



NEWSLETTER

**MISS
MINDS**

**NOVEMBER
EDITION**

**MENTAL
HEALTH
ARTICLES**





WORD FROM MISS MINDS

"**Men.** I've got to admit, the world just wouldn't run the same without them. We'd miss out on the laughs, the perspectives, and let's face it, the "**fixes**" that sometimes need a re-fix (but hey, it's the thought that counts). It's **not** just about the **traditional roles** society has cast them in, but the countless **unseen ways** men have our backs, lift us up, and make us think, 'Wow, I wouldn't have thought of it that way.'

From **fathers to friends, boyfriends to brothers**, they play a role in **shaping** who we are and how we grow. I've watched men show strength not just in their resolve but in their **ability** to be **vulnerable and honest**, showing us that strength isn't only about muscles or bravado. It's in their kindness, patience, and dedication to the people **they care** for and the dreams they chase.

Sure, sometimes they're **baffling** (why is there always a half-built project in the garage?). But they **keep us grounded**, they **challenge us**, and they **help us laugh** at the ridiculousness of life. To the men who make life brighter, braver, and occasionally more confusing, **you're appreciated**—more than you know."



Design: Mandisha Mandal
Content: Garima Singh



VOULENTEERS OF THE MONTH



Anndria is a dedicated volunteer whose sophistication and attention to detail elevates every project she contributes to. Her organized nature ensures that tasks are always completed efficiently and effectively. She brings a unique blend of grace and focus to the team, making even the toughest challenges feel manageable



ANNDRIA JINO



NATHAN D'SILVA



Nathan, a skilled individual brings a intricate approach to every project he tackles. His approachable demeanor makes him a go-to person for team members to seek guidance. He always puts in the extra effort to ensure high-quality outcomes. His dedication truly sets him apart as a valued member of the team.





INTERNATIONAL STRESS AWARENESS DAY

Having the knowledge on how stress impacts us mentally, physically and emotionally can help us gain the power to navigate it with more confidence and control. In today's hectic world, building this understanding isn't just beneficial but necessary for good health and success.

International Stress Awareness Week 2024 that takes place during November, is an annual week-long awareness campaign on spreading awareness about stress, how it affects one's mental and physical health, and the significance of stress management. It is an initiative that opens discussions on stress and acknowledging the prevalence of stress on mental well-being and to reduce the stigma around the issue.

Are you sleeping restlessly, feeling irritable or moody and even forgetting little things and feeling overwhelmed and isolated? Don't worry, we've all been there! you're probably just stressed out.

Stress has become an inseparable part of our busy day-to-day lives, which makes it imperative that we need to understand the signs and symptoms of stress. But stress isn't always a bad thing. It can be quite handy, for instance having short bursts of energy and focus when playing a competitive game or speaking in public. This is termed as eustress, which is good for us. But when it starts to become continuous or chronic, it takes a toll on our bodies leading to life changing repercussions for them as well as their family, friends and colleagues. It's the kind we face day in and day out in our daily lives.





Each day of International Stress Awareness Week usually has a different focus in building understanding, offering tools, and fostering community in managing stress.

Day 1: Awareness and understanding -

The week begin by defining what is stress, finding its origin, and realizing its symptoms in its psychological, physical, and emotional manifestations and acknowledging how it affects us as a person and as a society.

Day 3: Managing Personal work-

The day is self-focused on our personal sources of stress and how we can better manage it in everyday life. The topics could range from personal and familial responsibilities to financial issues and family relationships/dynamics.

Day 2: Work stress -

The most common stressor in the workplace - workplace stress plays a significant part of our daily lives. This day is focused on the identification and management of stress in the professional environment. It broadly covers topics such as workload balancing, burnout prevention, setting boundaries between personal and professional life, and promoting a healthier work environment.

Day 4: Resilience-

it is all about learning how to bounce back from stressful situations with strength and optimism. This day introduces us to techniques for building emotional and physical resilience and mindfulness practice.





Design: Shrey Gupta

Content: Rhea Sandra Joseph



Day 5: Tools and techniques for stress reduction- This day equips us with hands-on tools and techniques for reducing stress, such as breathing exercises, journaling, meditation, and physical activity.

Day 7: Reflection and progress- The final day reflects what one learns all through the week, helping individuals in bringing little and constructive improvements into life.

Day 6: Community and Connection- It's that day in which this activity will come out under the importance of community connection and talking open about stresses. Getting over those stresses would be a big deal to many people if their support was coming from somewhere else. Thus, it also encourages discussing experiences, sympathy toward others, and this oneness together.

In conclusion, the International Stress Awareness Week is more than just an event, it becomes a call for action for everyone to recognise, understand and manage the impact of stress on our lives.



TRANSGENDER DAY OF REMEMBRANCE

"History isn't something you look back at and say it was inevitable." – Marsha P. Johnson

On **November 20th**, Transgender Day of Remembrance (TDoR) celebrates the **lives of transgender individuals** who have tragically passed due to violence against the community. The day speaks for the **ongoing mental health struggles** faced by many in the community.

For **transgender people**, simply existing authentically, as their own true self can be an act of bravery. They're often met with **prejudice and rejection**, which deeply impacts mental health and are often victims of abuse and violence. Research shows that they experience **higher rates** of depression, anxiety, and are statistically more likely to commit suicide. These are not mere numbers but they reflect real lives lived under **heavy pressure**, during a time period where living as a transgender person was treated as a **sexual crime**.





It's important to recall and celebrate the lives of **historical transgender figures** like **Marsha P. Johnson, Sylvia Rivera, and Christine Jorgensen** who paved the way. Their lives show both the **immense strength** and the toll of their struggles.

Marsha P. Johnson was an important figure in the **Stonewall Uprising**, she had faced mental health challenges throughout her life, struggling with rejection from society and even from **her own LGBTQ+ community**. She often faced discrimination for her race and her gender but despite this, she continued to advocate for her community, saying, "**No pride for some of us without liberation for all of us.**"

Sylvia Rivera was an activist who also faced **homelessness and discrimination**, who also echoed this sentiment and fought those left out of the mainstream.

Christine Jorgensen, one of the first openly transgender women to undergo **gender-affirming surgery** in the U.S., became a media sensation in the **1950s**. Though she was celebrated as a trailblazer, Christine suffered from constant invasions of her privacy and was often a victim of discrimination. She often spoke on how her fame came at a personal cost, the societal pressures imposed on her overshadowing the empowerment of living an authentic life, being true to herself.

Although times are changing, Transgender people continue to face similar **challenges**. Many experience rejection not only from society but also from family, which can lead to them feeling intensely isolated and grieving the loss of social support. Despite the **higher suicide rates** among transgender individuals, they frequently encounter discrimination within mental health services, which can prevent them from seeking care.

For transgender **people of color**, these mental health struggles are made even **worse** by additional layers of **racism and poverty**.

We can make an effort and aim to support these individuals by advocating for affirming **Physical and Mental Health Care**. We can also learn and educate ourselves about the struggles faced by transgender individuals today and do our best to create an inclusive environment where transgender people feel safe and understood.



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This **Transgender Day of Remembrance**, we honor not only the lives lost but the resilience of those still with us. Take this opportunity to read more into all those individuals who fought to create a more inclusive world for trans people, showing that advocacy must include not just safety but mental and physical health support.

Design: Ashiqa Perveen
Content: Anndria Jino





LONELINESS ISN'T JUST A FEELING — IT'S A REALITY FOR MANY MEN

For a lot of men, loneliness doesn't just show up as sitting alone on a Friday night—it can also be the quiet feeling that nobody truly understands or cares to listen. And that's what we're diving into: how loneliness affects men, why it's so prevalent, and what can be done to build healthier, more connected lives.

It's especially hard for men, who are often encouraged to "man up" and keep their feelings to themselves. But loneliness doesn't discriminate. It creeps into everyone's life at one point or another, regardless of age, background, or gender. For men, though, loneliness can look different, feel different, and sometimes even hurt differently.

When was the last time you really opened up to someone about how you're feeling? For a lot of guys, the answer might be "never". Shocking, isn't it?

Society often paints men as stoic and self-reliant, silently handling problems alone. But the reality is, loneliness is something many men experience deeply, even if they don't talk about it. It's a silent struggle that can lead to isolation, stress, and sometimes even depression.

This isn't about blaming masculinity; it's about understanding how societal pressures and expectations can impact men's emotional health.





WHY MEN ARE PRONE TO LONELINESS?

SOCIETAL EXPECTATIONS AND "TOXIC MASCULINITY"

The **demands of masculinity** in society are a major factor in men's loneliness.

From a young age, many men are taught and **expected** to be **tough, independent**, and in **charge**. Have you ever heard sayings like "**Man up**" or "**Boys don't cry**"? This type of thinking, which is frequently referred to as "**toxic masculinity**," isn't always about being macho; rather, it's about thinking that **showing weakness diminishes** your **manliness**. This ultimately led guys to bottle up emotions and leave them without healthy ways to connect with others or ask for support.

Books, TV series, and movies all depict this conflict. For instance, in the movie Fight Club, Tyler Durden's (Brad Pitt) idea of defying what society expects of men shows a twisted approach to dealing with loneliness. The protagonist's wish to defy social expectations mirrors a reality that many men experience but are ill-equipped to deal with.

THE FEAR OF VULNERABILITY

A lot of men believe that being vulnerable makes them seem weak. According to an **American Psychological Association** (APA) study, males frequently **avoid talking** about their feelings out of concern that they will be **judged** or come out as **needy**.

Unfortunately, these same fears lead to **emotional isolation**, where men keep themselves emotionally distant from others—even close friends

FRIENDSHIPS THAT ARE COMPETATIVE

Men are socialized to compete rather than to connect, which presents another difficulty. They are frequently **pressured** to compete with one another whether it is sports or the workplace, which can disrupt friendships.

Real connections are **difficult** to establish when rivalry takes precedence over all other considerations in a partnership. Men may believe that they would appear "**less successful**" than their buddies if they talked about their difficulties or sought help.



THE IMPACT OF BEING A MAN ON LONELINESS PATTERNS:

Men might experience loneliness in patterns that they don't immediately recognize, such as:

Binge-Working:

Pouring yourself and all your energy to your academics or job to avoid your personal life, which results in a lack of friends

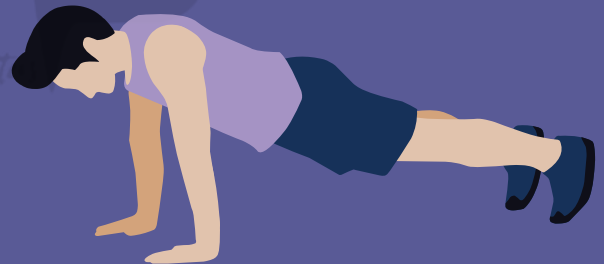


The 'Party Guy' Persona:

Going out every weekend and making plenty of new friends yet feeling empty or without a true companion.

Solo Hobbies:

Making time for pastimes such as DIY projects, gaming, or exercise. Hobbies are good, but they might make you feel more alone if they take the place of social interaction.



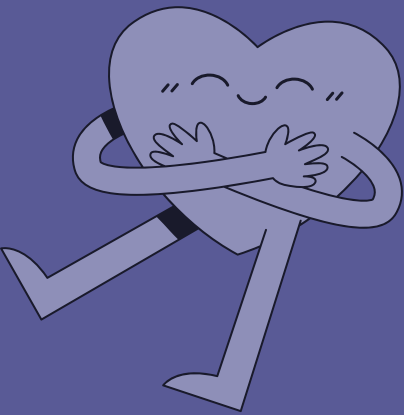
Silent Suffering:

Keeping a strong façade while experiencing difficulties out of concern that others will find it burdensome to open up.

Understanding how loneliness manifests in your life requires being aware of these patterns. It's important to consider whether these actions are assisting you or merely a way for you to hide your loneliness if you recognize any of them in yourself.



HOW BEING A MAN CAN HELP COPE WITH LONELINESS:



- **Solving issues and being resilient:** A lot of men are excellent at taking on challenges head-on. Men can actively work on comprehending their loneliness, recognizing its triggers, and creating coping mechanisms by employing this method.
- **Loyalty in friendships:** Men are typically quite faithful when they do develop close friendships. Despite their difficulty, these relationships are frequently very strong and can offer much-needed support once they do open up.
- **Independence and self-sufficiency:** One of the best ways to fight loneliness is to be able to enjoy the company of oneself. Men are frequently urged to be self-sufficient, which, when balanced, can indicate that they are at ease while doing things on their own without constantly feeling overly dependent on their social interactions

HOW MASCULINITY CAN WORSEN LONELINESS:



- **Reluctance to ask for help:** Men who have the "I can handle it myself" mentality may find themselves stuck in their difficulties because of their reluctance to ask for assistance.
- **Limited emotional expression:** Men are frequently trained not to show "soft" emotions, which can lead to their repressing feelings of vulnerability or melancholy. Since people connect best when they communicate freely, this emotional restriction makes it difficult to build lasting relationships.
- **High standards of self-reliance:** It can be difficult to acknowledge when you need help because of the pressure to be the "rock" for others, particularly if friends or family look up to you. When men are most in need of connection, this high standard may make them retreat.

Design: Honeyika Hariani
Content: Anupama Menon



FINDING MEANING IN LONELINESS AND LEARNING FROM EXPERIENCES

Despite its drawbacks, loneliness may be a fantastic teacher. It may cause men to:

- **Self-reflect:** Men may use loneliness as an opportunity to consider their emotional needs and what they truly value in relationships.
- **Redefine connections:** Being alone can reveal which connections are superficial and which ones could lead to a deeper bond. This experience can help men find or strengthen great friendships.
- **Practice self-compassion:** Men can focus on being kinder to themselves by realizing that loneliness is a common experience and not a sign of personal failure. This will help them stop viewing loneliness as a weakness.

PRACTICAL STRATEGIES TO HELP MEN COPE WITH LONELINESS:

Establish a connection through similar interests

Men can build relationships based on common interests by joining clubs, sports leagues, or hobby organizations. Without the pressure of having in-depth talks up front, this method facilitates connection

The "Tough Guy" Mentality must be challenged

Reframing vulnerability as a strength instead of a weakness is something that men may do. Talking about a recent hardship can be a significant first step; opening doesn't have to mean spilling everything.



Get yourself comfortable with Self-Care

Self-care isn't limited to spa days; it can also involve scheduling downtime, practicing mindfulness, or even picking up a relaxing and enjoyable pastime



Identify vulnerability role models

When it comes to movies, music, or even friends, men can look up to role models that don't hesitate to display vulnerability. Men can be reminded that it's acceptable to feel intensely by songs like R.E.M.'s "Everybody Hurts" or television programs like *Ted Lasso*, where the protagonist isn't hesitant to express his feelings

Get in touch with old friends again

Sometimes, just getting back in touch with old acquaintances might help reduce feelings of loneliness. New friends may lack the familiarity and understanding that old friends can offer



The ultimate lesson is that **loneliness need not define you**. Although loneliness is difficult for everyone, males frequently experience difficulties **coping with it** because of **societal expectations and obligations**. Nonetheless, loneliness can be transformed into a chance for **personal development and self-awareness**. Men may fight loneliness and create a deeper sense of connection in their life by identifying and overcoming loneliness patterns, questioning social norms, and figuring out constructive methods to interact.

Therefore, when you feel lonely, keep in mind that loneliness is **not a reflection of your strength or value**. Everyone experiences it at some point; it's just a **part of being human**.

Find what works for you by **reaching out and thinking about it**. Real strength comes from accepting loneliness as a chance for personal development rather than ignoring it. And it's worthwhile to aim for that.

