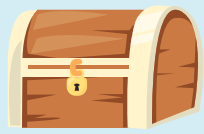
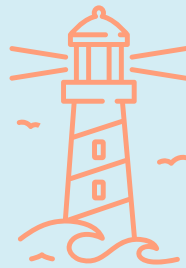


sailing ships



More Inside This Quarter

- Did you know?
- Creative Chronicles
- Breakthroughs
- Your Playground
- Mindful Pause



Favourite Finds

ALMOND by Sohn Won-pyung follows Yunjae, a young Korean boy with alexithymia, a condition preventing him from experiencing emotions. After a family tragedy leaves him isolated, his life shifts when Gon, a troubled teen, begins bullying him. Despite their rocky start, they form an unexpected friendship, with Yunjae drawn to Gon's emotional intensity, hoping to better understand feelings. The novel explores emotional intelligence, human connection, and the complexities of the human experience.



Favourite Finds



"Little Miss Sunshine" is a heartwarming drama that follows the Hoover family's journey to support their young daughter Olive's participation in a beauty pageant. Along the way, they face various challenges and undergo self-discovery, ultimately finding strength in their unity. Through this narrative, the film celebrates individuality, challenges societal norms, and emphasizes the importance of self-acceptance.

Did You know?



Cluttered spaces can increase stress, anxiety, and reduce focus. Research from Princeton University found that visual clutter overwhelms the brain, making it harder to concentrate. Decluttering helps lower stress hormones, improves mood, and fosters mental clarity. Creating an organized space isn't just tidying up—it's self-care for your mind and emotional well-being.



Fragrance and Its Impact on Our Mood

The smell of wet earth during the first rain, the rich aroma of a hot cup of coffee on a chilly winter morning, or the calming scent of essential oils in a massage room—fragrance has a profound impact on how we feel. Scents can evoke memories, stir emotions, and shift our mental state almost instantly.

"Fragrances have the power to influence our mood, emotions, and even our behaviour." — Galen

How Fragrance Affects the Mind

Scientific research has repeatedly shown the connection between scent and emotional well-being:

- Lavender oil has been shown to reduce anxiety and improve sleep quality, according to a 2014 study in the *Journal of Alternative and Complementary Medicine*.
- Peppermint oil enhances alertness, focus, and memory, as highlighted in a 2012 study published in the *International Journal of Psychophysiology*.
- Bergamot oil was found to reduce stress and anxiety in individuals with chronic stress, as reported in the *Journal of Affective Disorders* (2015).

Certain fragrances, like citrus and vanilla, have also been linked to mood enhancement and relief from depressive symptoms.

The Science Behind Scent

The power of fragrance goes beyond simple association. When we inhale a scent, fragrance molecules bind to receptors in the olfactory sensory neurons in our nasal cavity. These receptors send signals to the olfactory bulb, which then communicates with the brain's limbic system—responsible for emotions, memory, and motivation.

This direct link explains why scents can instantly evoke strong emotions and vivid memories, making them powerful tools for emotional regulation and mental wellness.

How to Use Fragrance to Elevate Your Mood

Incorporating mood-enhancing fragrances into your daily life can be simple and effective. Here are some practical ways to harness the power of scent:

- **Morning Energy Boost:** Start the day with a citrus-infused shower gel to feel refreshed and energized.
- **Enhanced Focus:** Diffuse peppermint or rosemary essential oils while working to sharpen focus and clarity.
- **Stress Relief:** Inhale lavender oil during stressful moments to calm the mind and reduce anxiety.
- **Comforting Memories:** Light vanilla or cinnamon-scented candles to evoke warmth and nostalgia.
- **Sleep Support:** Use jasmine or chamomile essential oils in your bedroom to promote restful sleep.
- **Romantic Ambiance:** Try sensual fragrances like sandalwood or ylang-ylang to create a cozy, intimate atmosphere.

The Emotional Power of Fragrance

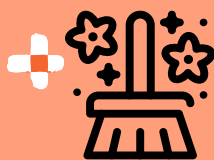
Scent is not just a sensory experience—it's a powerful emotional trigger. Whether it's the smell of a newborn baby, old book pages, or a loved one's perfume, fragrances can transport us through time, reminding us of cherished moments.

As Helen Keller beautifully said:

"Smell is a potent wizard that transports us across thousands of miles and all the years we have lived."

By mindfully incorporating fragrance into your daily routine, you can create positive emotional shifts, reduce stress, and cultivate a sense of peace and comfort in your life.





De-Clutter for Mental Wellness

Have you ever walked into a room and felt instantly overwhelmed by the sight of clothes scattered on the bed, unwashed dishes in the sink, and a cluttered work desk? This kind of disarray affects more than just your physical space—it can significantly impact your mental well-being.

Clutter overstimulates the senses, leading to feelings of stress, anxiety, and reduced focus. It can overwhelm the brain's processing capacity, causing sensory fatigue and emotional exhaustion. Chronic clutter has even been linked to elevated cortisol levels—the stress hormone—contributing to anxiety, low self-esteem, and decreased productivity.

"A cluttered space reflects a cluttered mind. Clear your space, clear your mind." — Joshua Becker

The Transformative Power of Decluttering

Decluttering is not just about tidying up; it's a therapeutic process that involves releasing emotional attachments to possessions. Letting go of unnecessary items can symbolize breaking free from emotional burdens and making space for new experiences, growth, and clarity.

By embracing a clutter-free mindset, you can shift your priorities, reduce mental fog, and create an environment that supports positivity and personal growth. Decluttering becomes a powerful act of self-care and emotional healing.

Practical Tips for a Clutter-Free Home

Start the journey towards mental clarity with these actionable decluttering strategies:

1. **Start Small:** Tackle one area or room at a time to avoid overwhelm.
2. **Sort into Categories:** Create three piles—keep, donate/sell, and discard.
3. **Let Go of Unused Items:** If you haven't used an item in a year, consider releasing it.
4. **Follow the 80/20 Rule:** Most people use only 20% of their belongings 80% of the time.
5. **Designate a Home for Everything:** Assign a specific spot for each item.
6. **Use Storage Solutions:** Labeled containers can help keep items organized.
7. **Adopt a "One In, One Out" Policy:** For every new item brought home, remove or donate one.
8. **Establish Cleaning Routines:** Incorporate daily tidying, weekly cleaning, and seasonal purging.
9. **Schedule Regular Decluttering Sessions:** Set aside time each month to stay organized.
10. **Practice Mindful Consumption:** Avoid impulse purchases and focus on essentials.
11. **Involve the Whole Family:** Encourage teamwork by making decluttering a shared activity.

Decluttering: A Path to Mental Wellness

A clutter-free home fosters calm, clarity, and emotional balance. When your surroundings are organized, your mind feels lighter, more focused, and at peace. Decluttering is a profound act of self-care—by creating space in your home, you create space for mental wellness and personal growth.

Transform your home into a sanctuary where your mind, body, and spirit can thrive. Remember, the journey to decluttering is not just about physical space—it's about reclaiming your emotional well-being and mental clarity.



Breakthroughs

In one session, the client experienced a breakthrough by recognizing the underlying beliefs that had been holding them back. Through Cognitive Behavioral Therapy (CBT), they identified and challenged negative thought patterns, particularly around self-doubt and fear of failure.

This helped them gain clarity and insight into their struggles. Mindfulness-Based Therapy also played a key role, enabling the client to be more aware of their thoughts and emotions in the present moment, which fostered self-compassion and empowerment. This combination of techniques allowed the client to move from feeling stuck to embracing personal growth and emotional well-being.



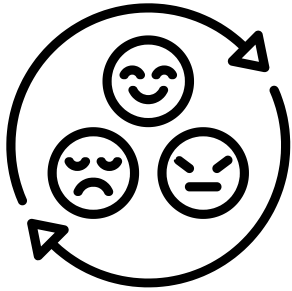
your playground

Objective: Express and understand emotions creatively.

Materials: Paper, pen/marker.

Instructions:

1. Write different emotions on cards (e.g., happy, sad, angry).
2. Take turns acting out the emotion using only body language and facial expressions.
3. The other person/team guesses the emotion.
4. Keep playing until everyone has acted out and guessed.
5. Discuss emotions and how they feel in the body after the game.



Emotion Charades



This fun activity promotes emotional awareness and empathy!

mindful pause



In the middle of a busy day, taking a mindful pause can help center your mind, reduce stress, and improve focus.

Here's how to practice it:

1. Stop what you're doing. Gently shift your attention away from the task at hand. You don't need to pause for long—just a few seconds can work wonders.
2. Breathe deeply. Take a slow, deep breath in for 4 counts, hold for 4 counts, and exhale for 4 counts. Repeat this for 3 rounds.
3. Check in with your body. Notice any tension or discomfort you may be holding in your body. Gently release any areas of tension.
4. Focus on the present. Ground yourself in the present moment. You can do this by noticing the sounds, sensations, or sights around you, engaging your senses fully.
5. Set an intention. After a few moments of mindful pause, set a positive intention for the rest of your day. It could be something like "I will approach the rest of my day with calm and clarity."

Wall of Fame

ABT Course in Mumbai: A Leap of Faith



The Wall of Fame is a powerful symbol of growth and achievement in the Arts-Based Therapy (ABT) course in Mumbai. It serves as a celebration of the progress made by each participant and acts as a reminder of their strength, resilience, and commitment to personal transformation. Each milestone, no matter how small, is honored, and participants are encouraged to reflect on their journey with pride.

By acknowledging their accomplishments, participants are invited to take a leap of faith—to trust in themselves and their growth as they move forward. This act of embracing both past successes and future aspirations fosters a sense of confidence, helping to build a solid foundation for the next steps in their therapeutic journey. The Wall of Fame isn't just about recognition; it is about empowering individuals to continue their path of healing with courage and belief in their potential.



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