



June 2025

NEWSLETTER

psychoeducation organization

Miss minds

Articles

Movie Review





MISS HANDS

Dear Readers,

June arrives like a soft breath, a bridge between seasons, a reminder that change is inevitable, but strength is constant. This month, the word that guides us is resilience the quiet, steady force that pulses beneath the surface of every challenge, waiting to lift us when we stumble and steady us when we falter.

Resilience is not about perfection or unyielding strength; it is about movement. It is the capacity to bend like the willow in the wind, to adjust like the tides, to endure with grace. Resilience is found in the gentle yet firm steps we take when the path is uncertain, in the whisper that says, "Try again," even when the voice of doubt shouts louder.





This June, embrace the truth that **resilience** does not mean you are unaffected by hardships it means **you are shaped but not shattered by them**. Each moment of resilience is an act of quiet rebellion against despair. It is the **decision to lean into** discomfort, to learn from setbacks, to trust in the possibility of renewal. It is the acceptance that healing is not linear, but that every stumble forward counts.

As the sun lingers longer in the sky and the air fills with the scent of blossoming life, let resilience remind you-

You are allowed to rest, to catch your breath, and to seek light in unexpected places. You are allowed to feel all your feelings and still move forward.

You are allowed to rewrite your story at any moment, to transform fear into fuel, and uncertainty into curiosity.





So, this month, carry resilience with you like a **cherished companion**. Let it be the thread that weaves through your days, reminding you that no matter how tangled or torn, you are capable of mending and moving forward. Let resilience guide you to bloom, even amidst the challenges, and to find strength not in the absence of struggle, but in your response to it.

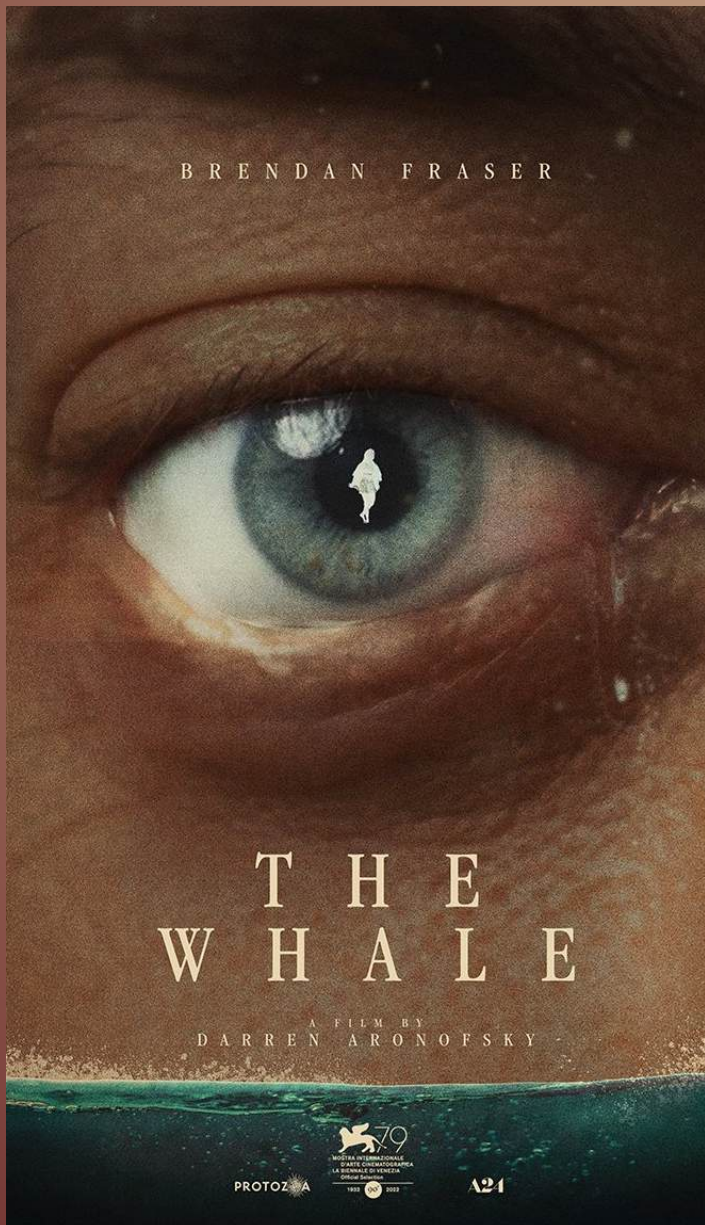
You are resilient. You are rising. You are blooming.

Design: Sree Vanshika
Content: Garima Singh



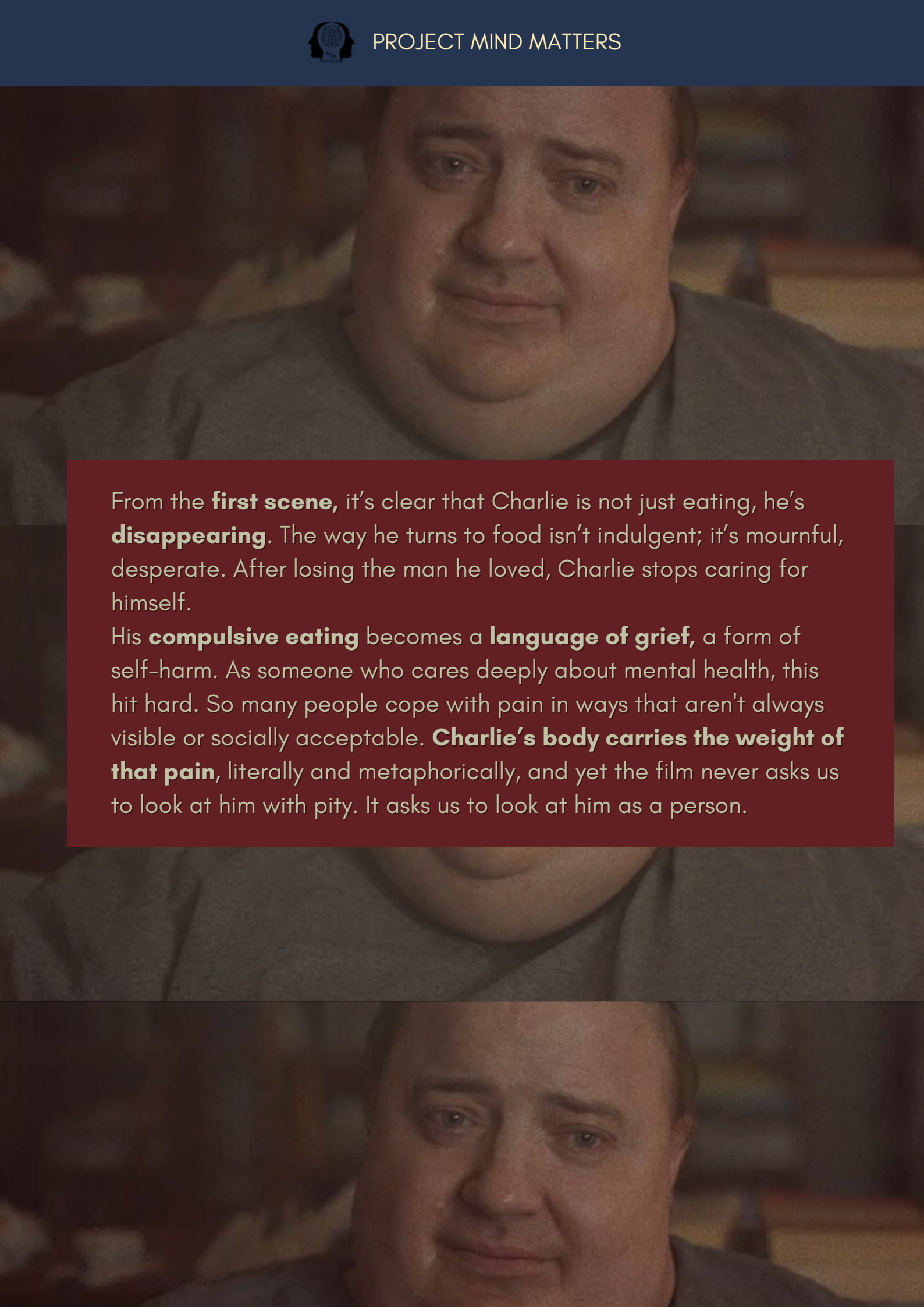


MOVIE OF THE MONTH



THE WHALE

Darren Aronofsky's *The Whale* is a film that doesn't ask for your sympathy, it asks for your presence. It invites you into the quiet, painful life of Charlie, a reclusive English professor living with morbid obesity, and slowly peels back every layer of judgment we may have walked in with. It isn't a film about fatness or food. It's a film about grief, shame, loneliness, and the deep human need to be forgiven, for what we've done and for what we've become.



From the **first scene**, it's clear that Charlie is not just eating, he's **disappearing**. The way he turns to food isn't indulgent; it's mournful, desperate. After losing the man he loved, Charlie stops caring for himself.

His **compulsive eating** becomes a **language of grief**, a form of self-harm. As someone who cares deeply about mental health, this hit hard. So many people cope with pain in ways that aren't always visible or socially acceptable. **Charlie's body carries the weight of that pain**, literally and metaphorically, and yet the film never asks us to look at him with pity. It asks us to look at him as a person.



What stood out to me most was how much shame governed his life. He apologizes constantly, for how he looks, for needing help, for existing too loudly. And he hides. **Behind a turned-off camera, behind closed doors, behind a wall of self-loathing that has been building brick by brick over the years.** This shame is something I've seen all too often in those who live with depression or long-standing trauma—the belief that they're too broken to be helped. That they no longer deserve kindness. That love, at some point, expired for them.

And yet, despite his guilt and isolation, **Charlie still tries.** He tries to **reconnect with his daughter. He tries to teach. He tries to believe that there's still good in people, even** when he doesn't believe there's any left in himself. **That's the quiet resilience I found so moving.** Not the Hollywood kind that ends in a makeover or redemption arc, but the kind that simply keeps going. Even when it hurts. Even when it's messy. Even when you don't think it's worth it.



Brendan Fraser's performance is at the heart of this. His portrayal of Charlie is raw and unfiltered—not just physically, but emotionally. Watching him felt like watching someone bleed on screen, but silently, with dignity.



And knowing Fraser's own journey only deepens that connection. For years, he was pushed out of the spotlight, struggling with physical injuries, mental health issues, and the trauma of surviving sexual assault in an industry that often silences such stories. Like Charlie, Fraser was once loved by many, then cast aside, and finally began to return, not triumphant, but vulnerable. Human.

There's something poetic about Fraser playing this role at this point in his life.

Just as Charlie wanted to be seen one last time, not just as a body, but as a person, Fraser reminded the world of the depth he carries. That kind of performance doesn't come from acting alone. **It comes from having lived through pain, and still choosing to show up.**



The Whale doesn't offer a happy ending. But it offers truth. It shows how suffering isolates, how shame corrodes, and how, even so, there is always something worth holding on to. A daughter's forgiveness. A student's essay. A moment of honesty.

Design: Sree Vanshika
Content: Anndria Jino





ALZHEIMER'S & BRAIN AWARENESS MONTH

Worldwide, **more than 55 million people** are living with Alzheimer's or another dementia and **Every June, Alzheimer's and Brain Awareness Month shines a spotlight** on the importance of brain health and the growing impact of Alzheimer's disease and other dementias worldwide.

This month is a time to educate, advocate, and show support for the millions of individuals and families affected by these conditions. Throughout June, **the Alzheimer's association encourages people around the globe to support the moment by wearing purple and training their brains to fight the disease.**



Alzheimer's disease is a progressive neurodegenerative disorder that primarily affects memory, thinking, and behaviour. It begins due to the buildup of proteins in the form of amyloid plaques and neurofibrillary tangles in the brain which causes the brain cells to die and the brain to shrink. It is the most common type of dementia and it accounts for 60-70% of the cases. There is no cure for Alzheimer's and in advanced stages the loss of brain function can cause dehydration, poor nutrition or infection whose complications can lead to death. Medicines have shown an improvement in symptoms or have slowed cognitive decline but they don't alter disease progression and don't have much long-term efficiency. Programs and services are provided to help and support people with the disease and their caregivers.



Memory loss is the main symptom of the disease. Alzheimer's primarily begins with persistent memory loss like not able to remember recent events and conversations, which only worsens overtime. An individual may tend to repeat statements, forget names, misplace items or not recognise familiar places

As the disease progresses it impairs thinking and reasoning which makes it difficult to concentrate, manage finances or multitask. Judgement becomes poor which leads to decision making problems and affects the person's ability to respond to everyday problems. Routine tasks like cooking, showering or dressing becomes more and more challenging.



Changes in behaviour and personality including depression, social withdrawal, mood swings, aggression and sleep depressions. Despite these challenges, some abilities—like singing familiar songs, enjoying old stories, or responding to affection—often remain intact longer, offering moments of connection and comfort for both the person and their loved ones.

Early diagnosis of Alzheimer's is crucial as early and proper treatment may slowdown symptom progression and improve one's quality of life. It also gives individuals and families to plan for the future. Recognizing the signs early allows people to remain involved in their own decisions for as long as possible.

This is why its important to be aware of risk factors and stay alert especially if small changes in memory or behaviour are noticed. Advancing age is the strongest risk factor as most cases occur in people over the age of 65. Family history and the presence of the gene APOE-e4 also increases the risk for one to develop the disease.



Lifestyle and heart health play a role, with conditions like high blood pressure, diabetes, obesity, smoking, and sedentary behaviour contributing to risk. personal health issues like high blood pressure, diabetes, or obesity can all increase the likelihood. Lifestyle choices such as smoking, physical inactivity, poor diet, and lack of mental or social engagement also contribute rick of developing Alzheimer.

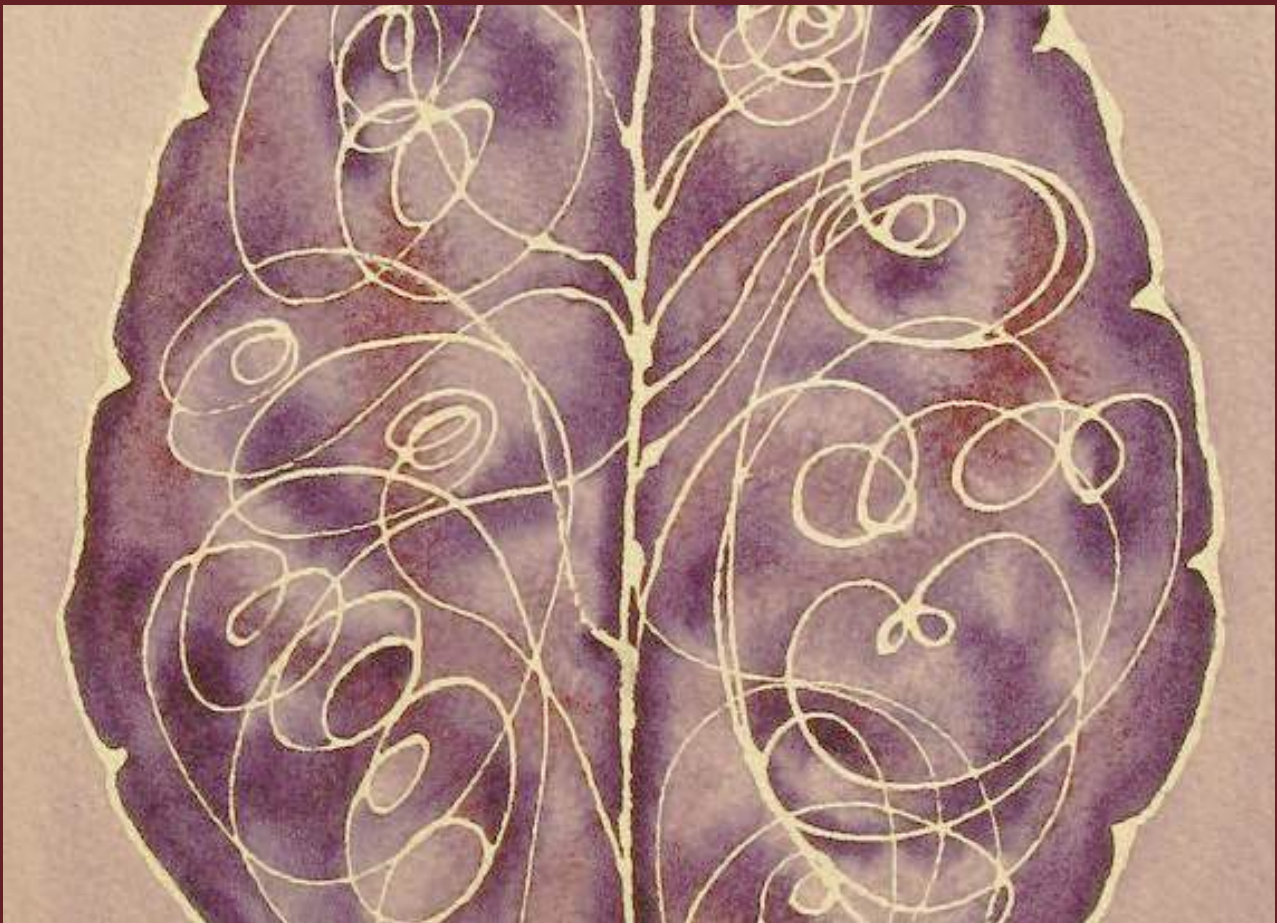


Small lifestyle changes can help improve brain health and adopting a healthy lifestyle has shown to reduce the risk of dementia. To improve brain health, it is important to keep your mind engaged by learning new skills, engaging in creative activities and staying curious.



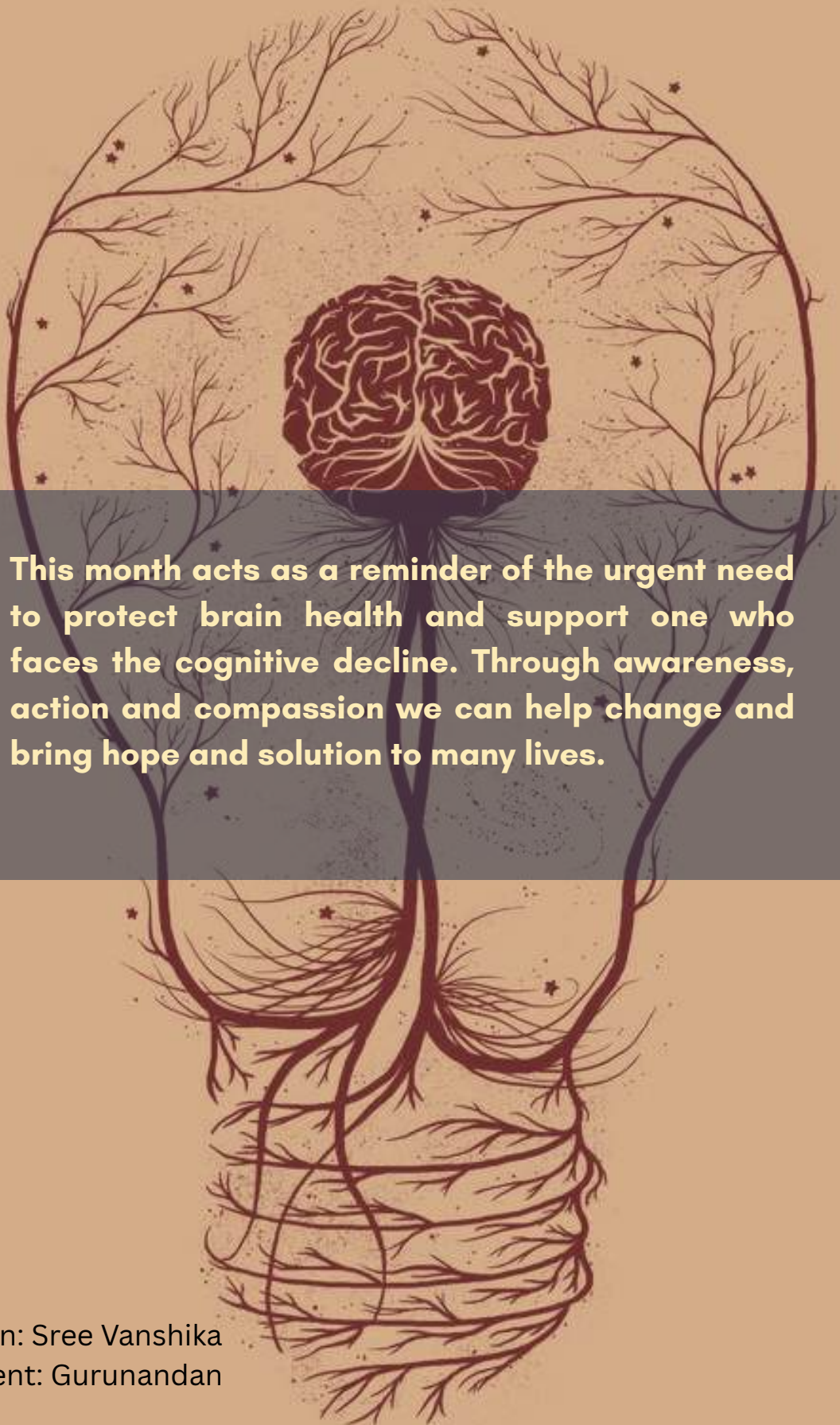
Learning new things on a regular basis helps reduce cognitive decline. Engaging yourself in regular physical activities like walking, running increases blood flow to the brain which helps delay dementia as it delivers more nutrients and oxygen to the brain supporting brain cell health and connectivity.

Managing blood pressure and diabetes protects blood vessels in the brain and reducing damage that leads to cognitive decline. Eating nutritious meals reduces inflammation, protects neurons, and improves overall vascular and metabolic function. Finally prioritizing good sleep helps clear out toxins, consolidate memories and support overall cognitive function.



Purple is the official colour for the Alzheimer's movement and it symbolizes the solidarity and support for those affected by Alzheimer's disease. The whole of June is filled with events like the Walk to End Alzheimer's bring people together to fundraise for research and support services. Educational campaigns are hosted where they educate the public on the symptoms, treatments and importance of early detection of the disease.

Caregivers are also supported through caregiver-focused events, offering resources to manage the emotional and physical challenges of caregiving. communities organize art exhibits or performances, allowing individuals to share their Alzheimer's stories through creative expression. During this month, you can also get involved by wearing purple, participating in a fundraiser, or joining a memory screening event. Volunteering for local Alzheimer's organizations, sharing information on social media, or donating to Alzheimer's research are all ways to contribute to the cause.



This month acts as a reminder of the urgent need to protect brain health and support one who faces the cognitive decline. Through awareness, action and compassion we can help change and bring hope and solution to many lives.

Design: Sree Vanshika
Content: Gurunandan



SPREADING SUNSHINE IN SHADOWS

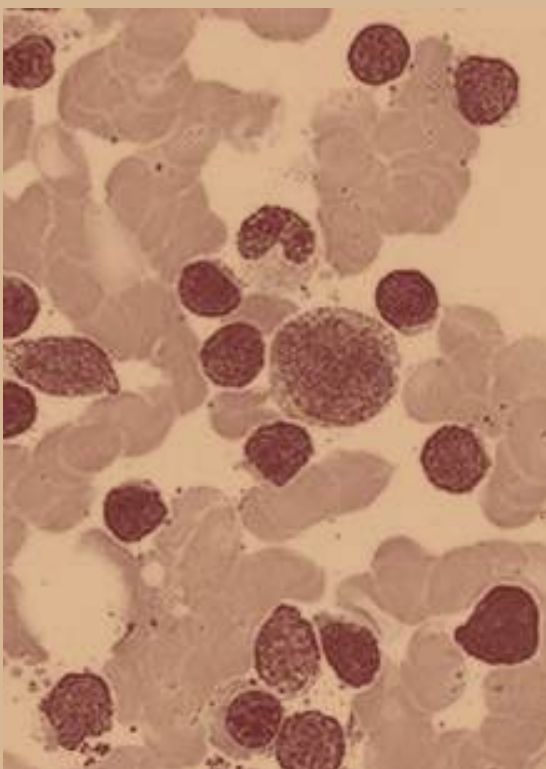
Celebrating National Random Acts of Light Day In a world that often feels weighed down by deadlines, news cycles, and the occasional grumpy cat video, **National Random Acts of Light Day (celebrated on June 13th)** comes like a warm beam of sunshine breaking through the clouds. But this isn't just a day for cute gestures or surprise cupcakes (though we highly recommend those). It's about something bigger: **bringing light to those who are fighting the darkness—especially those battling cancer.** Started by the **Leukemia & Lymphoma Society**, this day encourages people to perform small, spontaneous, and meaningful acts of kindness to brighten the lives of cancer patients and their families. Think of it as kindness with a spotlight—a tiny effort that shines in big ways. **Light Up the Day—Literally!**



You don't have to be a magician or own a glitter cannon to participate.

Random Acts of Light can be as simple as—sending a funny meme or heartfelt message to a loved one going through treatment, donating to a cancer support organization, surprising a stranger with flowers, dropping off a meal or coffee to someone who could use a little lift or writing a note of encouragement to a patient you don't even know.

Each of these gestures, no matter how small, reminds someone: you're not alone.



Why It Matters

Cancer doesn't care if it's Monday or Friday, sunny or stormy. It doesn't clock out at 5 PM. **For those living with it, the journey is often long and isolating.** A simple act of light—a smile, a thoughtful word, a shared laugh—can shift the whole mood of someone's day.

It's proof that kindness is not just a feeling, but a powerful action. Plus, science agrees: **kindness is contagious and boosts mental health for both the giver and receiver.** It's the one chain reaction we want to set off. **Join the Glow So, this June 13th, don't overthink it. Wear bright colors.** Compliment a stranger. Send your grandma a voice note singing her favorite tune. Pay for someone's coffee in line behind you. **Every spark matters.**

Because while **we might not be able to cure cancer with cupcakes and kindness alone, we can certainly make the fight a little brighter**—for someone, somewhere.

And that, dear reader, is how you become a light in someone's life. No flashlight required.

Design: Sree Vanshika
Content: Lalitha Anand



Not all wounds are visible, and not every scar fades with time. This June, which also happens to be PTSD (**Post Traumatic Stress Disorder**) Awareness Month, countless individuals quietly battle the lasting effects of trauma. Let's break the silence and recognize the strength it takes to live with the invisible pain- and the importance of offering support. While often associated with soldiers returning from combat, PTSD can affect anyone who has experienced trauma, including survivors of abuse, accidents, natural disasters, and other life-threatening events.

Design: Mandisha Mandal

Content: Rhea Sandra

PTSD AWARENESS MONTH

point of view
PTSD is an
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PTSD is more than just a bad memory or a tough day. It involves a prolonged psychological response to trauma, where the brain struggles to move past the event. While it's normal to feel shaken or anxious after a frightening situation, PTSD is diagnosed when symptoms last longer than a month and interfere with daily life. It involves a prolonged psychological response to trauma, where the brain struggles to move past the event. While it's normal to feel shaken or anxious after a frightening situation, PTSD is diagnosed when symptoms last longer than a month and interfere with daily life. It's a serious mental health condition that disrupts lives, relationships, and personal well-being. People living with PTSD may relive their traumatic experience through flashbacks and nightmares, feel constantly on edge, or avoid people and places that remind them of the trauma. These symptoms can be confusing, overwhelming, and isolating.





Having said that some common symptoms of PTSD include:

- **Intrusive memories:** flashbacks, nightmares, or distressing thoughts about the event
- **Avoidance:** steering clear of places, people, or conversations that trigger memories
- **Negative changes** in mood or thoughts that include feelings of guilt, shame, fear, or emotional numbness
- **Hyperarousal:** being constantly alert, irritable, jumpy, or having trouble sleeping

Not everyone who experiences trauma will develop PTSD. Individual differences such as genetics, coping skills, and support systems all play a role in how someone responds to trauma. Effective treatment options for PTSD are available, offering hope and healing. Evidence-based therapies such as **Cognitive Behavioural Therapy (CBT)**, **Eye Movement Desensitization and Reprocessing (EMDR)**, and medication can help individuals manage and reduce symptoms. Yet, access to care remains a challenge, particularly in underserved or marginalized communities. Research has shown that, an estimated 3.9% of the population experiences PTSD at some point in their lives with women being more likely to experience PTSD than man



That's why PTSD Awareness Month matters. It's a time to break the silence and challenge the stigma that often surrounds mental illness. Many people with PTSD suffer in silence, fearing judgment or misunderstanding. By educating ourselves and others, we create a culture of empathy, where those affected feel supported and empowered to seek help.



This month is also a call to action—for friends, families, educators, healthcare providers, and policymakers. We all have a role to play in supporting those impacted by trauma. Whether it's sharing resources, donating to mental health organizations, attending a workshop, or simply offering a listening ear, every act of awareness makes a difference.

Let June serve as a reminder: mental health is just as important as physical health. By spreading awareness and compassion, we help heal invisible wounds and build a more understanding world.



GLOBAL DAY OF PARENTS

A Celebration of Unseen Heroes

Every year on June 1st, the world celebrates Global Day of Parents, a day to honor the silent heroes in our lives—our parents. Proclaimed by the United Nations in 2012, this day serves as a heartfelt reminder of the unconditional love, sacrifices, and dedication that parents across the globe invest in raising the next generation.

Why Celebrate Parents?

Parents are often the unsung heroes of our personal stories. From sleepless nights with a crying infant to late-night pep talks during teenage heartbreaks, their commitment never wavers. They are our first teachers, imparting values, skills, and a sense of belonging. The Global Day of Parents isn't just a date on the calendar—it's an invitation to pause and reflect on their indispensable role in shaping individuals and, by extension, societies.



Design: Sree Vanshika
Content: Garima Singh



A Global Acknowledgment

In a world of diverse cultures, the role of parents might look different, but the essence is universal: love, care, and guidance. By recognizing Global Day of Parents, the UN emphasizes:

- **Family as the Foundation:** Strong families create strong communities and nations.
- **Shared Responsibility:** It takes a village to raise a child, and parents should be supported with policies and societal frameworks that empower them.
- **Adapting to Modern Times:** Today's parents face unique challenges—from navigating digital landscapes to balancing work and family demands.

Challenges of Modern Parenthood

Parenting today is far from simple. Alongside timeless responsibilities, modern parents juggle:

- **Digital Overload:** Managing children's screen time and online safety.
- **Work-Life Balance:** Coping with long hours and economic pressures.
- **Mental Health Awareness:** Recognizing and addressing their own mental well-being while caring for their families.
- **Diverse Family Structures:** Single parents, blended families, and grandparents stepping into parental roles.

The Global Day of Parents calls for greater understanding and support for these evolving dynamics.





How to Mark This Day

Whether you're a parent yourself, a child, or someone who simply appreciates the role of parents in society, you can make June 1st special by:

- **Expressing Gratitude:** A simple “thank you” can mean the world. Call your parents, send a letter, or spend quality time with them.
- **Supporting Parents Around You:** Offer help to a friend, neighbor, or relative who might need a hand.
- **Reflecting on Parenthood:** If you're a parent, take a moment to appreciate your own journey, growth, and challenges.
- **Sharing the Message:** Use social media to spread awareness about Global Day of Parents and inspire others to honor their families.



A Universal Bond

Parenthood transcends borders, languages, and cultures. Whether it's a mother in Mumbai teaching her child resilience, a father in London showing patience, or grandparents in Nairobi passing down traditions, the love and commitment of parents are threads that bind humanity together. The Global Day of Parents isn't just about celebration—it's about recognizing the quiet strength and unbreakable bond that make families the heart of every community.



MEN'S HEALTH WEEK

Every year in June, **Men's Mental Health Week** puts the spotlight on a topic too often overlooked or dismissed: the mental well-being of men. While awareness of mental health in general has grown over the years, men's mental health still **lags in visibility, conversation, and, most critically, support.** This week is not about throwing around empty hashtags or telling men to "speak up"—it's about **acknowledging the real barriers they face, changing outdated norms, and making mental health care more accessible, acceptable, and effective for men everywhere.**

The reality behind the silence....

Men are less likely than women to seek help for mental health problems. That's not just a stat—it's a public health crisis. Across the world, men die by suicide at significantly higher rates than women. In countries like the United States, Canada, the UK, and Australia, men account for 75% or more of suicide deaths. These are sons, brothers, fathers, partners, and friends lost—not because they were weak, but because they were unsupported.





Depression, anxiety, substance abuse, and PTSD are just as real and damaging in men as in women, but they often show up differently. Instead of openly expressing sadness, many men present irritability, anger, emotional withdrawal, or reckless behaviour. These signs are misunderstood or ignored, both by society and by the men themselves, leading to underdiagnosis and undertreatment.

So why don't men talk about mental health if it's important?

The biggest obstacle isn't just access to mental health services—it's stigma, both external and internal. From a young age, many boys are taught to "man up," "tough it out," or "stop acting like a girl" when they express emotion. Vulnerability is seen as weakness. Sadness is seen as shameful. This social conditioning sticks.





By adulthood, many men have absorbed the idea that being emotionally open makes them less masculine. They might feel isolated even when surrounded by people. And even when they do want help, the fear of being judged—as weak, unstable, or unmanly—keeps them silent.

This stigma doesn't only come from others; it often comes from within. Men may see their mental health struggles as personal failures. This internalized stigma is why so many suffer quietly.

What is the cost of the silence?

Unaddressed mental health issues don't go away—they get worse. They spill over into work, relationships, and physical health. Chronic stress can lead to heart problems, insomnia, weight gain, and substance use.





It can lead to anger outbursts, emotional shutdown, or self-harm. For some men, the pressure becomes unbearable, and suicide feels like the only way out.

But here's the critical point: it doesn't have to be this way. Mental health issues are treatable. Lives can be saved—not just by therapy or medication, but by real conversations, real change, and a society that supports men as whole, emotional beings.



What “Men’s Mental Health Week” is really about...

This week is about changing the narrative. It's about taking mental health out of the shadows and putting it on the table—at home, at work, in schools, and in communities. It's about challenging the old definition of masculinity and replacing it with something more honest, more human, and more sustainable.



It's also about outreach and action. Communities, workplaces, governments, and individuals all have a role to play in making support accessible and normal for men. This week, we:

- Raise awareness of mental health issues in men, including depression, anxiety, addiction, and suicide.
- Encourage open conversations among men and the people around them.
- Highlight resources and services specifically designed for men.
- Push back against stigma, shame, and outdated stereotypes about masculinity.
- Support prevention and early intervention through education, screening, and outreach.



Signs that a man you know might be struggling:

It's not always obvious when someone is going through a mental health crisis, especially if they've been taught to hide it. But here are some signs that a man might be struggling:

- Sudden mood swings or outbursts
- Withdrawing from friends, family, or activities
- Increased use of alcohol or drugs
- Talking about feeling hopeless or trapped
- Seeming unusually tired, flat, or unmotivated
- Reckless behaviour (driving fast, gambling, risky sex)
- Changes in sleep or eating habits
- Saying things like "What's the point?" or "Everyone would be better off without me"



If you notice these signs, reach out. Don't wait. Don't assume someone else will. Ask directly, listen without judgment, and help them connect with professional support.

What is the role of friends and family?

Support from close connections can be life changing. You don't need to be a therapist to help a man in your life—you just need to care enough to ask and listen. Here's how to be supportive:

- **Start with honesty.** Say what you've noticed and that you care. "You haven't seemed like yourself lately. I'm worried about you."
- **Avoid minimizing.** Don't say "You'll be fine" or "Man up." Instead say "That sounds really tough. I'm here for you."
- **Encourage help-seeking.** Offer to help look up a therapist or go with them to an appointment.
- **Stay connected.** Check in regularly, even after the initial conversation.
- **Respect their pace.** They may not open up immediately. Don't force it—just keep the door open.





The Power of Male Peer Support

Men often find it easier to open up to other men who've been through similar experiences. That's why peer support programs, men's groups, and mental health charities tailored to men are so important. From organizations like Movember to Man Therapy and HeadsUpGuys, these platforms speak to men in a voice that feels relatable and respectful—not clinical or condescending. Movember is a global movement that raises awareness of men's mental health, suicide prevention, prostate cancer, and testicular cancer. Through its annual moustache-growing campaign and year-round programs, it funds innovative projects to support men's health.





Man Therapy uses humour and a “no-nonsense” approach to reach men who might resist traditional mental health messaging. It offers practical tools, videos, and resources to help men take control of their mental health in a relatable way.

HeadsUpGuys is a Canadian-based online resource specifically designed for men dealing with depression. It provides tips, personal stories, and a therapist directory tailored to help men take action and get support.

Online spaces, too, can play a role—especially for men who may not feel comfortable speaking face to face. Forums, helplines, and anonymous chat services give them a chance to talk without judgment





The workplace: a hidden front-line

Work is where many men spend most of their time, and it can either be a source of stress or a support system. Companies that invest in mental health—not just with EAPs (employee assistance programs), but with training, flexibility, and an open culture—see better morale, lower turnover, and healthier employees.

Managers should be trained to recognize signs of mental distress and to create an environment where asking for help doesn't feel like career suicide. Coworkers should feel comfortable checking in on each other. And mental health days should be treated like any other sick day.



Moving forward, what needs to change?

Men's Mental Health Week is not just about awareness—it's about long-term change.

- Normalize therapy and emotional expression in boys and men from a young age.
- Design mental health services with men in mind—culturally, practically, and emotionally.
- Train healthcare providers to recognize and treat how mental illness shows up in men.
- Break down stigma in every space, from schools to locker rooms to boardrooms.
- Fund prevention and crisis support, including suicide hotlines, outreach programs, and peer support initiatives.





It's not weak to speak.

The idea that men should be stoic, emotionless, or always in control is not only outdated—it's dangerous. Men are human. They feel pain. They experience trauma. They need help. And they deserve support. Men's Mental Health Week is a chance to challenge what we've been taught about masculinity, to open the doors to healing, and to make sure fewer men suffer in silence. This week let's start the conversations that could save lives—not just once a year, but all the time.



Design: Sree Vanshika
Content: Anupama Menon

The background of the entire page is a photograph of a person in a yoga pose (Urdhva Dhanurasana or Upward Bow Pose) against a sunset sky. The person is silhouetted against the bright orange and yellow light of the sun, which is partially obscured by clouds. The person's arms are raised, and their back is arched, with their hands reaching towards their feet. The overall mood is serene and contemplative.

Finding Balance Within: Honouring International Yoga Day and Its Mental Health Benefits



Every **June 21st**, the world observes **International Yoga Day**, a global celebration of yoga's ancient wisdom and continuing relevance in today's world. **Proposed by India and accepted by the UN in 2014**, this day celebrates the power of yoga to nurture physical, mental, and emotional well-being.

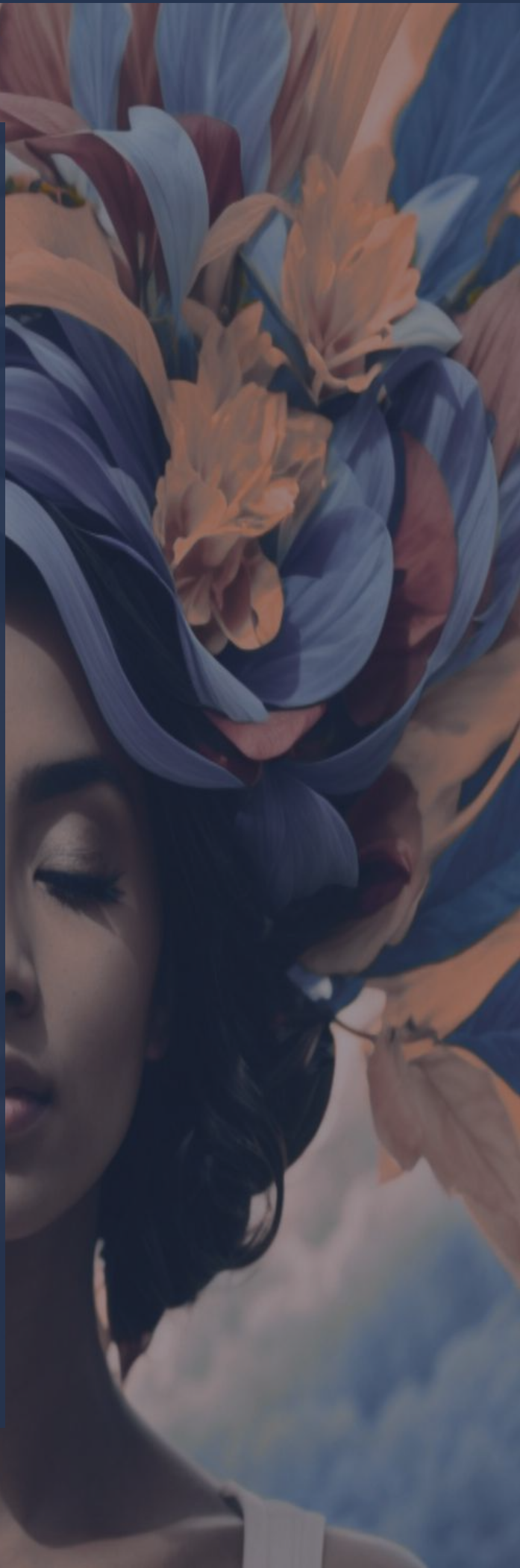
While yoga is often thought of as stretches and flexibility, its true strength lies in its ability to calm the mind, regulate emotions, and foster a deep sense of inner peace. For those of us who advocate for mental health awareness and holistic wellness, **International Yoga Day is not just a date on the calendar, it is a powerful reminder of the tools we already have to cope, heal, and thrive.**





Yoga: An Ancient Practice

Yoga originated in ancient India over 5,000 years ago and was **traditionally practiced as a way of life**, to balance the mind, body, and spirit. The word "yoga" itself is derived from the Sanskrit root "**yuj**", which means "**to unite**" or "**to join**." This reflects yoga's purpose: to bring harmony between one and the universe. In today's world, marked by constant noise, overstimulation, and rising mental health challenges, the need for balance and inner connection has never been greater. Yoga offers simple yet powerful practices, such as **asanas** (postures), **pranayama** (breathing techniques), and **dhyana** (meditation), which all help us manage our thoughts and emotions more effectively.



A woman with dark hair tied in a bun is performing a standing yoga pose against a blue wall. She is wearing a black long-sleeved top and black leggings. Her right leg is extended forward, and her left leg is bent with the foot flat on the floor. She is holding her right foot with both hands. She is wearing several beaded bracelets on her right wrist. The background is a blue wall with a world map on the right side.

The Science Behind Yoga and Mental Health

Research continues to support what yoga practitioners have known for centuries: yoga benefits mental health in multiple ways. Clinical studies have shown that regular yoga practice can **lower levels of cortisol**, the body's primary stress hormone, **enhance GABA activity**, a neurotransmitter linked with improved mood and reduced anxiety, improve emotional regulation and resilience, reduce symptoms of depression, PTSD, and generalized anxiety disorder, and improve concentration, memory, and cognitive functioning.

Yoga is now often recommended by mental health professionals as a complement to therapy. While not a replacement for professional treatment when needed, yoga can be a valuable support in reducing distress and building coping skills.



Creating Safe Spaces for Healing

For people navigating trauma or chronic stress, yoga can serve as a safe and empowering experience, especially when taught through the perspective of healing from trauma. Trauma-sensitive yoga acknowledges the need for **safety, choice, and empowerment in the practice**, allowing sufferers and victims to reconnect with their bodies at their own pace.

Moreover, **yoga can be a way to foster community and connection**. Group classes, whether in-person or online, create a shared space for people to engage in **self-care and healing together**. This sense of belonging can be especially valuable for those who feel isolated or unsupported in their mental health journey.

Accessible and Inclusive Wellness

One of the most powerful aspects of yoga is its accessibility. Contrary to what is often seen on social media, **yoga doesn't require extreme flexibility, expensive gear, or even a yoga mat**. It can be done seated in a chair, standing at your desk, or even just lying on the floor.

On International Yoga Day, **countless organizations host free or donation-based sessions**, offering accessible options for beginners, seniors, individuals with disabilities, and those new to mental health practices. **This day reminds us that mental wellness should not be a luxury, but rather a right.**



Design: Ananyah shrivastav
Content: Anshika Verma

Small Steps, Big Shifts

Yoga teaches us that healing is a journey, not a destination. It begins with small, intentional acts of self-compassion such as pausing to breathe, gently moving the body, or sitting quietly in reflection. On International Yoga Day, we take a collective breath and honour our minds and bodies, not just for how they look, but for how they carry us through each day.

As a mental health awareness organization, we invite you to explore yoga as a tool for emotional balance, clarity, and self-empowerment. Whether you're a seasoned yogi or simply curious about taking your first breath in stillness, **this is your invitation to begin.**

This June 21st, let's roll out the mat, not just to stretch, but to heal, because sometimes, the path to peace starts with a single breath.



Everything Everywhere All at Once— Review

Oscar-winning film – Everything Everywhere All At Once (EEAAO), was directed by Daniel Kwan and Daniel Scheinert, also known as The Daniels. The movie follows Evelyn Wang, a middle-aged Chinese-American immigrant who runs a laundromat with her husband, Waymond.

She is overwhelmed by financial stress, a strained marriage, and a difficult relationship with her daughter, Joy. Evelyn's life takes a turn when she discovers that she exists simultaneously in multiple parallel universes. Each version of herself holds different skills and life experiences, and she must tap into these diverse identities to stop a powerful force threatening the multiverse—a force that is, tragically, a version of her own daughter. This version is chaotic and nihilistic and is named Jobu Tupaki.



This movie's plot delves deeply into character development, showing Evelyn's transformation from a confused and controlling mother to someone who understands and embraces her daughter unconditionally. Waymond, who is often perceived as goofy or ineffective, emerges as a philosophical anchor in the story, representing empathy, kindness, and emotional wisdom. Joy, the daughter, embodies generational trauma, existential despair, and the search for meaning in a chaotic world.

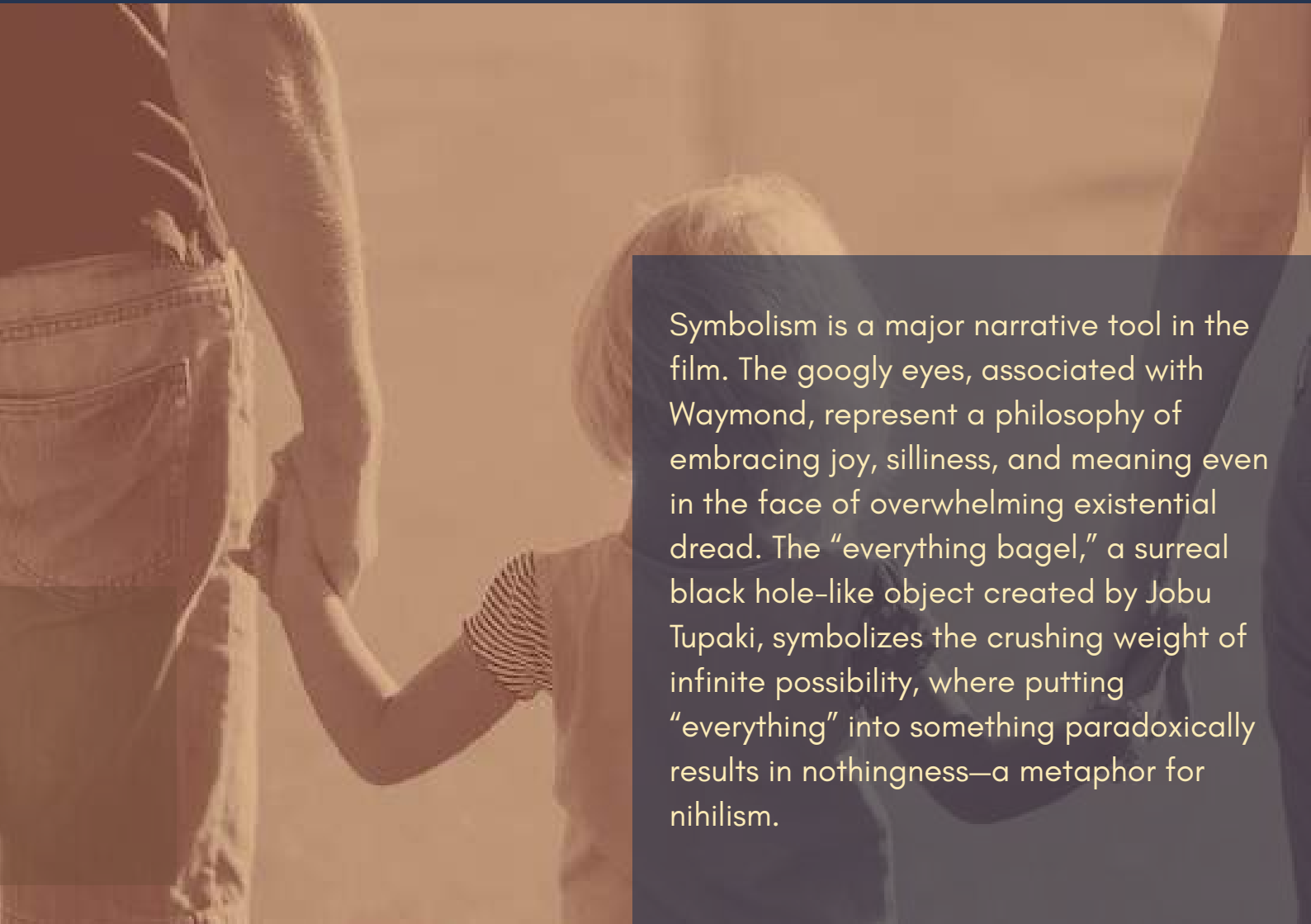
The film *Everything Everywhere All At Once* is rich in psychological exploration, particularly through its portrayal of identity, trauma, and family dynamics. Central to the story is the multiverse theory, which is a metaphor for fragmented identity.

The idea that Evelyn exists in multiple forms across infinite realities mirrors the psychological concept of self-complexity, where individuals contain multiple selves shaped by different roles, choices, and experiences.

This aligns with Erik Erikson's psychosocial development theory, which frames identity as a dynamic, evolving process throughout the lifespan. Evelyn's psychological journey involves moving from confusion and denial toward self-awareness, integration, and acceptance of her many selves.



Using Bowen's Family Systems Theory, we can see how the film illustrates patterns of anxiety, control, and emotional fusion manifest in Evelyn's family. Evelyn is caught in a multigenerational loop of unspoken expectations and emotional repression—particularly from her father (Gong Gong), which she inadvertently passes on to her daughter, Joy. Through the lens of Diana Baumrind's parenting styles, Evelyn demonstrates an authoritarian style—strict, critical, and emotionally distant—while Waymond is portrayed as more nurturing and emotionally expressive, aligning with the authoritative style.



Symbolism is a major narrative tool in the film. The googly eyes, associated with Waymond, represent a philosophy of embracing joy, silliness, and meaning even in the face of overwhelming existential dread. The “everything bagel,” a surreal black hole-like object created by Jobu Tupaki, symbolizes the crushing weight of infinite possibility, where putting “everything” into something paradoxically results in nothingness—a metaphor for nihilism.

Attachment theory can be used to explain the emotional disconnect between the different characters in EEAAO. Joy is shown to have anxious-preoccupied attachment, constantly seeking validation and fearing rejection. Evelyn’s dismissive-avoidant attachment makes her emotionally unavailable and focused on control rather than connection. Waymond reflects a fearful-avoidant attachment, appearing hesitant to confront emotional conflict but still yearning for intimacy. These attachment styles not only define individual relationships but also reflect broader themes of emotional healing and the struggle for connection.

Philosophically, the film grapples with some of the most profound existential questions through the lens of nihilism, absurdism, and existentialism. Jobu Tupaki, Joy’s multiversal counterpart, embodies nihilism—the belief that nothing matters, and existence lacks inherent meaning—this could be symbolic of depression in Joy. She creates the “everything bagel,” a surreal and literal black hole made from “everything in the universe,” representing how an overload of choices, expectations, and potential identities can collapse into nothingness. This is a powerful metaphor for the paralysis and despair that come from meaninglessness.



The film then shifts toward absurdism, acknowledging that life might be inherently chaotic and incomprehensible, but still insists that humans can find meaning in small, personal acts.

Evelyn eventually embraces existentialism, choosing to create her own meaning by loving her family, making kind choices, and being present—even when she cannot control or fully understand the universe. This message is beautifully embodied in Waymond's philosophy: kindness, optimism, and connection are forms of resistance in a fragmented and often absurd world.

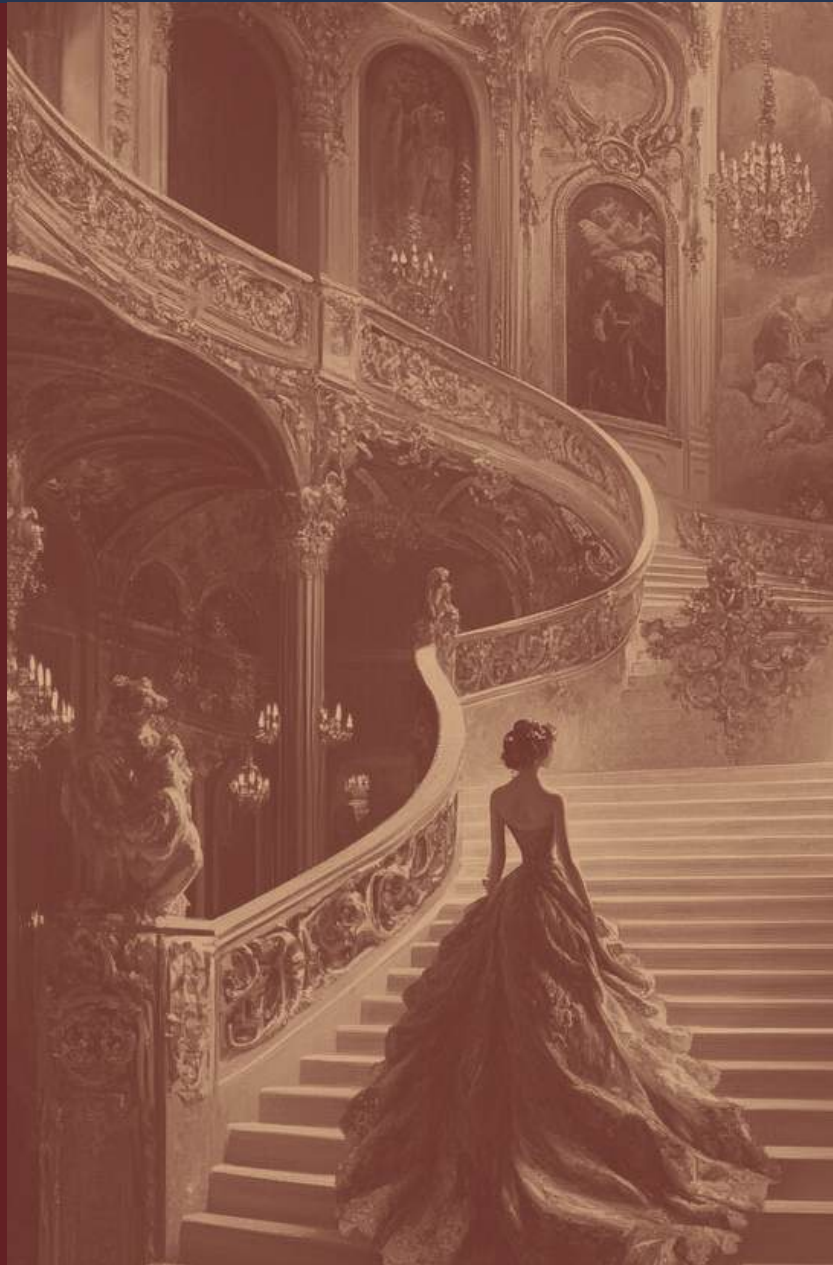
Costumes in *Everything Everywhere All At Once* are not just for visual spectacle—they are deeply symbolic and narrative-driven, representing the emotional and psychological states of the characters across universes.

Each alternate version of Evelyn wears dramatically different costumes that reflect her unique identity in that world—be it a kung fu master, a glamorous actress, or a teppanyaki chef. These costumes externalize her inner conflicts and unrealized potentials, allowing the viewer to visually witness the multiplicity of her being. Joy/Jobu Tupaki's costumes are particularly symbolic.





Her extravagant, often absurd fashion choices like Elvis-style suits, clown-like makeup, or royal robes express her chaotic, omnipotent identity and fractured sense of self. These outfits visually communicate her rejection of structure, her emotional volatility, and her struggle with nihilism. Her shifting costumes also serve to destabilize the viewer, emphasizing the disorienting nature of the multiverse. Waymond's simplicity in costume design—paired with googly eyes he playfully sticks on objects—contrasts the chaos. The googly eyes, an aesthetic motif throughout the film, symbolize his core mindset: joy, silliness, and hope in the face of existential dread. When Evelyn finally adopts the googly eye on her forehead in a critical scene, it visually marks her shift from despair to empathy and acceptance.





Similarly, Waymond's emphasis on kindness as a way of coping with uncertainty resonates with the broaden-and-build theory, which suggests that positive emotions help individuals build lasting personal resources. The film also highlights the importance of strong interpersonal relationships, compassion, and forgiveness—hallmarks of well-being and positive functioning.

From the lens of positive psychology, *Everything Everywhere All At Once* serves as a powerful narrative about growth, resilience, and the transformative power of love and meaning. The film reflects core themes of positive psychology such as self-actualization, emotional well-being, and flourishing through adversity. Evelyn's journey mirrors the process of developing psychological flexibility—moving from a life dominated by fear, regret, and control toward one grounded in acceptance, empathy, and purpose. Her shift from nihilism to meaning-making echoes Viktor Frankl's belief that individuals can find meaning even in the face of suffering.



Ultimately, *Everything Everywhere All At Once* reminds us that even amid chaos and fragmentation, the ability to love, connect, and find joy in the present moment is what grounds us. It is not the absence of struggle, but how we respond to it with hope, love, and acceptance that defines a fulfilling life.



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