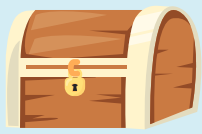


sailing ships



More Inside This Quarter

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



Favourite Finds

The Comfort Book by Matt Haig is a gentle collection of reflections on hope, anxiety, and finding light in difficult moments. Written in short, digestible entries, it offers comfort without overwhelming the reader. The book reminds us that healing is not linear and that small moments of peace matter. With warmth and honesty, it validates emotional struggles while encouraging self-compassion, making it a soothing companion for anyone navigating uncertainty or seeking reassurance.



Favourite Finds



Dear Zindagi is a heartfelt film that explores mental health, relationships, and self-discovery through the journey of a young woman navigating emotional struggles. Through therapy and introspection, she learns to confront her past and reshape her perspective. The film beautifully normalizes seeking help and emphasizes self-awareness and acceptance. With its gentle storytelling and relatable emotions, it reminds us that healing is a process and that it's okay to take life one step at a time.

Did You know?



Studies show that practicing self-compassion significantly reduces anxiety, depression, and stress while improving emotional resilience. According to research by Kristin Neff, individuals who treat themselves with kindness during difficult times are better able to regulate emotions and recover from setbacks. Instead of harsh self-criticism, gentle self-talk activates a sense of safety in the brain.





Starting Small Is Still Progress

In a world that celebrates big milestones and visible success, it's easy to believe that progress must be dramatic to matter. We wait for the "right time," the perfect plan, or a surge of motivation before we begin. But healing, growth, and change rarely arrive in grand gestures. More often, they begin quietly, in the smallest of steps.

Starting small is not a compromise; it is a powerful act of self-awareness.

For many, the idea of change feels overwhelming. Whether it's building a healthier routine, working through emotional pain, or showing up differently in relationships, the gap between where we are and where we want to be can feel too wide. This is where we often get stuck, not because we don't want to change, but because we expect too much, too soon.

Small steps soften that gap.

It may look like taking three mindful breaths instead of reacting immediately. It may be choosing to pause before sending that message, or stepping out for a short walk when your mind feels cluttered. It may even be acknowledging, "Today was hard," instead of pushing those feelings aside. These moments may seem insignificant, but they are the building blocks of lasting change.

Therapeutically, small actions help regulate the nervous system. They create safety, reduce overwhelm, and build consistency. Over time, these small choices rewire patterns gently, sustainably, and with far more compassion than drastic change ever could.

There is also something deeply healing about allowing yourself to begin imperfectly. When you remove the pressure to "do it right," you create space to simply try. And in trying, you begin to trust yourself again.

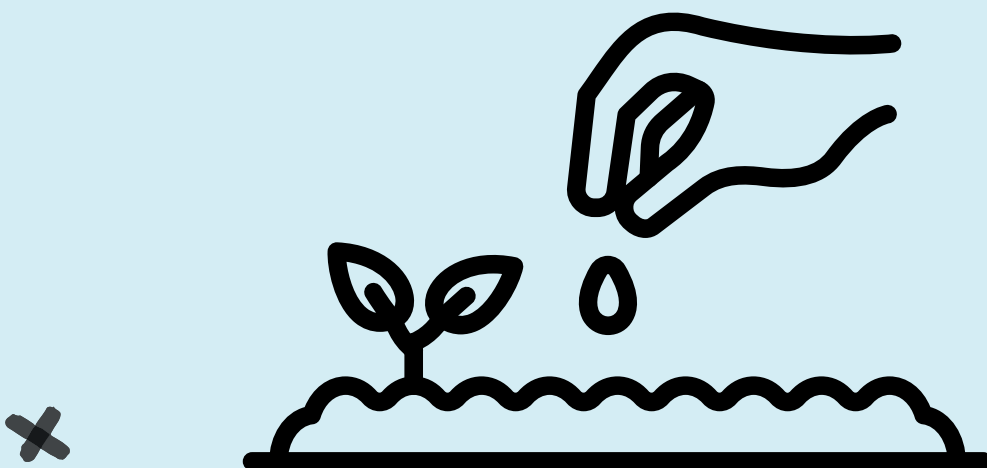
Progress is not always visible. Sometimes it is quieter, a softer reaction, a kinder thought, a moment of awareness that didn't exist before.

As you move forward, ask yourself:

- What is one small step I can take today?
- What would feel manageable, not overwhelming?
- Can I honour effort, even if it feels tiny?

Because the truth is, you don't need to have it all figured out to begin. You just need to take one small step and then another.

Small is not less. Small is how change begins.





The Weight We Carry

We all carry something.

Sometimes it is visible stress, fatigue, or the responsibilities of daily life. But often, the heaviest weight is the one we carry within: unspoken emotions, past experiences, old beliefs, and expectations we have absorbed over time.

This emotional weight doesn't always announce itself clearly. It shows up in subtle ways, in overthinking, in the need to control, in difficulty trusting others, or in the quiet feeling of being "not enough." We may not always know where it comes from, but we feel its presence in how we respond to the world.

Much of what we carry has roots in our past. Childhood experiences, relationships, moments of hurt, or even repeated messages about who we "should" be all of these shape the lens through which we see ourselves. Over time, these layers accumulate, becoming patterns we live by without questioning.

But what we carry is not always ours to keep.

Therapy often becomes a space where this weight is gently unpacked. Not all at once, and not with force but slowly, with curiosity and compassion. We begin to ask:

- Where did this belief come from?
- Is this fear still serving me?
- What would it feel like to put this down, even for a moment?



Awareness is the first step toward release.

Letting go does not mean forgetting or dismissing our experiences. It means loosening the grip they have on us. It means recognizing that we are allowed to evolve beyond what we have been through.

Sometimes, releasing the weight looks like setting a boundary. Sometimes, it is expressing a feeling we've held in for too long. And sometimes, it is simply choosing to be kinder to ourselves in moments of struggle.

You don't have to carry everything alone.



As you reflect, ask yourself:

- What am I holding onto that feels heavy?
- Is this mine to carry, or something I learned to hold?
- What would lighten, even slightly, if I allowed myself to release it?

Healing is not about becoming weightless. It is about learning what to hold, what to honour, and what to gently set down.

And in that process, we begin to feel lighter, not because life is easier, but because we are no longer carrying it all by ourselves.

Breakthroughs



A client who often felt overwhelmed by overthinking paused mid-session and said,

"Maybe I don't need to solve everything right now." That moment shifted everything.

Instead of chasing answers, they began allowing uncertainty, one breath at a time.

This small shift from control to acceptance reduced their anxiety and created space for calm. It reminded us that sometimes, the real breakthrough is not in finding solutions, but in learning to sit with what is.



Tiny Wins Bingo

your playground

Create a quick 3x3 grid on a page. Fill each box with a small action like:

- Take 3 deep breaths
- Drink water
- Step outside
- Text someone
- Stretch for 2 minutes
- Say one kind thing to yourself

Through the day, tick off what you complete. Try to get a row or the whole grid!

Reflect: Which small wins felt easiest? Which felt meaningful?

Because sometimes, healing looks like a game — one tiny win at a time.

mindful pause

Ground & Breathe

Pause for a moment. Sit comfortably and place your feet firmly on the ground. Take a slow breath in through your nose and gently exhale through your mouth. Repeat this three times.

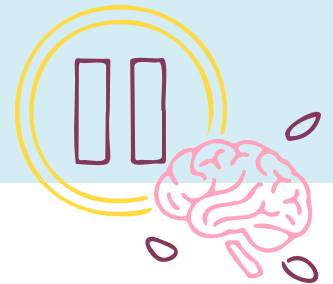
Now notice:

- 2 things you can feel
- 1 thing you can hear

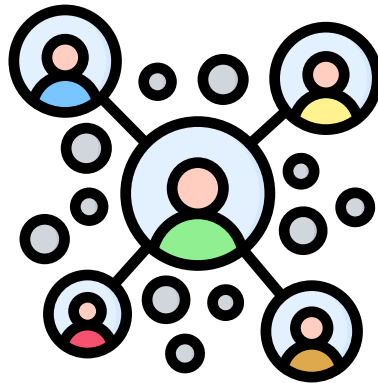
Let your shoulders relax.

Silently say: “I am here, and this moment is enough.”

Carry this sense of calm with you as you return to your day.



Wall of Fame



This year, Lighthouse expanded its reach by taking Arts-Based Therapy (ABT) into NGO setups, creating safe, expressive spaces for group healing. Through close to 500 sessions, we reached approximately 7,500 individuals across diverse communities, working with all age groups.

From children to adults, each space encouraged expression, emotional awareness, and connection. This journey reflects the power of creativity in mental health, where art becomes a language, and healing becomes accessible, shared, and deeply human



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Meet the Team

- o Zill Botadkar - Curator
- o Zeenia Pithawala - Contributor
- o Yogesh Pardeshi - Contributor
- o Snehal Shinde - Contributor



Mumbai - Pune
www.lighthouseartsandwellbeing.com
lighthousecentre0203@gmail.com
 @lighthousecentre0203
 @zillbotadkar

