

॥न्यायस्तत्र प्रमाणं स्यात्॥

NIU
DELHI

Ways To Nourish Your Mind





Hello Reader!

We often fall back on better nutrition and supplements when it comes to thinking about physical wellness. However, what can we do for the tranquility of our minds?

Sometimes we are faced with overwhelming situations. To deal with them, we can learn and design certain ways which can help us cope effectively. Here are some approaches that can act as supplements for the mind :)

Understanding the Journey

Let's say you are planning to go on a hike. Now, before you go ahead with your plan, you would need to study the terrain and climate of the place. Accordingly, you would decide on the gear, footwear, clothing, and other things you would need to carry.

The various situations in life can be seen similarly. When we face any situation there are majorly four ways, in which we can cope with them. We can - *Alter, Avoid, Accept or Adapt*. If you can alter a situation do it, if you can't alter think if avoiding is possible. If you can't alter and avoid then accept and adapt according to the situation. Look at them closely!




Ways to cope



Let's say you recall from your past experience that you find it difficult to hike mountains, you now might decide to *Alter* your plan, you can maybe pick a flat terrain to hike or walk for a shorter duration. Certain situations or parts of them are often in our control, we can try altering or working with them.

In another situation you get to know that the mountain tends to get very chilly in the morning in this month, now this seems like a problem that can be avoided. You can plan to wear warm clothes. Sometimes there are certain situations like an exam or an upcoming event/project that can cause last-moment hassle. This can be avoided easily if one gears up with proper time management and the *3 P's - prioritizing planning and preparation.*





Sometimes there are certain instances or encounters in life that are beyond our control/ unexpected. The only way we can begin to cope with them is to **accept** them and to be with our emotions. If you are well prepared for the hike but a dangerous storm gets predicted then you would have to cancel your plans for your safety.

We also can **Adapt** and reframe to the demands of our environment. Let's say you have always loved to go for mountain hikes but as you have shifted to a new topography with no mountains, it is no longer possible. A way to adapt would be to see what other things the new environment can offer you, you could learn to swim, go boating, or find other activities for yourself.



Observing Your Emotions

We experience multiple emotions on a daily basis. Sometimes we might feel too overwhelmed and not realize why we are feeling so.

When you are in such a state pause for a minute and ask yourself how do you exactly feel and name the emotions. When we allow ourselves to acknowledge our emotions then we can try and uncover the reasons behind these emotions.

So, how are you feeling today?



Print and Write
Writing about your emotions is
a good way to understand them.

Date _____
Time _____

Today I am feeling _____

because (be specific)

I have been feeling like this
since/for
(Days) _____

After filling out the emotional check-in page, you might come to realize *why* are you feeling a certain emotion/emotions. This understanding can be used to guide your next step of emotional management. Now go through the list below and decide what can help you the most.



1. Rest, relaxation,
taking a break.

2. Going out, going for
a walk, meditation.



3. Making a schedule,
planning your days.

4. Creative expression,
finding new hobbies.



5. Talking to someone
about it, journaling



Gratitude Meditation

1. Sit in a comfortable position
2. Close your eyes and focus on your breathing, observe how you inhale and how you exhale.
3. Now, slowly shift your attention to your thoughts.
4. Do not attempt to judge them, just make a note of them.
5. Now shift your focus to your day, and recall something from your day that you are thankful for.
6. Now observe the feeling that this thought brings out in you.
7. Think of more things from your day that brought you joy.
8. Now recall all the days from this week, what are you happy for? Think about the joyful incidents.
9. Think about all the people you are thankful for.
10. Keep adding to this thought by reflecting on your life. Be with this thought and the emotion it brings for a while.
11. Now while observing your emotions bring your attention back to your breathing.
12. Slowly open your eyes.

Print and Write

Daily Gratitude List

At the end of your day take a moment to write about all that you are thankful for. The things that you list can be something as significant as brilliant good news or something as simple yet wonderful as your favorite meal.

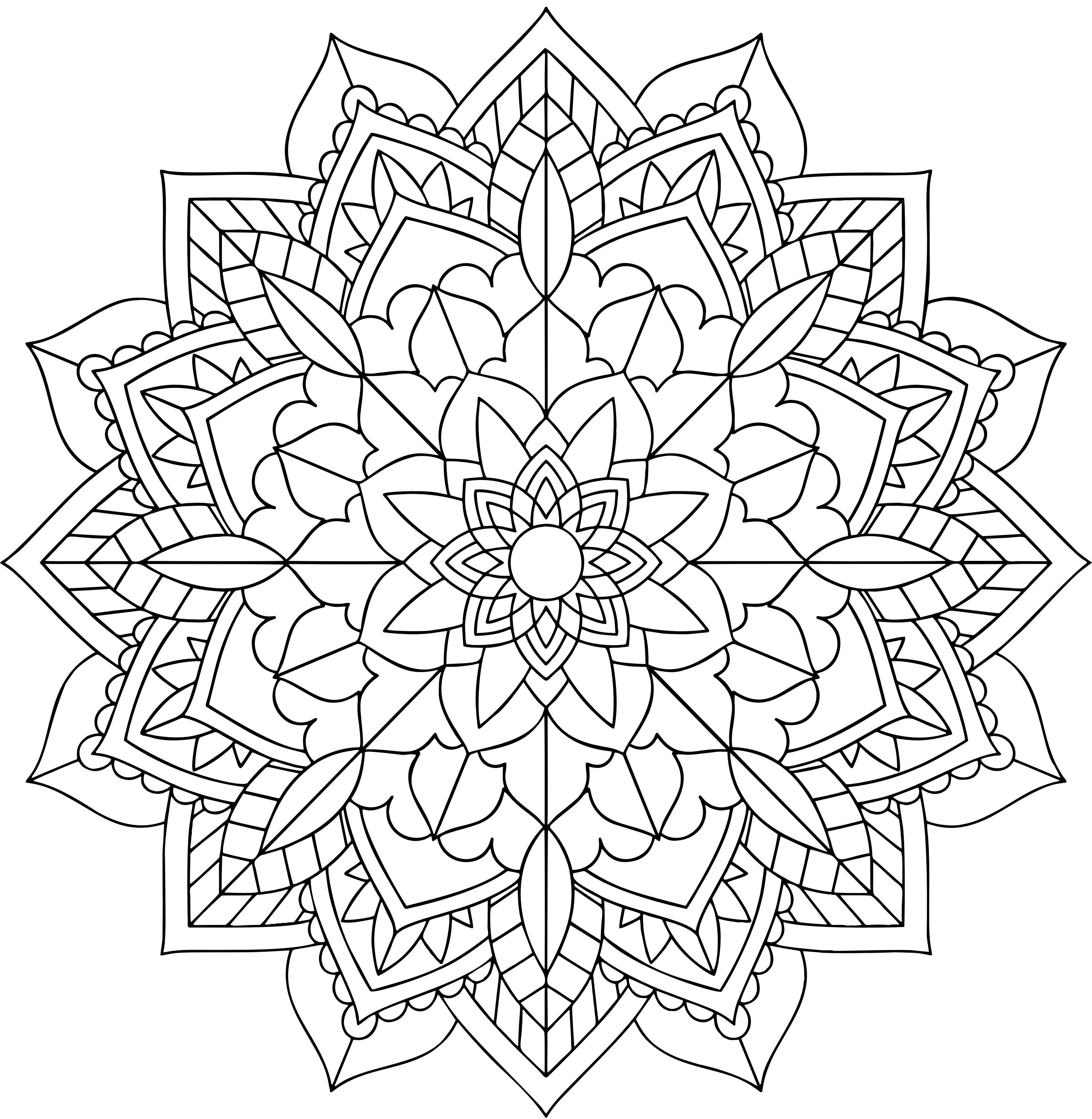


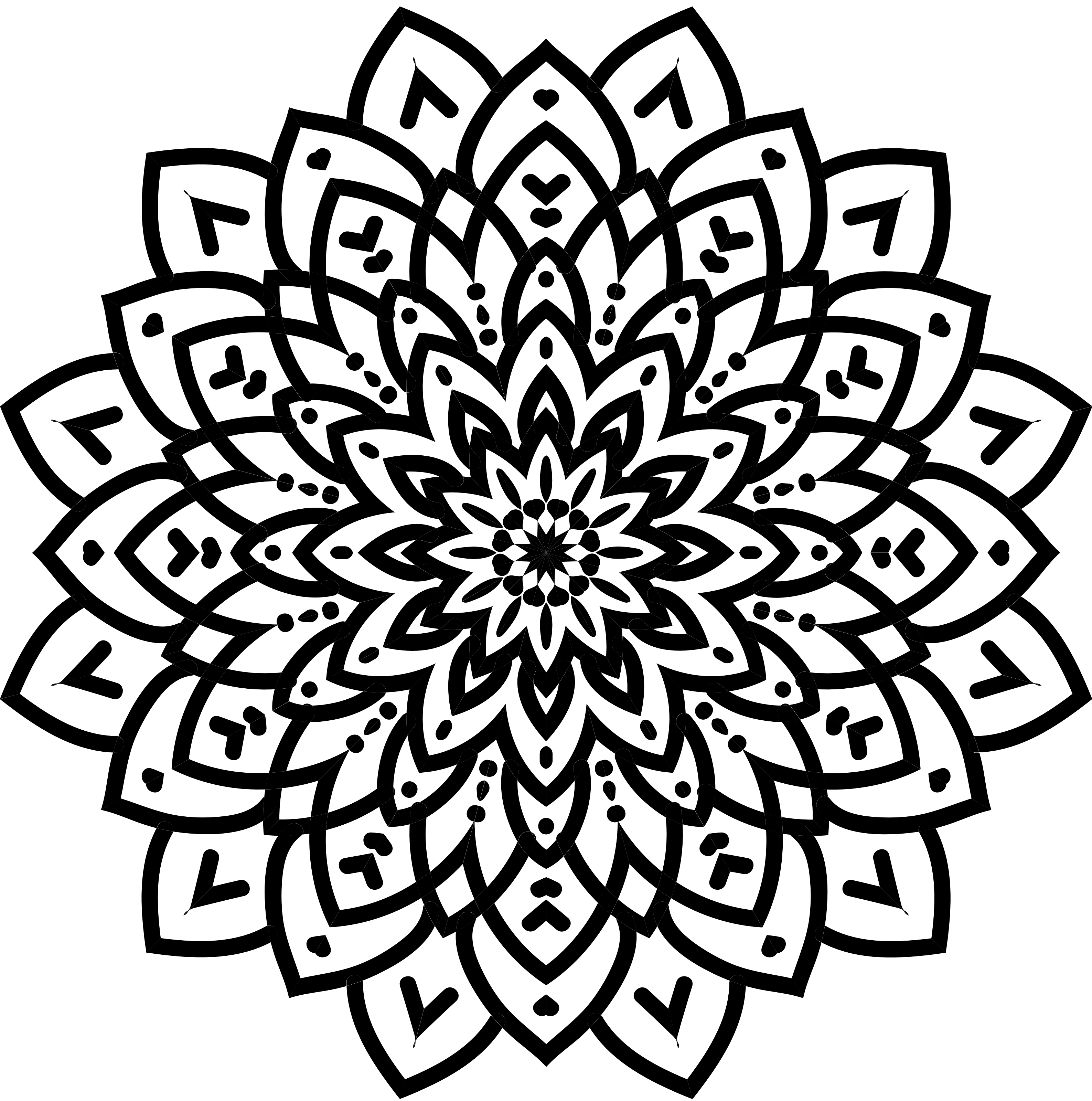
Being Creative

1. Write a short story
2. Write a letter to yourself
3. Learn a new instrument
4. Paint and color
5. Start a DIY project
6. Gardening
7. Learn a new language
8. Make a photo album
9. Visit a new place and write about your experience
10. Redecorate your room
11. Take up a new hobby
12. Read a new book
13. Read/write poems
14. Doodle



Print and Paint





Social Connectedness

1. Call your family, grandparents, friends.
2. Join or start a study group.
3. Do artwork with your friends.
4. Have a picnic.
5. Play music with your friends.
6. Talk to someone new on campus.
7. Write a blog.
8. Volunteer for initiatives
9. Help stray animals
10. Take a walk with your friends.
11. Play board games.
12. Do a book exchange.
13. Plan sports events.
14. Plan game and quiz events.
15. Plan group environment preservation initiatives.
16. Plan a nature walk.