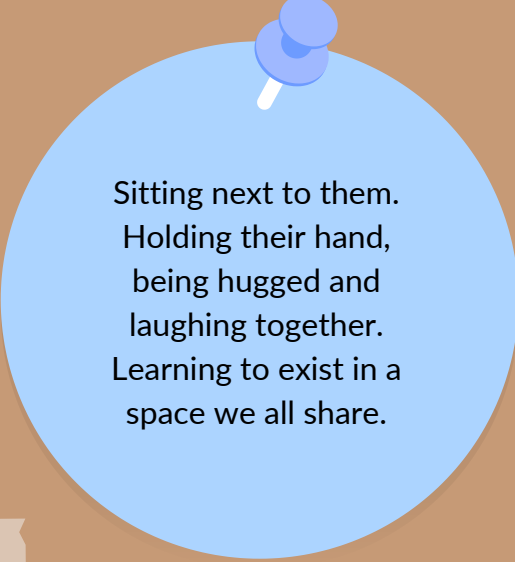
By writing letters, keeping in touch with friends and relatives, sending books to friends who may enjoy reading/ be benefitted in some way. By being in the present more than ever, by listening to my self via little signals it keeps sending, by pursuing things I may have kept on the back burner. By being more patient.

I have tried to be kind to myself when I forget a meeting appointment, which has happened too many times last year. I also am trying to always re-start rather than punish my self for stopping.

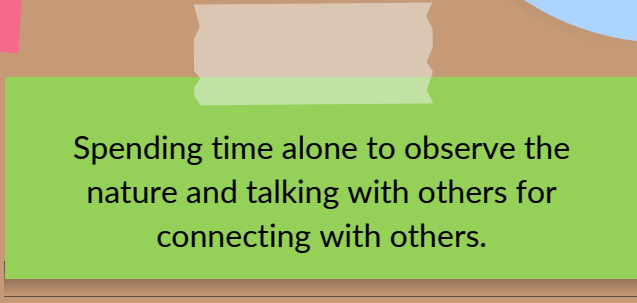
Self introspection and dissecting thoughts if needed.



My activities in helping others who are not financially well off has been enhanced. These efforts are anonymous, but they me give great joy and serenity. I find I can sleep better these days.



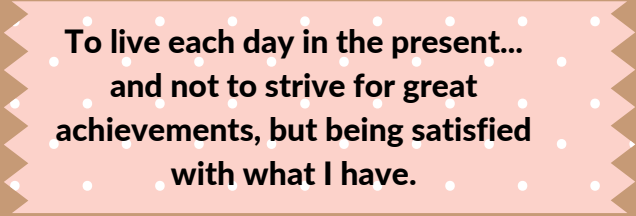
Sitting next to them. Holding their hand, being hugged and laughing together. Learning to exist in a space we all share.



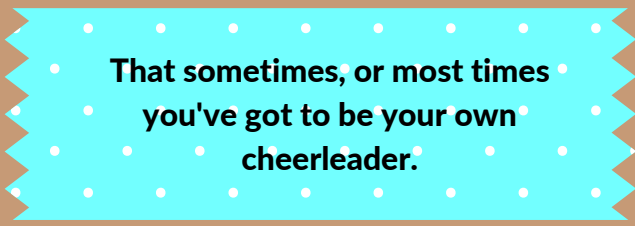
Spending time alone to observe the nature and talking with others for connecting with others.



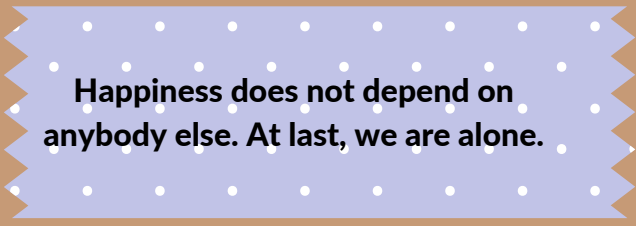
My discovery in the process...




To live each day in the present... and not to strive for great achievements, but being satisfied with what I have.



That sometimes, or most times you've got to be your own cheerleader.



Happiness does not depend on anybody else. At last, we are alone.

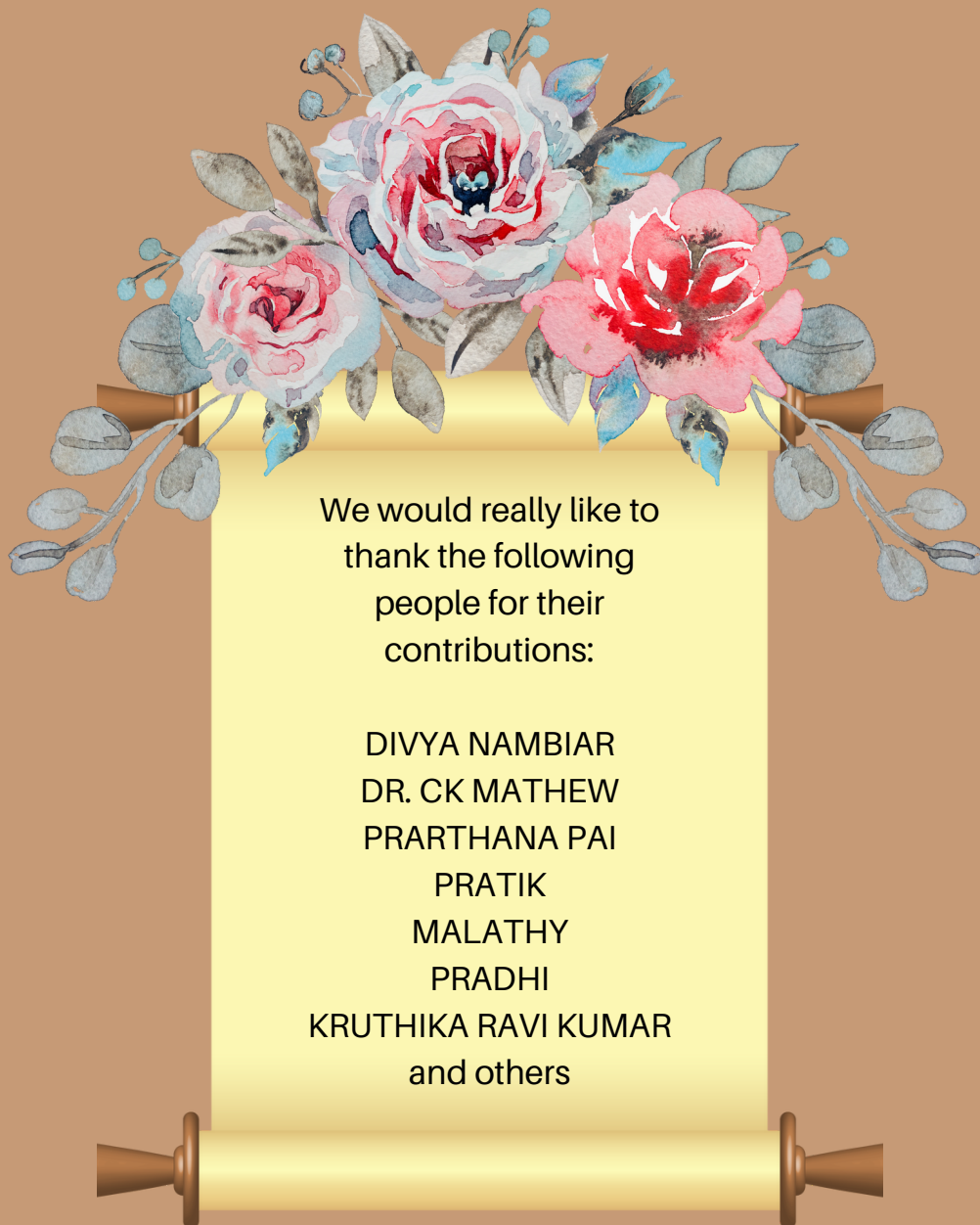


Life is beautiful, in all its sweet and bittersweet ways.

We are the master of our sea..

That the little child in me is crying  
for help and I am strong enough to  
wipe its tears. Or I'm getting  
stronger.

One's vulnerability is precious. It's not meant to  
be shared with everyone and boundaries are  
extremely important. Start small and see  
whether it gets honoured, and then build from  
there.



We would really like to  
thank the following  
people for their  
contributions:

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PRARTHANA PAI  
PRATIK  
MALATHY  
PRADHI  
KRUTHIKA RAVI KUMAR  
and others



## I KNOW YOU ARE, BUT WHAT AM I?

Let's be real for a moment. We love learning about ourselves from external sources. It could be a friend telling us that we're the 'most empathetic' person they've ever met. It could be an astrology book telling us that we're an insufferable know-it-all because we're Librans. It could be a BuzzFeed quiz telling us which Game of Thrones character we are (I have never seen the show, but I guess I will be whoever's the most non-violent). Or our Hogwarts house. If nothing else, we can just take an online personality test from the

plethora that's available for consumption (pro-tip: do not trust your MBTI result). How did we get here, though? How and when did we decide that we will define and categorize human beings in measurable traits?

The Ancient Greeks tried dividing people into different categories based on the levels of four fluids, or 'humours' in their bodies; blood, mucus, black bile, and yellow bile. More blood indicated a friendly personality. More black bile indicated a melancholic personality. The imbalance in these humours resulted in sickness, and the treatment for that was to drain blood from your body. Sounds about right. The Chinese had a system of five elements; wood, earth, fire, metal, and water. As expected, these systems to define human personality did not succeed; otherwise we'd be having a very different conversation right now.

In modern times, ironically, the first attempt to 'test' human personality was around World War I. The young men who were being sent to war in face of certain death, and dealing with the kind of stressors the world had not seen before started suffering from something called 'shell-shock', which included symptoms like nightmare, insomnia, uncontrollable crying, anxiety attacks to



name a few. It was initially called shell-shock because the symptoms were largely thought to be a result of shock from literal bombs exploding near these soldiers; however, the symptoms also started appearing in non-combat troops. The first personality tests were thus designed to weed out men who were not 'mentally tough' to go out to the battlefield. Shell-shock is now known worldwide as Post-Traumatic Stress Disorder (quite a linguistic journey). Close to 2 million soldiers were screened for shell-shock in the US alone following their entry in the war, with about 2 percent being rejected from the lot. It was still a relatively new practice, but it laid out the foundation for other aspects of the human life to be tested – intelligence, aptitude, and more importantly, to screen out the 'mentally unfit' from certain areas.

Speaking of screening 'unfit' people, this watershed moment initiated by the terrible war became an opportunity for a whole different socio-political system altogether. Good ol' capitalism. This is where our old friends Myers and Briggs come into the picture. The famous Myers-Briggs Type Indicator test was designed by mother-daughter duo Katherine Myers and Isabel Briggs pre-World War II. They were not psychologists, rather, their primary interests were mainly in child development. They devised four dichotomous functions – Introversion-Extroversion, Intuition-Sensing, Feeling-Thinking, Perceiving-Judging, based on Jungian archetypes. Based on the 'test', which had no wrong answers, a person giving the test would know of their personality type, and certain personality types were supposedly suited for



particular kinds of jobs. Extroverts made great salespeople. People who are good at thinking would be good at analytical jobs. You get the drill. So naturally, the government and the corporations picked it up, and started picking out people for jobs based on their personality type (Isabel Briggs even sold a special program to the government to help them figure out which spies were right for particular missions). This is a practice that continues today, and close to 2 million people take the MBTI test every year to assess their job suitability.

There is one small issue, though. The test is not really scientifically valid. A lot of Jung's theories have been discredited. Also, the test makes a huge assumption about human personality, something that research has debunked multiple times. Human personality traits are not dichotomous. We are not either introverts or extroverts (think of your own self in a group project vs. in a party). We don't either operate from our emotional core or cold, hard logic. Also, more importantly, our personalities are mutable. We are not the same people that we were five years back. Our personalities will keep on changing, for the better.

There are two lessons here. First, it is important to understand how big of a role socio-political systems play in our lives. Personality testing was invented to exploit people. Of course, it has grown to be an important pillar in the field of psychology and most of the (serious) psychological tests have a lot of utility.

At the same time, a piece of paper cannot tell you if you are well suited for a job, because these assessments are wrong all the time. I will be an opera singer if I want to. Second, and the more important one, personality is only a small part of what defines you. In fact, personalities are nothing but a product of genes and the environment you grew up in, and it will never give a full picture. What defines us is how we take care of our loved ones. How certain songs mean something and evoke certain memories. Our resilience in the face of pandemic. The rawness of our laughter and the kind of humour that gets us going. Our unique idiosyncrasies. Most of what really defines us cannot be defined at all.



**"THE HUMAN BRAIN IS A  
COMPLEX ORGAN WITH THE  
WONDERFUL POWER OF  
ENABLING MAN TO FIND  
REASONS FOR CONTINUING TO  
BELIEVE WHATEVER IT IS THAT  
HE WANTS TO BELIEVE."**

*-Voltaire*

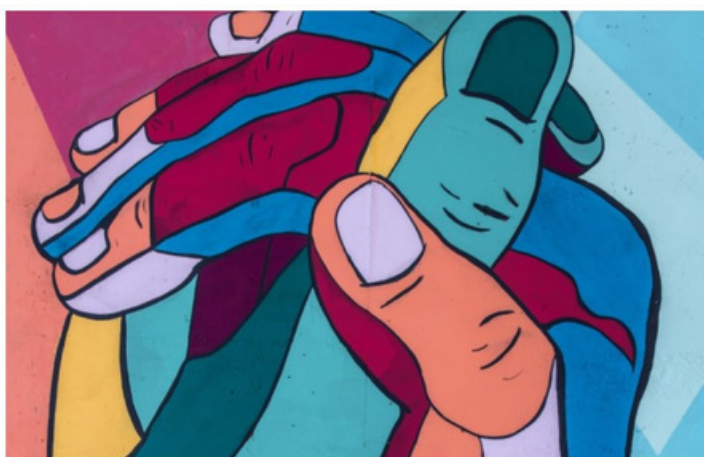


# LAKSHMI'S LENS



## HUMAN CONNECTIONS

### TAKING A LOOK AT THE MIND-BODY CONNECTION



Our social groups provide us identity and life skills. Being socially connected, in today's increasingly isolated world, is more important than ever before. Living in isolation is not natural for us and may have a detrimental effect on our mental and physical health. Research has shown that social connections are important for us in regulating our emotions and help in lowering our anxiety and depression. Being connected socially not only leads to higher empathy but also increases our self-esteem. Loneliness and lack of connection can affect our health and immune systems more than obesity and smoking.

The global pandemic, closing of borders, and perpetual lockdowns have made us realize the importance of social connection. While we are more connected now, than ever before, through technology, we are also more disconnected from nature and ourselves and from people we care about. The internet is not enough to fulfill our social needs, we need physical contact and face to face interaction to survive and thrive. Technology should be enhancing our connection to others, not replacing it.

**“WE ARE HARDWIRED TO CONNECT WITH OTHERS. IT'S WHAT GIVES PURPOSE AND MEANING TO OUR LIVES, AND WITHOUT IT THERE IS SUFFERING”.**

**-BRENE BROWN**





We, humans, are and have always been, inherently social creatures. Being connected to each other is a basic human need. Our ancestors travelled and hunted in groups as being separated from their tribes had severe consequences.

The COVID-19 pandemic has changed our personal connections in unforeseen ways, pushing us to live closer together with some people while distancing ourselves from others. Life under lockdown has required frequent, close contact with our families and partners, yet social distancing measures have alienated us from our friends and wider communities. According to Susanne Choi, a sociologist at the Chinese University of Hong Kong, the high-pressure environment of confinement, along with the financial stress caused on by a Covid-19 strapped economy, has contributed to an increase in marital conflict in China. An issue we've also seen come up globally in terms of rise in divorce rates and domestic violence. The domestic violence rate in India hit a record of 5,297 complaints in 2020, and this was only the number of reported incidents. An issue we've also seen come

up globally in terms of rise in divorce rates and domestic violence. The domestic violence rate in India hit a record of 5,297 complaints in 2020, and this was only the number of reported incidents.

What does it mean for our mental health to experience both extreme proximity and extreme isolation at the same time? Well for some, it means suffering from “cave syndrome”, almost a mutated variant of social anxiety which causes people to be afraid of leaving the house and therefore, and for those who live alone means foregoing human interaction completely. This may lead to great increase in anxiety, depression, and risk of self-harm at greater rates than ever before, a disparity substantiated by this diagram from the World Happiness Report from 2021 below:

**Figure 6.1: Psychological well-being during COVID-19**

	PROTECTIVE FACTORS	RISK FACTORS
 <b>Psychological</b>	<b>Positive psychological characteristics:</b> Gratitude, resilience, grit, flow  <b>Personality:</b> Extraversion	<b>Intolerance for uncertainty</b>  <b>Pre-existing mental health conditions:</b> Clinical diagnosis of depression, anxiety, & others
 <b>Social</b>	<b>Quality of relationships</b> Connectedness, positivity resonance  <b>Quantity of relationships:</b> Larger social networks  <b>Prosocial behavior</b>	<b>Engaging in distancing</b>  <b>Quality of relationships:</b> Loneliness, poor social support, abuse  <b>Types of relationships:</b> Parent, child
 <b>Time Use</b>	<b>Social media use</b>  <b>Daily activities:</b> Physical activity, time outdoors	<b>Social media use</b>  <b>Online news sources:</b> Consulting more sources, more time spent consulting sources
 <b>Circumstantial</b>	<b>Demographic factors:</b> Older age	<b>Demographic factors:</b> Disease risk factors, occupation type  <b>Vulnerable groups:</b> Financial insecurity, food insecurity, lower SES



This disparity is further magnified for people with marginalized identities for whom community outside the home was the only source of support and security. Several studies in the U.S mentioned the rise in suicide risk for LGBTQIA+ youth during the pandemic, it is unimaginable what this means in the cultural context of India especially for queer youth with intersecting marginalized identities that aren't even a part of popular discourse.

How can we as individuals find a way to connect and find community in these seemingly dire times? The first relationship we must work on during these times is our relationship with ourselves. The uncertainty created by the pandemic can cause a resting level of anxiety that we can only overcome through looking after ourselves through nutrition, rest, and exercise. We could take care of our mental health by staying away from excessive consumption of social media, being discerning of negative news, and focusing on our hobbies. For our other relationships, while Covid has changed the way they look, we have also found increasing ways to connect with those who give us a sense of community through online forums, apps, and support groups that can help us through these challenging times.

It is important to remember that acknowledging the human need for care and connection is the first step towards maintaining our relationship with our own humanity, a life skill we all require as we navigate this uncertain world.

## WHAT IS CONNECTION?

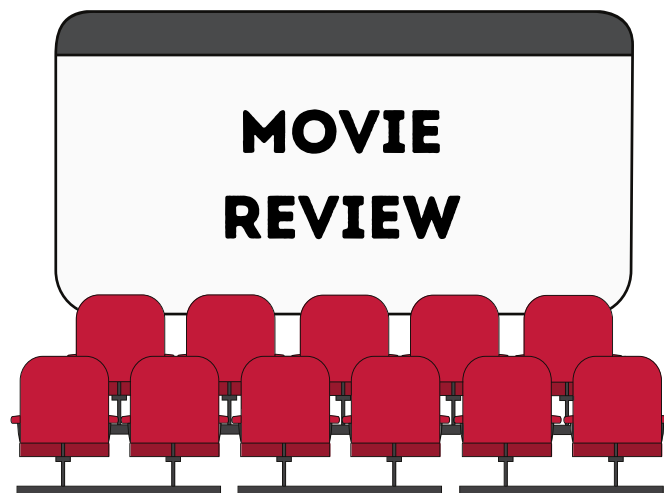


**"I DEFINE CONNECTION AS THE ENERGY THAT EXISTS BETWEEN PEOPLE WHEN THEY FEEL SEEN, HEARD, AND VALUED; WHEN THEY CAN GIVE AND RECEIVE WITHOUT JUDGMENT; AND WHEN THEY DERIVE SUSTENANCE AND STRENGTH FROM THE RELATIONSHIP."**

**-BRENE BROWN**



HELLO THERE! JOIN ME IN THIS JOURNEY OF UNRAVELING THE WONDROUS SPACE OF BOOKS/MOVIES THAT ARE LINKED TO MENTAL HEALTH ☺



**Cast:** Gulshan Devaiah, Saiyami Kher, Sumeet Vyas, Richa Chadha, Ishwak Singh, Lillete Dubey, Rinku Rajguru, Abhishek Banerjee, Geetika Vidya Ohlyan, Ratna Pathak Shah and Shardul Bharadwaj

**Director:** Raj & DK, Nikkhil Advani, Tannishtha Chatterjee, Avinash Arun and Nitya Mehra

**Release Date:** 18th Dec 2020 on Amazon Prime Video

Unpaused makes many little observations about life during COVID-19 and life in general. They are endearing in more ways than one. It is an anthology about how COVID-19 affects the lives of individuals from myriad walks of life, in the Indian society.

Even though the movie is set at a stage when the pandemic had just entered our lives, it makes it no less relatable from the start. The stories that constitute it are different, but COVID-19 is the theme of all the shorts. We are living and have been living in an unprecedented time, and 'Unpaused' just asks us to pause and reflect on it and the experiences during it.

The first movie comprised a futuristic vision and set their tale of romance in what could possibly be a future where humans are increasingly isolated, socializing through their online avatars. This movie had a dystopian feel to it, however, I think it somewhat did

justice in putting the spotlight on the need for companionship during a time like this.

The second tale is “The Apartment” about Devika (Richa Chaddha) who finds out that her husband (Vyas), a fellow senior journalist, has been sexually abusing younger journalists. In her apartment alone, after casting him out, she is plagued by his accusation of her – Why didn’t she stop him?

Devika craves solitude but is badgered by the downstairs neighbor Chirag (Singh) who keeps knocking on her door complaining of a water leak from her apartment. Director Nikhil Advani beautifully depicts her anguish and guilt and the ultimate resolution to her problem.

The third Rat-a-tat is directed by Tanishtha Chatterjee and has Lillete Dubey as Archana, a cantankerous old woman who very unwillingly helps a young neighbour Priyanka when Priyanka’s apartment is overrun by a rat. This tale was a little predictable but well-told and develops the unlikely friendship with depth and nuance.

The fourth is ‘Vishanu’ and highlights the plight of migrant workers in view of the spreading infection. Manish is trying to fend for this wife Seema and little daughter. Although they are temporarily living in a city high-rise flat, Manish is unemployed and is trying to get his family safe passage to his village, because the money is running out.

This story depicted the possible challenges of a daily-wage earner, who does not have the luxury to “work-from-home”, which is also something that we may be taking for granted.

The last story is “Chand Mubarak” and is about another unlikely friendship. Ratna Pathak Shah is Uma, who needs to get medications, and is driven to the shop during the curfew in an auto. The auto-driver Rafique (Bharadwaj) is helpful, but curt and crusty Uma is slow to believe in the kindness of strangers. This was my favorite of the 5, because of both the actors. Shah is impeccable and Bharadwaj is no less.

Of the many things that stood out for me in the movie, the experience of watching a movie wherein the actors are actually wearing masks and the theme being the pandemic, was so relatable, unlike the feeling when we watch other movies that seem to be set in another time, far from the present reality.

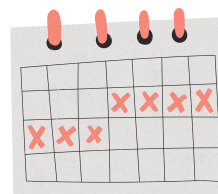
What I did not like, was the usage of a mental health label in the first movie, I thought it pushed a bit too far. (Do watch the movie if you would like to understand what I am talking about).

All in all, it was a movie of substance that showcased a lingering sense of hope. Something that we are truly holding on to!

**MY RATING:**



# QUARTERLY MENTAL HEALTH CALENDAR



Across the year, there are numerous events to spread awareness on mental health and well-being. For this quarter of the year, here is a list of days, weeks and months we would like to highlight to keep de-stigmatizing mental health. Take a look!

## JANUARY

(MENTAL WELLNESS MONTH)

## FEBRUARY

(INTERNATIONAL BOOST SELF-ESTEEM MONTH)

WORLD CANCER DAY (FEB. 4TH)

SAFER INTERNET DAY (FEB. 9TH)

## MARCH

(SELF HARM AWARENESS MONTH)

SLEEP AWARENESS WEEK (MAR.13-19)

WORLD BIPOLAR DAY (MAR. 30)

**TOGETHER LET'S SPREAD AWARENESS  
AND FIGHT STIGMA!**

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