



Handbook

2022-23

How to use this book!

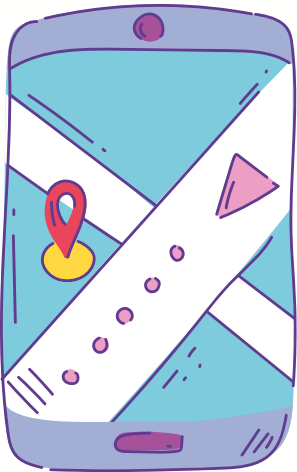
Here is a booklet for you that can transform and take many shapes -



It can become a **Guide**,
accompanying you
to the various
destinations of
wellbeing as you
take your time to
visit each of these
concepts.



It can become a **Companion** and be
with you as you walk
through your life
experiences.



It can transform as your **GPS** to log back to when
you feel lost and need to
rethink your journey.

It can change into a **Pillow** when you want
to rest and reflect.



Introduction

Health and well-being are fundamental points of consideration for all collectives and societies. It is not unknown that health not only pertains to physical well-being but also mental well-being.

The aspects of physical health, psychological health, and social health together interact and determine the overall well-being of the individual and in turn the communities.

Over the years attention on mental health concerns/ disorders, stress, emotional well-being, happiness, resilience, community mental health, quality of life, and subjective well-being, have gained their due attention. Their deep relation with the overall existence of individuals and societies can no longer be neglected.



The context in which one resides has an impact on their mental health and well-being is the social-political, cultural, and ecological determinants may play a major role.

Further, The specific experience of different age groups also calls for observation.

The experiences of the student population become the focus here.

Certain stressors during the student years are common such as the transition into university life, moving from home, examinations, entering new social and cultural spaces, entering academia, etc.

Even though some of the changes are inevitable and integral while being a student certain measures and systems in place can ease the process and prepare the individual for the new experience. Thus, the presence of specified systems and initiatives that promote well-being at the group, institutional, and collective levels becomes an integral step.



About The Booklet

In the University, various systems can aid in this process, mental health and counseling services, psychological tools and scales, student mentorship initiatives, student-led collectives, societies, and discussion groups.

Adding to this existing framework is this handbook. The attempt has been to cover the key common challenges that students face. It contains research-based psycho-educational information and measures that can help the students in their journeys.

Even though the content of the themes has been decided from a student's perspective the strategies can be considered and used by all. It can aid educators and others in planning programs for students, understanding the student experience, or helping them navigate their life challenges.

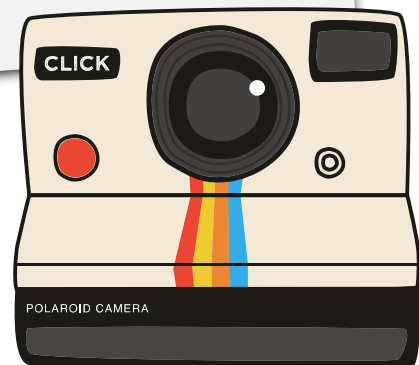
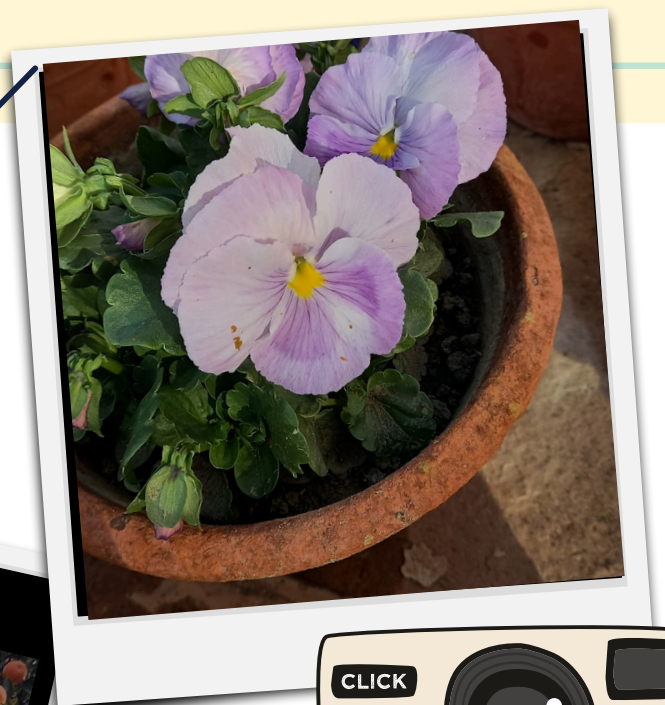
The handbook majorly talks about aspects of well-being, time management, and planning, anxiety and stress management, issues with sleep and fatigue, understanding emotions, feelings of hopelessness, growth, self-concept, etc.

Over time, more topics can be added to the booklet. Any further questions or focused discussion can be done with any of the college counselors appointed by the University. The booklet cannot take the place of counseling, it is an addition to what mental health support can do.



Initiatives Promoting Mental Health At The University

- Individual counseling sessions
- Mental Health workshops and interactions
- Student Mentorship programs
- Student-led collectives, discussion groups, and societies



Wellbeing

Well-being is not just an absence of physical illness; it stretches beyond that and encompasses various areas of health and wellness. It's a complex interplay of one's social, mental, emotional, and physical factors.

The measure of these aspects impacts overall life satisfaction. Thus, in the pursuit of taking care of one's well-being, it's important to pay attention to not only the physical aspects of health but also one's social relationships, emotional well-being, and cognitive wellness.

An activity for you!

The wheel of wellbeing

Working towards one's well-being begins with understanding where to start. A simple exercise for the same is to envision the state of your well-being as a wheel.

Think of each of these components- Physical health, emotional health, cognitive health, and social health. You can try asking yourself the following questions-



Physical Wellbeing

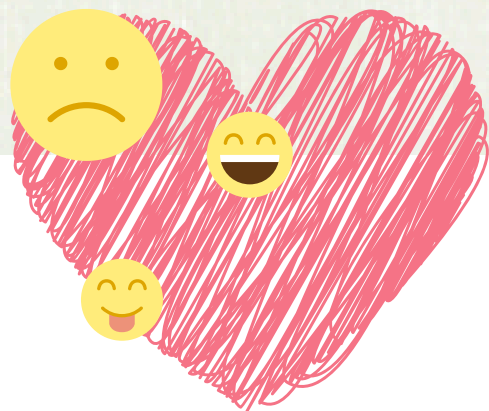
Have you been feeling physically well, do you feel well-rested, and have been sleeping well, what about your water and nutrition intake? Are you engaging in any physical activity? Do you suffer from tiredness? Have you been falling ill frequently? If you have a chronic ailment, how has it been for you lately?



Emotional Wellbeing

How have you been feeling lately?

Have you been able to recognize your emotions and the emotions of others? Has it been difficult for you to acknowledge your emotions? Can you manage your emotions?



Cognitive Wellbeing

Have you been able to concentrate and focus lately? Can you pay attention on your tasks? Is decision making a challenge for you? Are you able to learn and recall information easily?

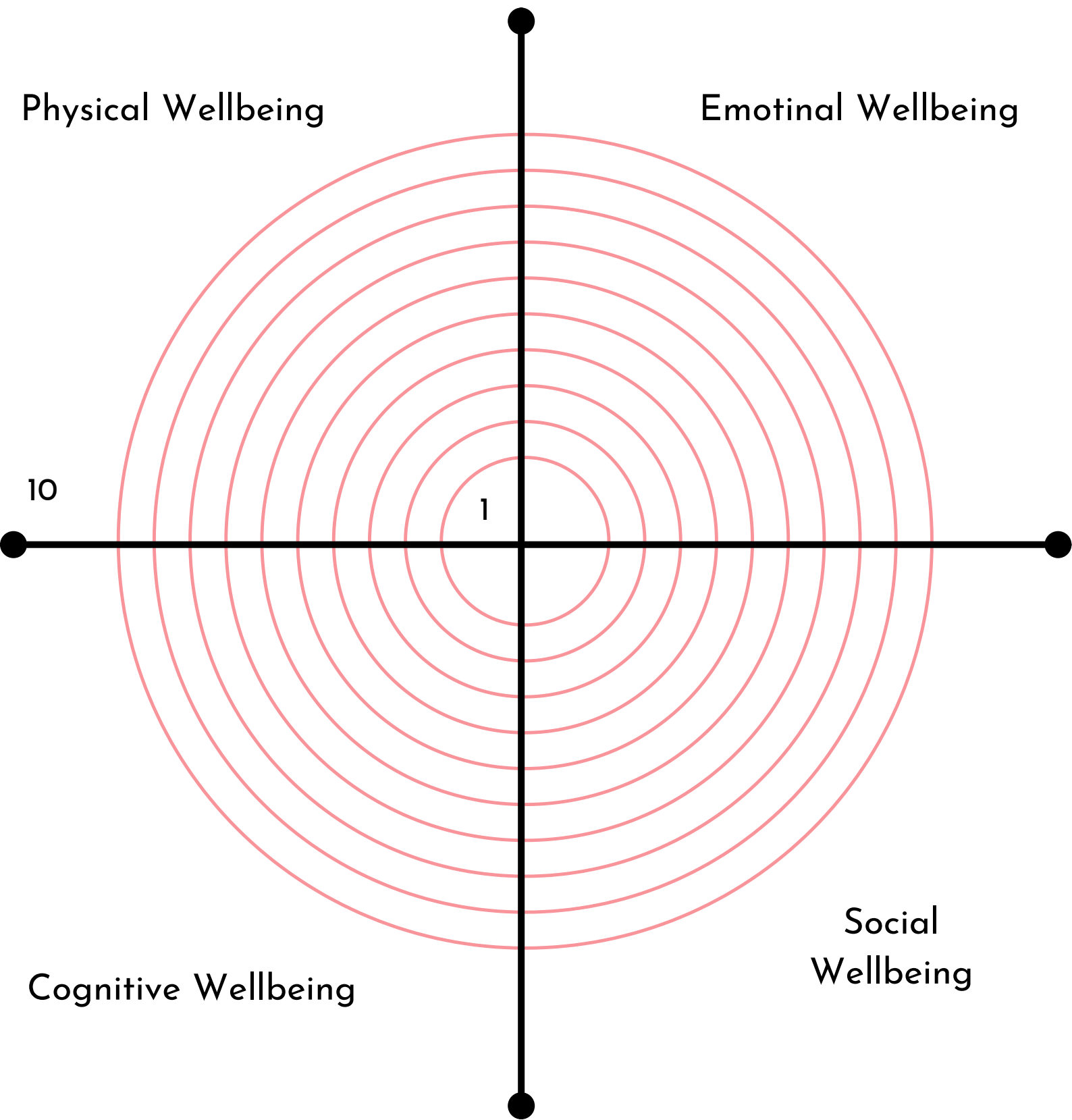


Social Wellbeing

How do you feel about your relations, have you been able to spend some time with your loved ones? Are you able to socially engage as much as you would like to?



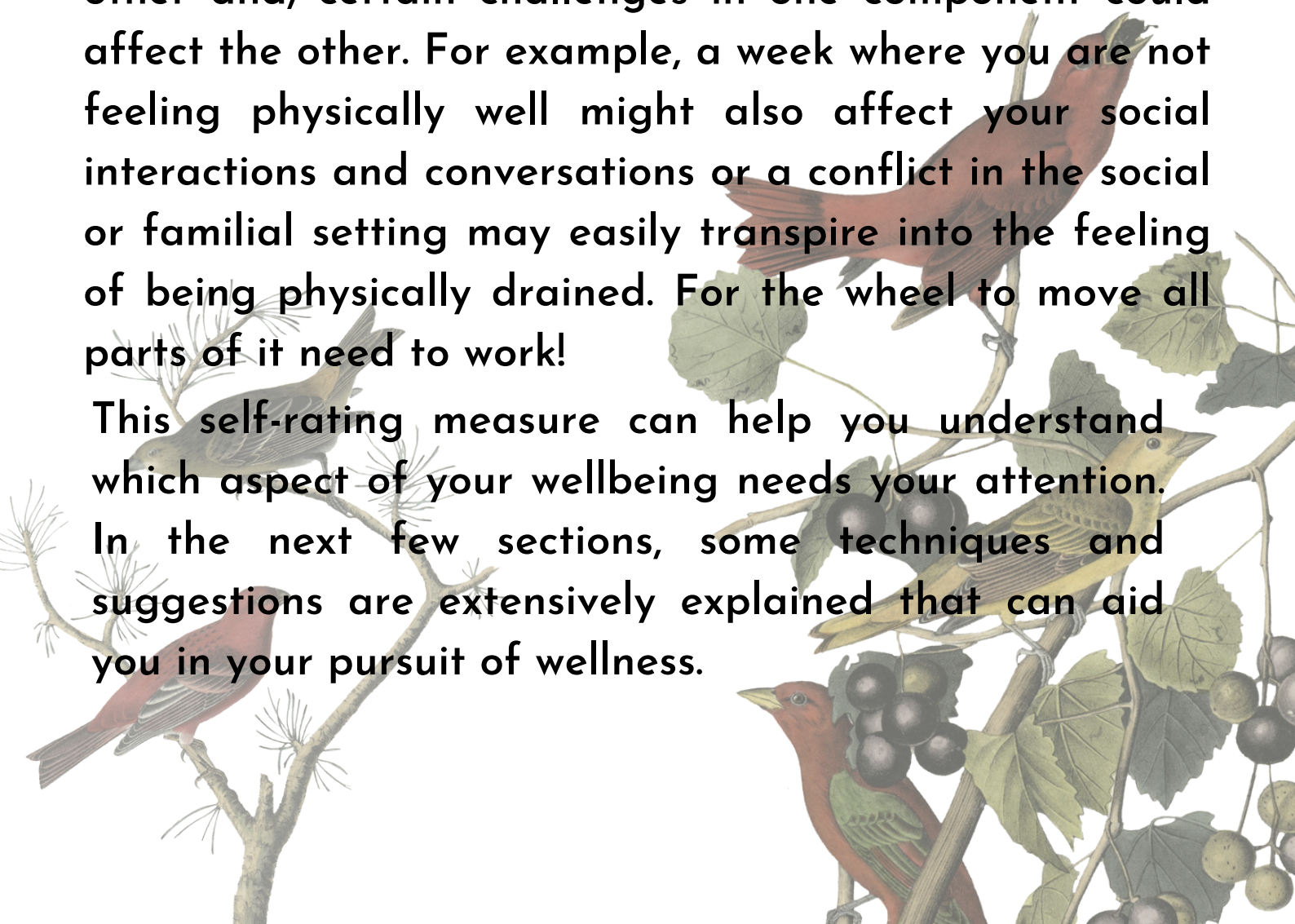
The Wellbeing Wheel



A reflection upon these components would guide you to decide a score for yourself out of 1 to 10. This introspection would let you know the areas you need to pay attention to. It's important to note that this reflective exercise needs to be repeated over time to understand the present state of wellness. You can track your progress over time by coming back to this activity. It's necessary to remember that progress may take time and consistency. The aim is to witness this movement and work towards the goals that you set for yourself. Be kind to yourself when you aren't able to achieve all that you planned for yourself.

Keep in mind that these components interact with each other and, certain challenges in one component could affect the other. For example, a week where you are not feeling physically well might also affect your social interactions and conversations or a conflict in the social or familial setting may easily transpire into the feeling of being physically drained. For the wheel to move all parts of it need to work!

This self-rating measure can help you understand which aspect of your wellbeing needs your attention. In the next few sections, some techniques and suggestions are extensively explained that can aid you in your pursuit of wellness.



A small break!



Some silly little "cheering up" ideas
(sometimes silly little things work! :)

- Go for a walk
- Watch your favorite childhood cartoons
- Call someone!
- Sit in the sun
- Invite your neighbour for a board game
- Talk to a classmate
- Paint and draw, Karaoke!!!
- Watch cute animal videos
- I scream you scream we all scream for ice cream!



VIDEO RECOMMENDATIONS

- 7 Ways to Be Happier, According to Yale Professor of Well-Being | NowThis
- Is Finland The Happiest Country In The World?- Vice News
- Bhutan: The Pursuit of Happiness | 101 East Al Jazeera English





One may also think that well-being is the same as in-the-moment feelings of happiness however even though happiness is an important component in understanding well-being it's not all that's there to well-being.

Meaning-making in life, positive affect, self-awareness, engagement with activities, life satisfaction, good relationships, and a sense of purpose are the essential components too.

Our everyday understanding of happiness may guide us to think that being happy at every instance is what well-being is all about, however, happiness in its emotional context is a state, it's a feeling just like other feelings that may come and go. We need to understand that subjective happiness moves beyond the fleeting emotion of happiness and talks about the overall pursuit of well-being.

Physical Wellbeing



After pondering over the questions mentioned above in the activity you now might have some idea about your physical wellbeing. This section has suggestions and techniques to work on your physical well-being.

There is a deep relation between the mind and the body, a well-rested body has an impact on our attention and focus, and feelings of stress can have bodily manifestations namely- digestive issues, headaches, and tiredness. The first step thus becomes to acknowledge the relationship that the mind and body have.

Want to understand the mind- body philosophical debate?- check out this video

Where Does Your Mind Reside?: Crash Course Philosophy

Video Recommendation
Physical activity and mental wellbeing- Ukmantalhealth



Redefine Physical Wellbeing for Yourself

The journey of physical wellness can look different for different people for some it might entail getting the proper nutrition, for some, it might mean working on their relationship with their body, it could mean sleeping on time, and for others, it might mean becoming more physically active.

In the hubbub of the singular ideas in the media about what physical fitness should look like it becomes important to pause and think about what is integral for one's body and mind.

Think about your life routine, your physical struggles, and your needs, and then define certain goals or areas that you would like to work on.

How to start the journey

- Proper nutritional intake
- Know what your body needs. Rest when needed.
- Engage in a physical activity that you like regularly. Find out what time you like to exercise and if you like to work out alone or in a group, plan your schedule accordingly.
- Don't overwork yourself.
- Listen to your body, and know when it is time to meet a specialist.
- Don't keep your physical struggles to yourself, talk to a trusted person.
- Get proper sleep



How To Sleep Better

- Go to bed at the same time and wake up at the same time.
- Don't look at the screen just before going to sleep.
- If you can't sleep, get out of bed move around, and return to bed only when you feel sleepy.
- Try to stay away from caffeine in the evening if you have trouble sleeping.
- Disengage before going to sleep. Do the body scanning exercise or meditation before sleeping.

Video Recommendations-
**How To Improve Your
Sleep | Matthew Walker-**
Penguin Books UK

A walk through the stages of sleep
| Sleeping with Science, a TED
series

Body Scan Meditation (Tame
Anxiety) by- Stop Breathe Think

Watch this
video-

6 tips for better
sleep | Sleeping
with Science, a
TED series



Write A letter to your body

Physical well-being isn't away from the pertains of the social context. Dealing with body image issues is a struggle that many people go through. Writing a letter to one's body can help establish a positive relationship with it. You can try expressing your gratitude towards your body or narrating what goes in your head while you think about your body, let the letter take its shape.

Be aware and authentic about what comes up during and after this writing process, and try to approach these thoughts with compassion and not premature judgment.

Talk to a trusted someone if you think you are struggling with this issue.



Something to think about- Watch these videos

- Allure-
https://www.youtube.com/watch?v=5mP5RveA_tk
- BBCThree-
<https://www.youtube.com/watch?v=xBEpOOlhNVQ>

Emotional Wellbeing

Emotions are essential for our functioning, all of them have evolved to help us live and interact with our environment. Recognizing our understanding of their underlying causes, understanding their relationship with our behavior is an important step in the pursuit of wellbeing.

When we understand the function of emotions we can appreciate the ability to feel. Understanding and acknowledging the emotions that we feel is another step of this process. The feelings if remain unprocessed or are denied then they can shape of severe anxiety or sadness.

Write Your Emotions- Journaling

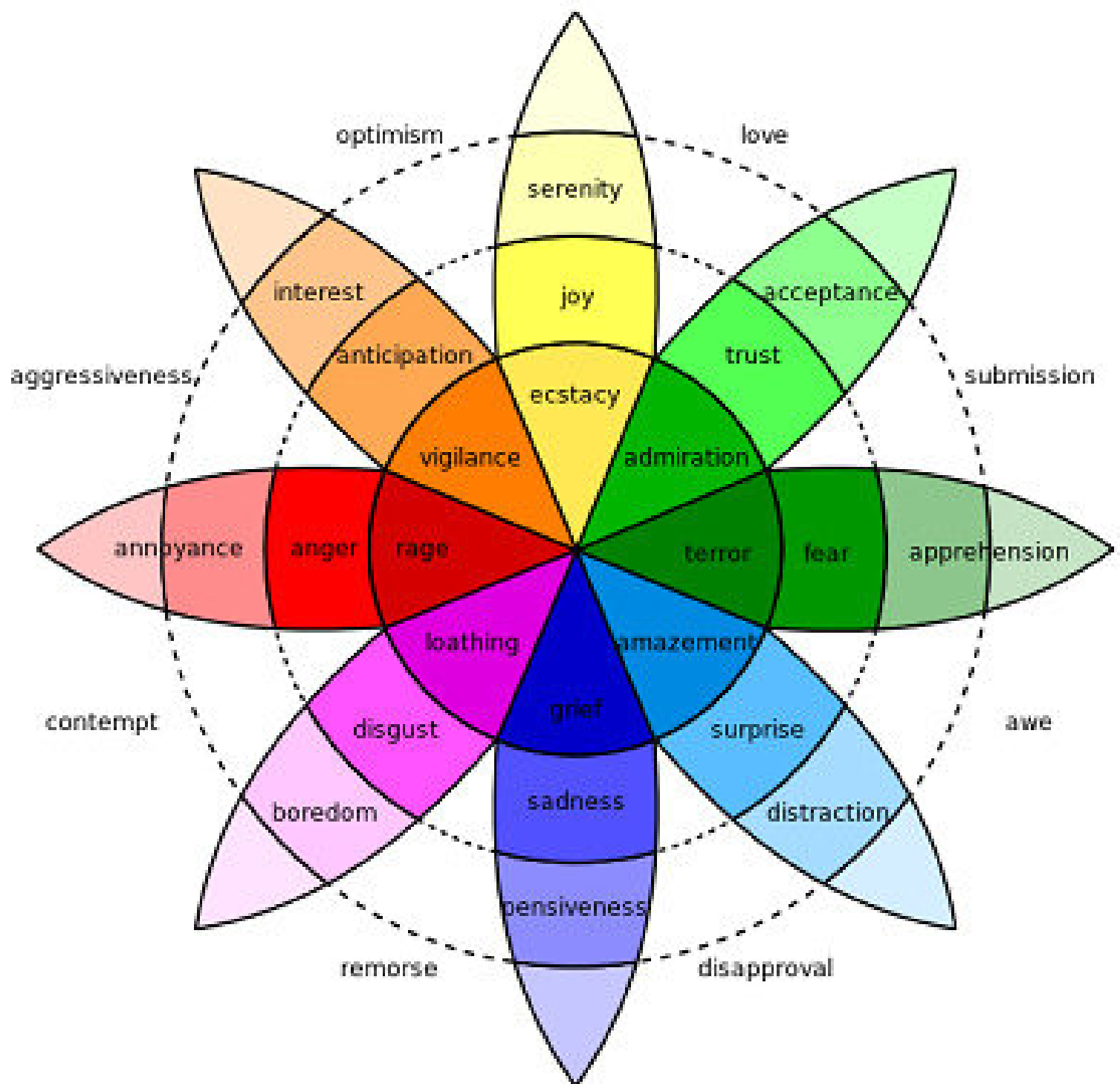
Writing about your feelings every day can help you process your emotions, take the time out to write about your day.

It aids in gaining clarity, it can help you bring the emotions to the surface that might not have paid attention to. It can be used to track your progress and work towards the goals you set for yourself.



- Watch this movie by Pixar- Inside out
- Watch this video by The school of life- How to Process Your Emotions





Plutchk's Wheel of Emotions

The Emotions Wheel Use the wheel here to name your exact emotion, then try asking yourself what made me feel this way. To understand and manage our emotions, we need to learn to name them and acknowledge them. We often tend to go about our day without checking in with ourselves.

During the day take a minute to pause and reflect on all the major emotions you felt during the day. (PS You can also use the emojis on your phone).

Understanding our emotions keeps us in touch with our inner selves and makes us more self-aware.

Denying what we feel can make us feel fatigued and resentful towards our environment. If emotions and feelings are unacknowledged they can spill over and be displaced on unrelated situations or individuals.

Over time these can take severe forms of depression or anxiety and create feelings of hopelessness.

Making the effort to understand others' emotions helps our relationships.

It helps in the articulation of our thoughts and feelings and makes communication more efficient. The ability to understand our and others' emotions pertains to our emotional intelligence. It guides us in the world and becomes the support tech that we need to understand the web of this world!



Emotional Agility - Susan David

In her work David talks about seeing emotions as essential and not good and bad, to be driven by our values and not only our in-the-moment emotions.

Something to think about!

Art Therapy

Art can be used to bring out the emotions that are stored within, try drawing different facial expressions and think about how would you like to color them, then reflect on how you relate to each expression, and which feeling are you in, most of the time.

The aim of art therapy is not to create beautiful artwork but to focus on the process of making art and attending to the feelings that come up during this process.

Want To Learn More- Check out these video links

- What is Art Therapy?

<https://www.youtube.com/watch?v=4BZynyGzyow>

- Art Therapy Workshop: Body Scan

<https://www.youtube.com/watch?v=geTQlQDwlqw>

- Art Therapy Workshop - Mandala

<https://www.youtube.com/watch?v=qkdg5whyR7I>

- Building Identity Through Art | It's Possible: Art

<https://www.youtube.com/watch?v=JDuHddfQ2t8>

- Art Therapy in Action: The LGBTQIA Community

<https://www.youtube.com/watch?v=a5cNu7F3m6M>

- Art Therapy in Action: Trauma

<https://www.youtube.com/watch?v=IOQmxkb6Dmo&t=32s>

Social Wellbeing

Meaningful relations are central to well-being. A strong sense of community partnership is integral for all. Being with others and having good friendships are related to positive affect and happiness.

The sense of community goes beyond the individual well-being and pertains to the well-being of the collective. Social events make us feel fulfilled and provide a sense of belongingness. During hard times it provides a network to fall back on. Social wellness is about building healthy relationships and nurturing them.



Something to think about- Watch These Videos

- [How's your social health? Let's test it. | Dr. Chelsea Shields | TEDxSaltLakeCity](#)
- [Social Wellness- The Learning Portal](#)
- [Relationships: the missing piece of the wellbeing puzzle- ukmentalhealth](#)

Cognitive Wellbeing

Cognitive wellbeing is an encompassing area of study that pertains to many aspects of wellbeing. It includes cognitive health that is learning, memory attention, thought, and language. Further, it's the evaluation of one's life and overall life satisfaction.

Cognitive Exercises

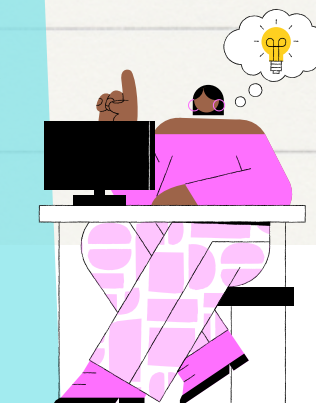
- Visualization
- Memory Games
- Meditation
- Crossword
- Puzzles
- Chess
- Video Games
- Language Learning

Protective factors related to good cognitive health-

- Good Diet
- Exercise
- Stress Management
- Social Connections
- Mental Exercises
- Getting Enough Sleep

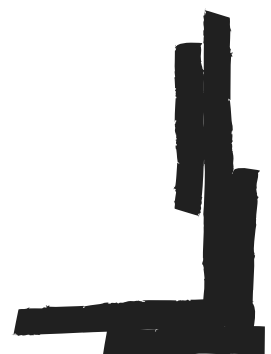
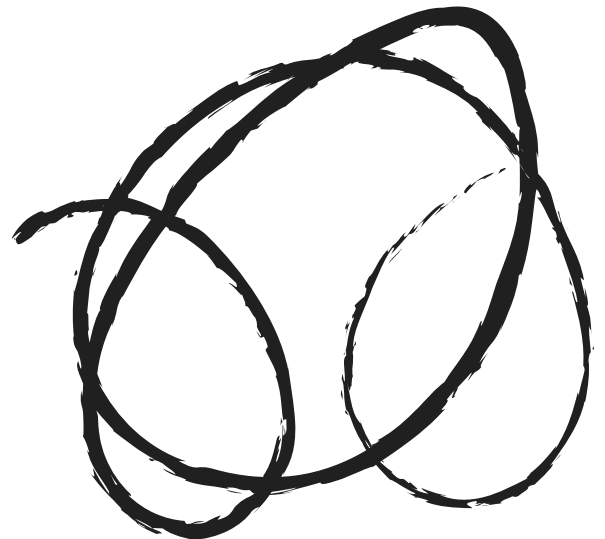
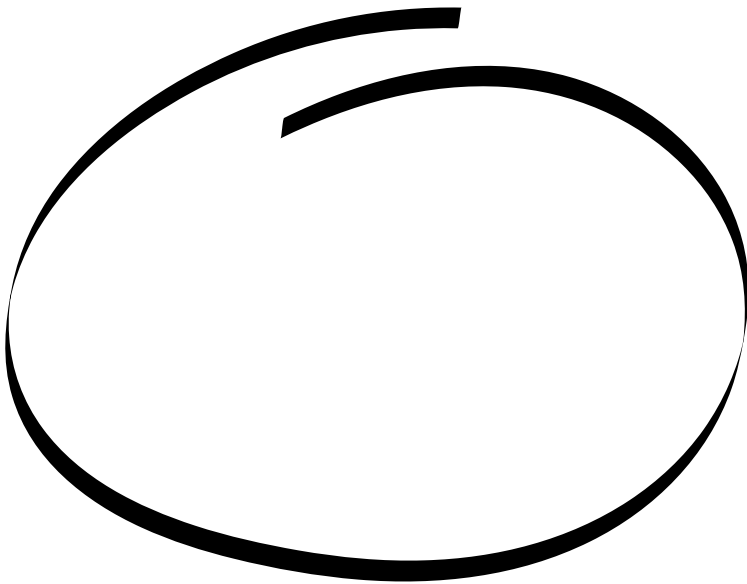
Read these-

- Six steps to cognitive health by Harvard Health Publishing
- Mind games: a mental workout to help keep your brain sharp by The Guardian



An Activity For You-

Using your imagination is a great mental exercise. Try playing this game. Look at the structures below, they are ambiguous. Try completing them and see what can you draw out of them!

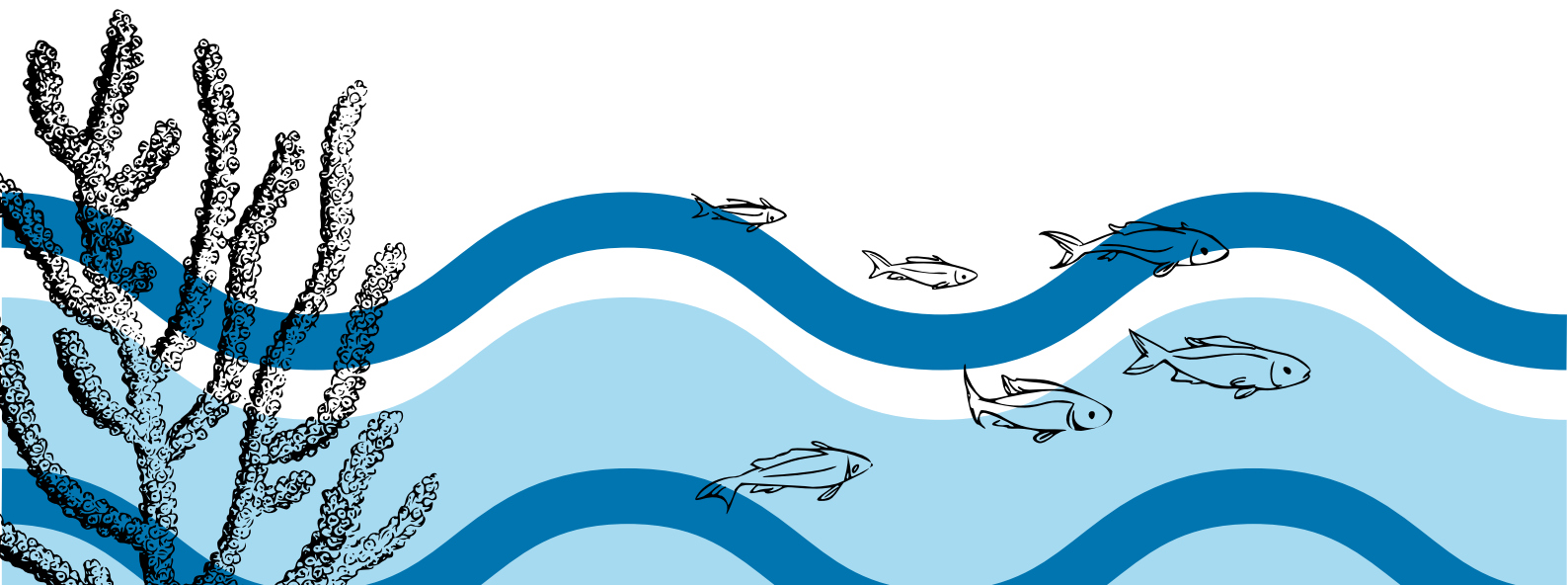


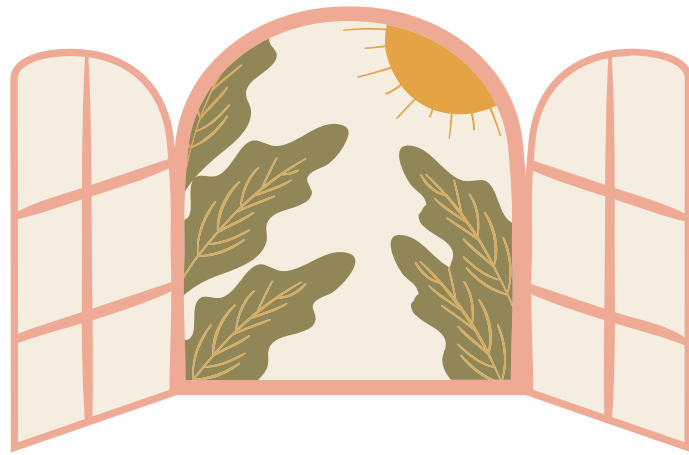
Life satisfaction

Think about the different domains of your life, your family, your education, your relationships, your career, etc., and think about how satisfied are you with these domains.

Think about the emotions these aspects of your life ignite in you. This would guide you to think about the overall satisfaction your life gives you. Think of the alternative ways in which you could feel more fulfilled, An exact recognition of an area where you don't feel at peace or feel less satisfied can be your starting point.

Lower satisfaction in your social life can be improved by making new connections, being a part of social groups and events, planning more events, etc. Similarly, a low evaluation of career satisfaction can be tackled by thinking about your areas of interest or putting more effort into your education. Building on your wellness takes time, consistency, and effort (And rest too!!).





Mindfulness

Mindfulness is the practice of bringing one's attention and focus to the present. It stems from Buddhist philosophy. Meditation forms a part of the practice but the overall practice stretches beyond that.

Within psychology, several types of research have been conducted to understand the benefits of the practice. It has been proven to improve self-control, concentration, attention, clarity of thoughts, emotional understanding, self-awareness, relieve stress, improve sleep, and in some cases when paired with other techniques it can have a lasting impact on cognition, emotional regulation, depression, anxiety, and physical issues.

Watch This-

- **How mindfulness changes the emotional life of our brains | Richard J. Davidson | TEDxSanFrancisco**
- **5-Minute Meditation You Can Do Anywhere - Goodful**
- **Try the meditation application- Headspace**

Practice Mindfulness

- Notice everything in your surroundings, and pay attention to the colors, and texture of the objects in the environment. Try to be in the moment and observe all that's around you.
- Pay attention to the thoughts you have, let them float up to your consciousness, don't try to judge them or change them just observe and accept them as they come up and eventually fade away.
- Pay attention to your breathing, try taking out a few minutes, and practice mindful breathing. Observe how to take in the air, and notice how your body feels and reacts as you exhale.
- Be mindful of your body, body scanning can be used to practice mindfulness. Apart from body scanning, notice how your body feels and behaves in different surroundings, and how your body language changes, Be aware of what you are sensing.
- Mindful eating is another activity that can be undertaken while eating your meals be aware and notice the taste of food, and the smell of your favorite dish, and observe how your food looks.
- Be mindful in a conversation, notice all that is being said to you. Try to pay attention to the sounds, their meaning, and other cues.





Mindfulness Practice for Compassion

Sit at one spot, observe your breathing, and observe as your lungs expand and contract. Slowly now while keeping the pace of the breathing same, start to pay attention to your thoughts.

Guide your thoughts towards the events of the day, and note what comes up in your mind. Now think about one thing that made you feel at peace today or made you feel happy, think about the past few days, and recall an incident where you did something for someone or someone did something for you. Recollect the time when someone was kind to you and you were kind to someone. Let the feelings that accompany this recollection come up in your consciousness.

Let yourself be in that emotion for some time. Now with the knowledge of this emotion and the possible warmth, it brought to pay attention to your breathing again and slowly move towards the end of the session.

Note that your mind will wander while practicing, let it wander notice the thoughts then slowly return to breathing, don't be hard on yourself if you find yourself digressing just take note of it and try to bring yourself back.

Map Your Time Better- Techniques

Getting Things Done Method

Divide the task into small steps and systematically organize each step. For example, you can divide your assignment into sub-topics or tasks and work on one task at a time.

Kanban Method

Make visual boards, divide your worklist into - to do, in progress, and done categories to keep a visual track of the tasks. Simple do lists only tell you what needs to be done, this method lets you know the tasks you have completed thus motivating you for the next tasks.

The Commitment Inventory

Make a list of all your commitments, decide how much percentage of time would you like to allocate to each, and then make checklists of the tasks. This way you will know what task should be your priority.

Time Blocking

Plan specific time slots for specific tasks- E.g. 9 am for Meetings, 10 am for projects, etc. Avoid doing more than one task at a time.

Eat The Frog Method

To avoid procrastinating identify your most complex task and make it the first thing you finish.

Time Management Applications and Sites

- To-do List- Schedule Planner and To-Do Reminders
- Toggl Track
- Todoist
- Rescue Time Management
- Evernote- Notes Organizer and Daily Planner

Psychological Wellbeing

Focusing on psychological well-being is another important step in the pursuit of health. To work towards it, one can-

- Engage in reflective activities like journaling to establish self-awareness and work towards **self-acceptance** by concentrating on one's uniqueness and abilities. Try making mental notes/ conversations about the tasks and activities that you are good at and plan for the areas that you need to put some effort into.
- Understand what would you like to work towards in your life and invest time in your **personal growth**. Incorporate the time for your interests in your schedules.
- Start to define certain aspirations you have; think about what kind of **purpose** would you want to work for or be a part of. You can try thinking about the activities or ideas that align with you the most. Another technique that can be undertaken is to think about the kind of life you would like to have in the future.



- Understand the constructs of your surroundings, and take some time to get to know the spaces that you are a part of to develop a sense of **environmental mastery**. Look for the factors in the environment that negatively or positively impact you to understand the relationship you share with your environment.
- Learn to listen to your thoughts and ideas that can help you to develop a sense of **autonomy**.
- Human development isn't in isolation. Understand the importance of community and social support. Understand your relationship with others and invest in **positive social relations**.



Something to Ponder Over-

Theory of Well-Being

Dr. Martin Seligman talks about how the discourse of well-being needs to move beyond the distress that humans feel and talk about flourishing.

According to him, there are five building blocks that can help humans flourish-

- Positive emotions- Feeling of gratitude, hope, pleasure, and optimism.
- Engagement- Being in flow, attending fully to an activity with one's entire ability, interest, and strength.
- Relationships- Feeling of belongingness and social support.
- Meaning- A sense of purpose
- Accomplishment- Movement towards learning, competence, and mastery,

Managing Stress and Anxiety

Fear is a basic emotion that activates the fight-flight-freeze response in the presence of immediate danger, it's an adaptive feature.

Anxiety, however, is a reaction to the anticipation of a threat, rooted in the future. In everyday life it's typical to experience some anxiety-provoking states, however, it becomes a matter of concern and needs attention when the fear-anxiousness and/or worry is extreme, persistent-chronic, disproportionate to events in question, and interferes with everyday functioning.

Stress is the physiological and psychological response of an organism to a situation that challenges its ability to cope, that depends on the perception of the event. Limited amounts of stress that is Eustress, help us to perform efficiently and manage everyday minor crises. Prolonged stress or persistent stressful situations can often cause psychological and physical distress. Certain life events and collective traumatic events can make individuals, generations, and groups more prone to anxiety.

How Anxiety Feels like

- **Thoughts**- seeing all situations as dangerous when they are not, worrying constantly that something bad might happen, negative self-evaluation, too much “what if” thinking, over planning.
- **Feelings**- fear, anxiousness, prolonged constant worry, panic, irritability, anger, uptight, inattention, difficulty in concentration.
- **Physiology**- heart-pounding, numbness, shivering, trembling, restlessness, jumpiness, heavy breathing, lightheadedness, sweating.
- **Behavior**- wanting to avoid situations, people, checking things over and over, sleep and eating issues, presprng, repetitive rituals, talking too quickly, pacing, becoming too quiet.

Watch this-

- What's normal anxiety -- and what's an anxiety disorder? | Body Stuff with Dr. Jen Gunter
- OCD and Anxiety Disorders: Crash Course Psychology

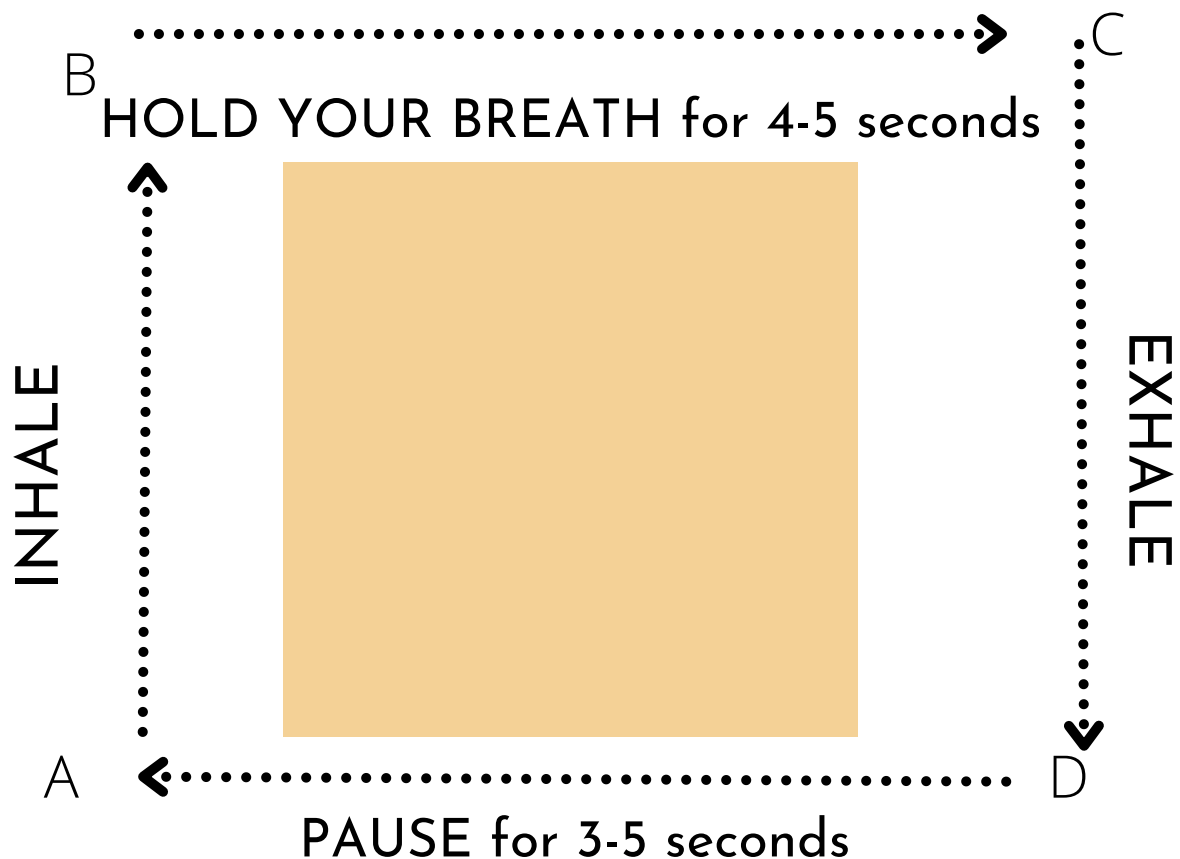


Coping With Anxiety

Breathing Exercises

One might feel shortness of breath when they are stressed or anxious one of the ways it can be managed is using various breathing techniques-

- You can try the box breathing exercise- Imagine your breathing guided by this box. You are at point A, Inhale for 4 to 5 seconds as you go from point A to B, and hold your breath as you imagine going from point B to point C, now keeping the focus on the breath exhale as you visualize yourself moving from point C to point D. Now pause as you move from Point D to A. Repeat this a few times.



Deep Breathing

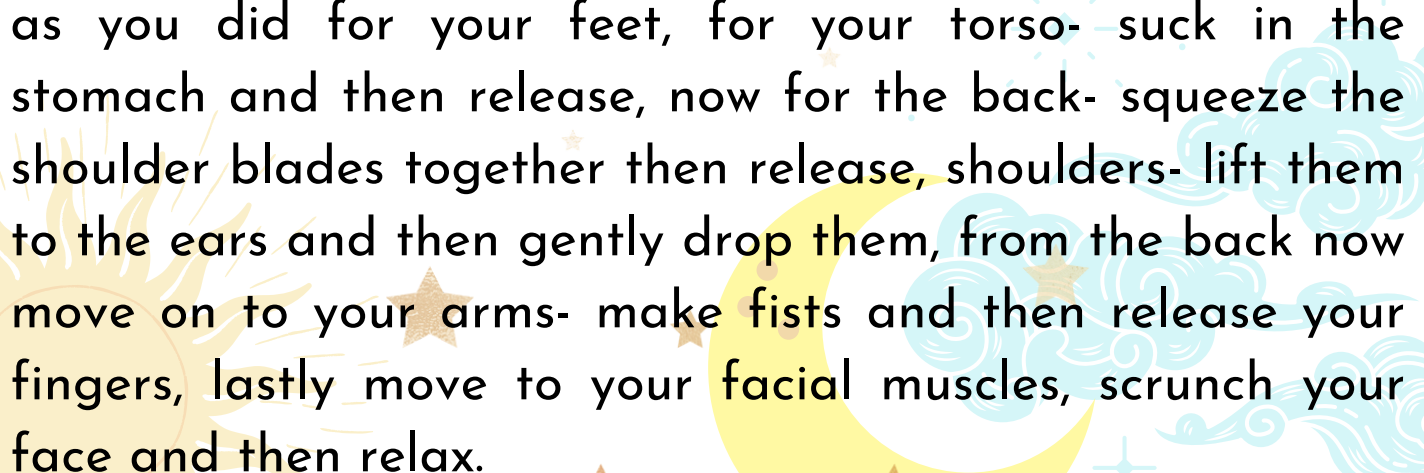
Sit at one place with your hand on the stomach, your hands would rise a little, hold the breath in for a few seconds then slowly exhale from the mouth. Repeat for some time.

Creative Visualization

Imagination can be used to put the mind at ease, if stressed try thinking about a day on the beach or a trek into a beautiful forest. Think about your happy memories. Imagine a future for yourself that has all that you want to achieve.

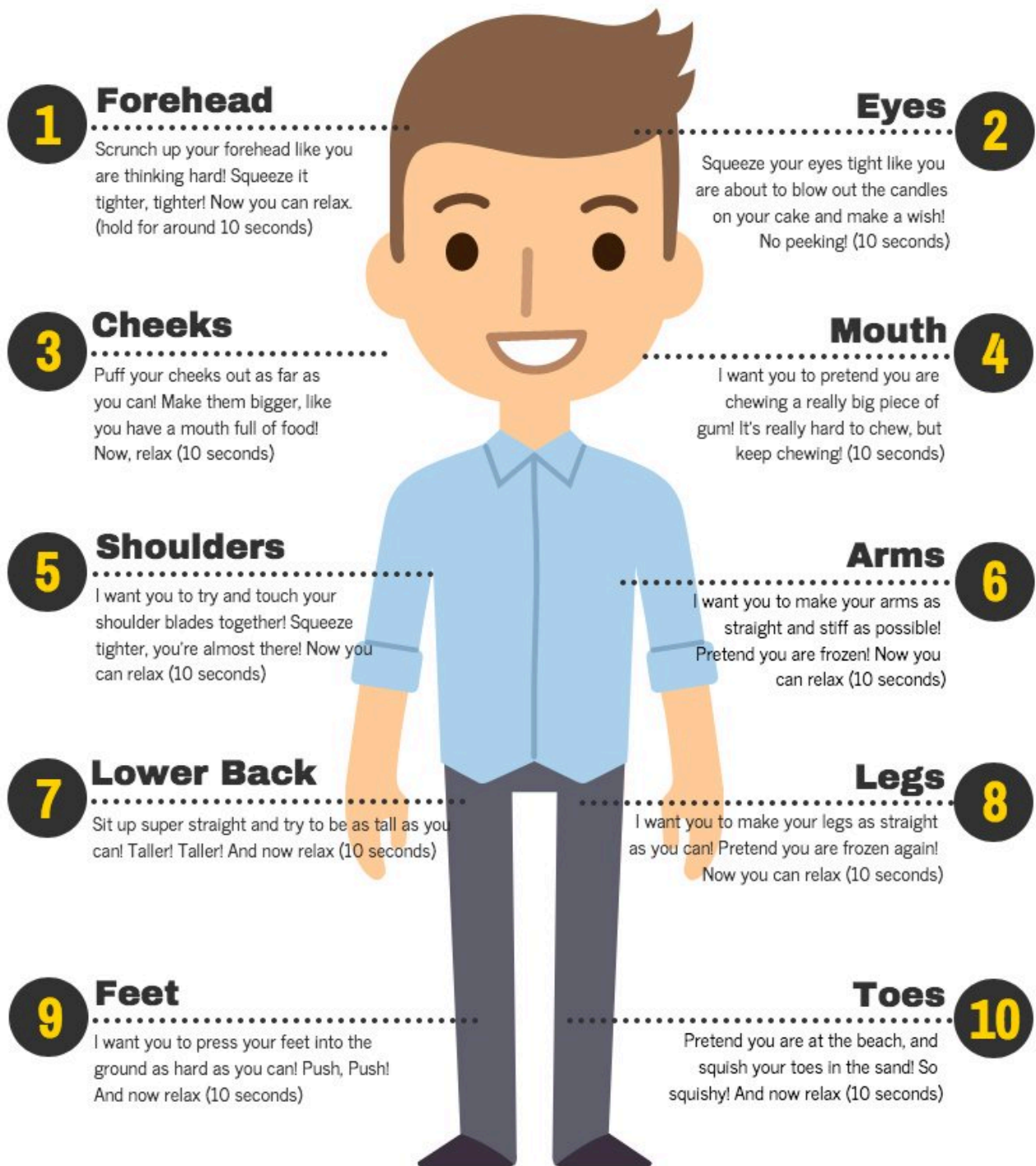
Progressive Muscle Relaxation

We often tend to hold our stress in our body, thus experiencing stiffness with breathing exercises and muscle relaxation can help and destress the body. In this technique, each muscle of the body is tensed and relaxed in a step-wise manner. Sit or lie down, then slowly tense and relax your feet- curl your toes then release them, move on the ankles and calves- point and flex the feet then relax them, thighs- squeeze them then relax them just as you did for your feet, for your torso- suck in the stomach and then release, now for the back- squeeze the shoulder blades together then release, shoulders- lift them to the ears and then gently drop them, from the back now move on to your arms- make fists and then release your fingers, lastly move to your facial muscles, scrunch your face and then relax.



Progressive Muscle Relaxation

Whole Body Script



Grounding Techniques

When anxious we can tend to get lost in the future and forget about the present, grounding techniques can help us to reorient ourselves to the present by focusing on the here and now.

- Go for a walk, observe all that you see around, try to hear the sounds, count specific colors, and make a mental list of all the things you see around.
- If you cannot get out then count and list all the objects you see in the room starting with A then moving on to the next alphabets.
- Observe what's happening around you, list 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and one thing you can taste.
- Play a memory game, think of categories like ice creams, aquatic species, capital cities, etc, and list all the names that fall into these categories. You can try playing this with some to ground yourself in the present.

- Write your thoughts and feelings. Maintain a journal!!

Over time, learn to identify your triggers, what are the situations that cause you to be anxious.

- Try talking about it in trusted circles,. Reach out to a mental health practitioner.

Burnout

Burnout is the state of complete physical, mental, and emotional exhaustion because of prolonged stress. It's not the same as being tired.

Burnout has specific symptoms, it includes feeling tired and low all the time, issues with sleep, headaches and pains, low motivation, feeling frustrated or aggressive, procrastinating, or wanting to withdraw and isolate.

How to manage burnout-

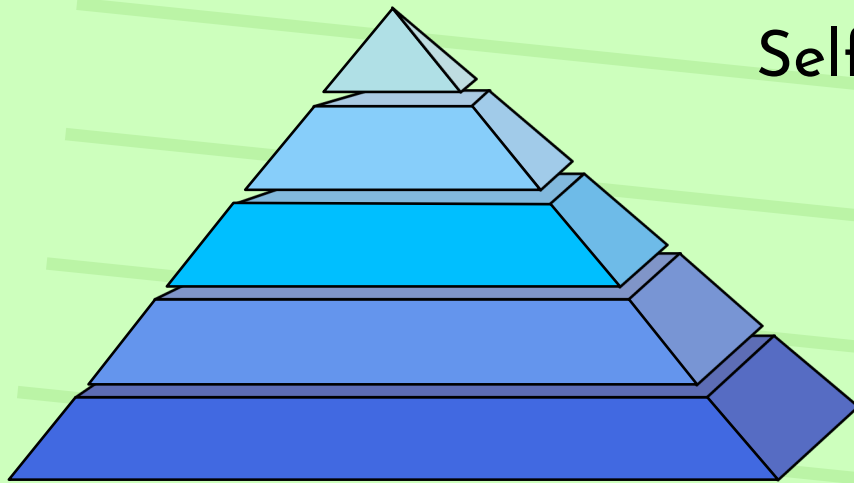
Recognize that you are in that state, sometimes we may disregard the symptoms of burnout and think of them as general tiredness. Recognize what in your life is causing the stress. This identification need not be done alone, talk to someone you trust, and reach out to people.

Often burnout is a result of not being able to maintain a balance in life, often overworking ourselves can push us into the state of burnout. Try to maintain a healthy work-life balance, and take the rest that your body and mind require to function effectively. Take time out for things that you enjoy and are interested in. Do talk to a specialist if you think you need help managing your burnout.



Understanding Motivation

How many times you've found yourself saying "I have no motivation to do this" or "I can't find the motivation to complete this task"? *We might sometimes see motivation as a singular ability to do tasks when in reality motivation is a complex interplay of physical, social, and psychological needs, demands, and fears.*



Self-actualization Needs

Esteem Needs

Belonging Needs

Safety Needs

Physiological Needs

Maslow talks about the hierarchy of needs that guide human motivation.

At the base, are the physiological needs of thirst and hunger, shelter, clothing, and rest. Next comes the need for safety, to be away from danger, and to be in a secure environment.

It is followed by the need to be in meaningful relationships, to know that one has a system to fall back on. The esteem needs to pertain to the desire for dignity, self-respect, and self-esteem.

At the top of the hierarchy is the self-actualizing need that's described as the fulfillment of one's full potential.

Think about it, let's say one is hungry or in tremendous physical pain, they might find it harder to think and work towards their esteem needs than if they were full and in no pain.

The next time you feel like thinking of motivation, give this hierarchy a look, it could help you holistically understand, the feelings of motivation.



Self Concept



As the name suggests, self-concept is how someone perceives themselves. It is the extent of one self-knowledge. The 'Self' is a unique constellation of all that one is and desires to be. How we see ourselves, majorly determines how we interact with the environment.

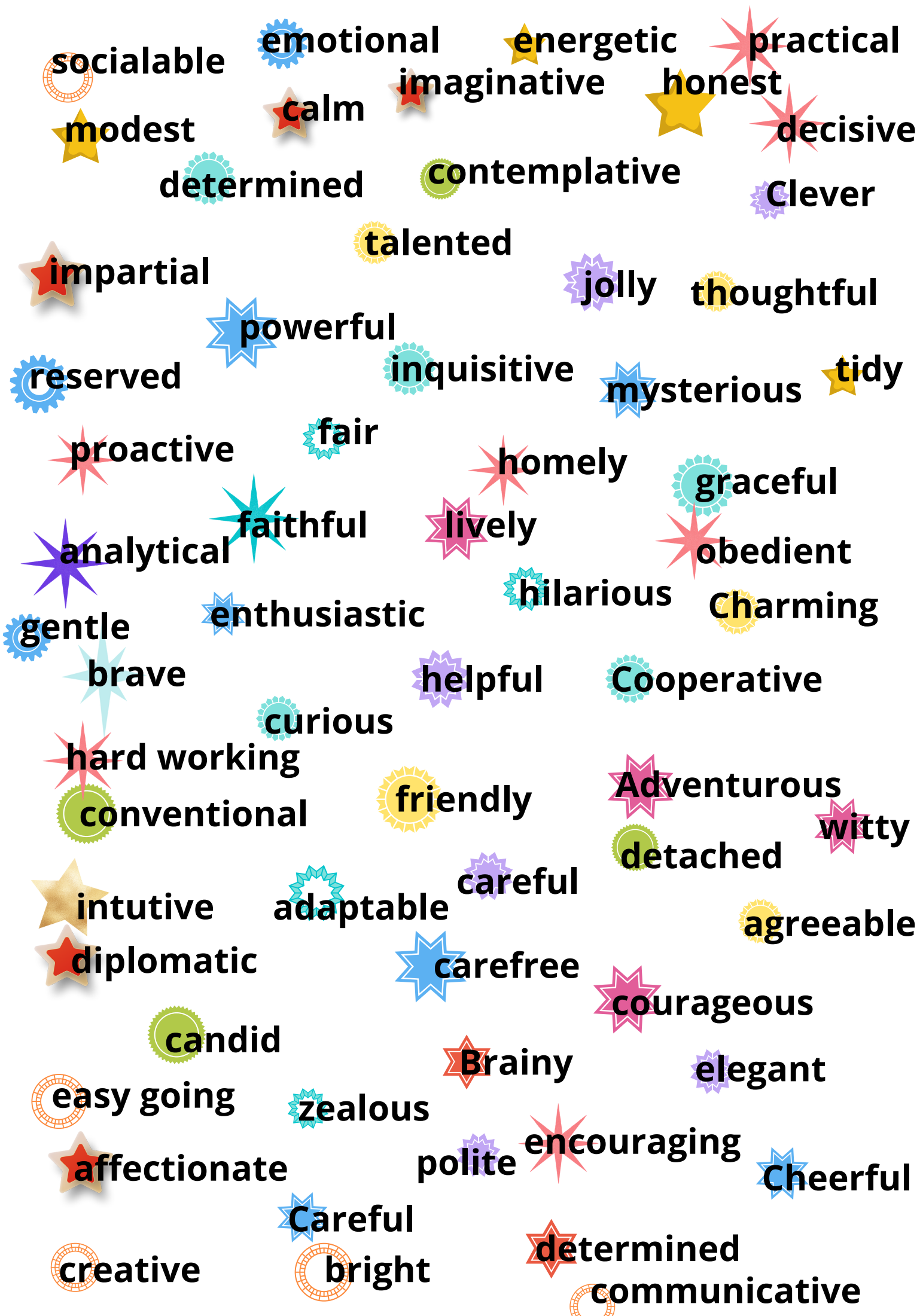
These ideas that one holds about themselves are developed through the different stages of life and are not fixed. Think about it how has your self-concept changed over the years? (Why not write a letter to your younger self?)



An Activity For You- Self Concept- A Constellation

Just like a constellation our self-concept changes over time. We tend to forget our uniqueness. Our self-esteem is a part of our self-concept. It's the evaluation of one's worth. A healthy self-esteem makes us realize our potential, our strengths, and our limitations. On a low day, one might see others' constellation more appealing and charismatic while ignoring their limitations and perceiving themselves as full of flaws. This is the time to turn back the telescope towards your constellation and appreciate the distinctive identity of your Self.

Look at the adjectives on the next page, and join the adjectives that fall within your self-concept. What will come out is a rare constellation of your self-concept. This helps us to cherish our uniqueness and at the same time celebrate the certain similarities we might find with others.



socialable

emotional

energetic

practical

modest

calm

imaginative

honest

decisive

determined

contemplative

Clever

talented

impartial

jolly

thoughtful

powerful

reserved

inquisitive

mysterious

tidy

proactive

fair

homely

graceful

faithful

lively

obedient

analytical

hilarious

Charming

gentle

enthusiastic

helpful

Cooperative

brave

curious

hard working

friendly

Adventurous

conventional

detached

witty

intuitive

adaptable

careful

agreeable

diplomatic

carefree

courageous

candid

Brainy

elegant

easy going

zealous

affectionate

polite encouraging

Cheerful

creative

Careful

bright

determined

communicative

The Ideal Self

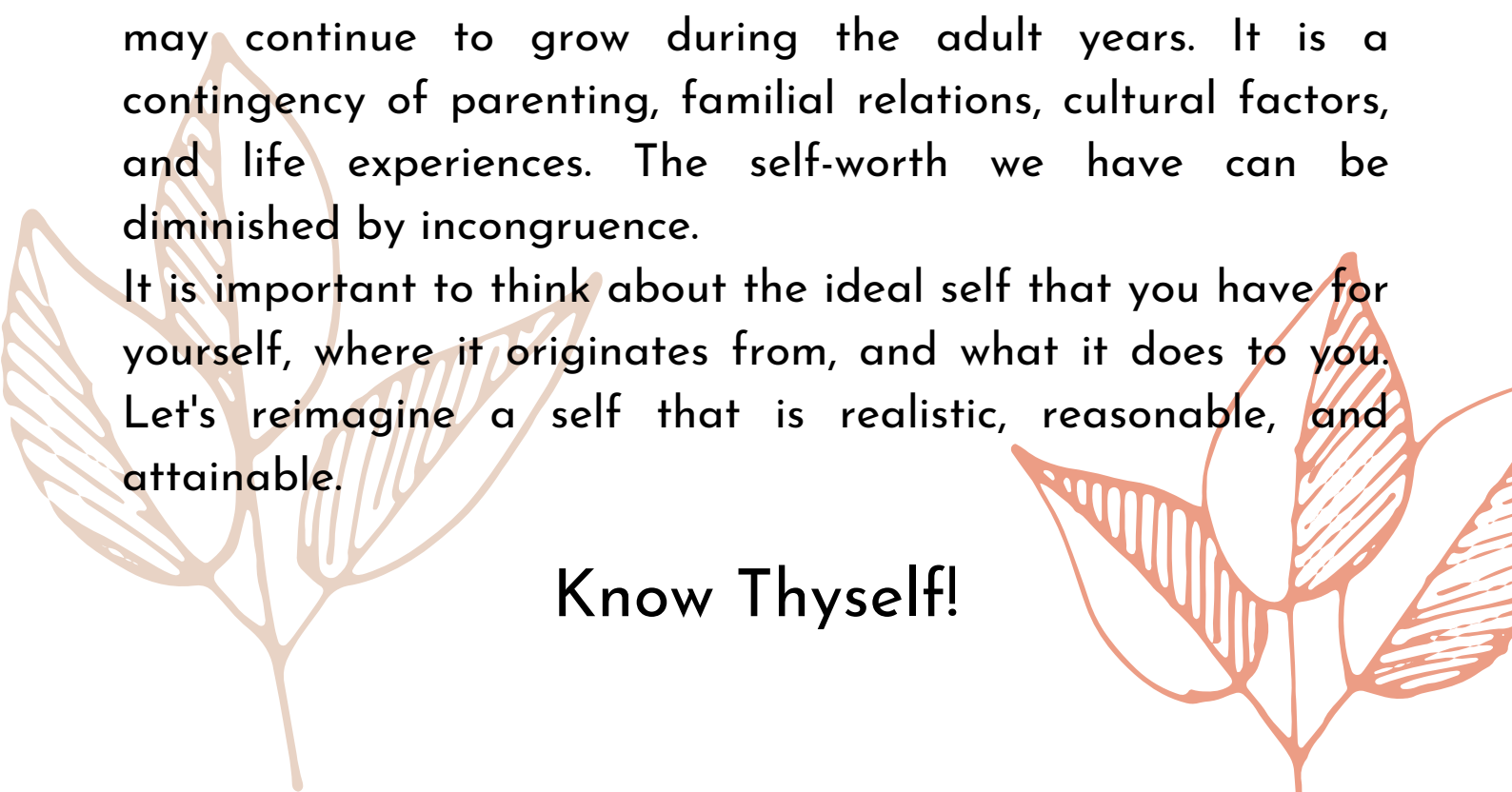
The Ideal Self is the image of the self that one would want to be. It's the sense of self one works towards or desires to be. It's the person, you would want to be. If we feel close to our ideal self we experience what is called congruence. Incongruence is when the sense of self is far away from the ideal self. The notion of the Ideal self can help us move towards a purpose. If one thinks that working hard is a quality of their Ideal self this may drive them to put in the required effort for their education or relations.

However, if the Ideal self is too unrealistic or possesses unattainable human tendencies, it can cause feelings of hopelessness. Let's say the quality ascribed to the ideal self is that the Ideal self needs no rest and needs to work at all times. The attribution here can cause despair as rest is essential for functioning.

The example presented here is a simple way of looking at it to explain the definition of the Ideal self. In reality, the Ideal Self forms and develops over childhood and adolescence and may continue to grow during the adult years. It is a contingency of parenting, familial relations, cultural factors, and life experiences. The self-worth we have can be diminished by incongruence.

It is important to think about the ideal self that you have for yourself, where it originates from, and what it does to you. Let's reimagine a self that is realistic, reasonable, and attainable.

Know Thyself!



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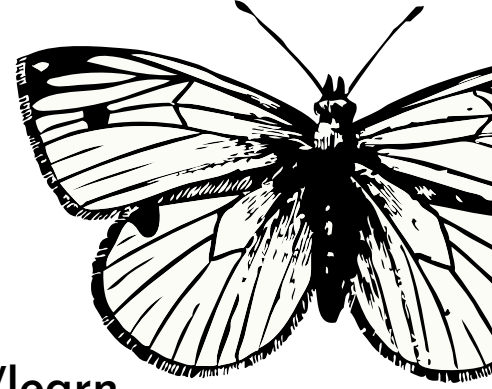
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