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SAILING SHIPS



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FAVOURITE FINDS

"*I Want to Die But I Want to Eat Tteokbokki*" by Baek Sehee is a compelling look into the author's mental health journey. Through transcripts of her 12-week therapy sessions and reflective essays, Baek Sehee shares her struggles with authenticity and honesty.

This blend of memoir and self-help offers comfort to those facing similar fears, while her openness about her emotions adds a refreshing depth to the conversation on mental health.

The book provides valuable insights into the path to healing, making it a powerful and relatable read for many.

FAVOURITE FINDS



"*Ordinary People*" (1980), directed by Robert Redford, is a poignant drama about a family unraveling after a tragic accident. As buried emotions surface, they confront grief, PTSD, and survivor's guilt. The film captures:

1. A young man's struggle to heal from loss.
2. A family's hidden turmoil behind a calm facade.
3. The power of empathy and connection in recovery.

Redford's direction and strong performances make this a compelling exploration of healing and introspection.

DID YOU KNOW?



Research from *Harvard Medical School* shows that meditation and mindfulness can increase the thickness of the prefrontal cortex, the part of the brain responsible for decision-making, attention, and emotional regulation. Studies have found that just 8 weeks of mindfulness practice can lead to measurable changes in brain regions associated with memory, stress, and empathy, helping improve overall mental health and well-being. Reference: Sara W. Lazar, et al. (2005). Meditation experience is associated with increased cortical thickness. *NeuroReport*.



HEALING THROUGH COMPANIONSHIP

“Happiness is a warm puppy.” – Charles Schultz.

Indeed, there's nothing quite like a cuddle from a furry friend to dissolve stress and bring comfort. Interacting with animals—whether petting, stroking, or simply holding them—can significantly reduce stress hormones while releasing oxytocin, the "feel-good" hormone. These bonds with animals provide companionship, alleviating loneliness and isolation, and offering emotional support that helps ease anxiety and depression. The act of caring for animals can provide a sense of purpose and boost self-esteem, while simply observing a pet's playful antics or feeling a cat's purr can promote calmness.

Scientific studies have shown that engaging with animals can lower cortisol levels, heart rate, and blood pressure, indicating reduced stress. Activities like playing with animals or observing them can increase dopamine, a neurotransmitter linked to pleasure and relaxation. This interaction encourages mindfulness, helping individuals focus on the present moment rather than being overwhelmed by stressors. The unconditional love and acceptance that animals offer can bring a deep sense of calm and emotional stability.

This unique human-animal bond forms the foundation of Animal-Assisted Therapy (AAT), a growing approach to mental wellness. AAT leverages the therapeutic potential of animals to promote emotional healing, reduce stress, and enhance mental health. The presence of trained animals in therapy sessions, guided by handlers, helps achieve specific therapeutic goals by fostering empathy, compassion, and self-esteem. AAT has shown remarkable results in supporting individuals with conditions such as PTSD, depression, anxiety disorders, autism, and dementia. It promotes social interaction, improves communication skills, and can even boost cognitive function in those with Alzheimer's disease.

AAT is being integrated into hospitals, nursing homes, schools, and rehabilitation centers, often in conjunction with traditional therapies, to support overall well-being. As research continues to highlight the profound impact of AAT, it's clear that animals have the power to transform lives and support mental health in extraordinary ways.

So, next time you feel overwhelmed or stressed, consider spending time with a furry friend—they might just be the perfect antidote.





MOVE TO HEAL THE THERAPEUTIC POWER OF DANCE AND MOVEMENT

Dance and movement transcend mere exercise—they are powerful therapeutic tools that positively impact mental, emotional, and physical well-being. Dance therapy is increasingly recognised for its transformative benefits, supported by research demonstrating its role in healing.

1. Emotional Expression and Release

Dance allows individuals to express emotions that are difficult to verbalize. Studies show that dance therapy reduces psychological distress, providing a safe outlet for suppressed feelings and fostering inner peace.

2. Reducing Stress and Anxiety

Movement triggers the release of endorphins, reducing stress and anxiety. Research highlights that regular dance sessions lower anxiety levels, promote relaxation, and enhance mental clarity, making dance an effective tool for managing stress.

3. Enhancing Mind-Body Connection

Dance fosters a strong mind-body connection, increasing awareness of physical sensations and emotions. This connection promotes mindfulness, helps individuals better manage their feelings, and improves self-regulation.

4. Building Confidence and Self-Esteem

Dance boosts self-expression, creativity, and body positivity. For those struggling with self-worth, mastering dance movements enhances confidence and self-esteem, as evidenced by research on therapeutic dance interventions.

5. Improving Physical Health

Dance improves cardiovascular health, muscle strength, and flexibility, contributing to better overall well-being. Studies show that dance enhances physical fitness, particularly in older adults, fostering a sense of vitality.

6. Social Connection and Community Building

Group dance fosters social interaction, reduces loneliness, and enhances emotional well-being. Research indicates that dancing together strengthens social bonds and creates a sense of belonging.

Dance and movement offer a unique pathway to healing by connecting mind and body. Whether through therapy or personal enjoyment, dance provides emotional release, improves physical and mental health, and fosters community. So, put on some music, let go, and move—it's not just a dance; it's a step toward healing and joy.



BREAKTHROUGHS

In our latest session, we introduced the “Inner Mentor” exercise, where clients visualize receiving advice from their future selves or a wise mentor. This activity proved to be incredibly insightful, helping participants gain fresh perspectives on their challenges. Many reported experiencing a profound shift in their approach, uncovering actionable steps they hadn't previously considered.

One client shared, “Imagining advice from my future self helped me see my problem in a new light, making it easier to develop a practical plan of action.”

This breakthrough moment highlights the power of self-reflection and imaginative thinking in overcoming obstacles and finding solutions.

YOUR PLAYGROUND

Creative Journaling for All Ages



This activity promotes reflection and positivity, allowing individuals to focus on the present moment and what brings them joy

Activity: "Today's Snapshot"

Description: Encourage everyone to capture a moment from their day through journaling.

For Children:

- Materials: A notebook or drawing paper, crayons or markers.
- Instructions: Draw a picture or write a few sentences about something interesting or happy that happened today.

For Adults:

- Materials: A journal or a digital note app.
- Instructions: Write a short entry about a positive experience or a moment of gratitude from today. Reflect on why it stood out to you.

MINDFUL PAUSE

1. Breathe Deeply: Take a slow, deep breath in through your nose, and exhale fully through your mouth.
2. Body Scan: Notice any tension in your body. Relax your shoulders, jaw, and any tight spots.
3. Focus on Your Breath: Pay attention to your breath, feeling each inhale and exhale.
4. Anchor: Repeat a calming phrase like "I am here" or "This moment is enough."
5. Expand Awareness: Notice the room around you and gently come back to the present.

This can be done in under a minute to quickly reset your mind and body.



WALL OF FAME CORPORATE WELLNESS IMPACT

We recently introduced mindfulness and mental well-being activities as part of our corporate wellness program, and the impact has been transformative.

Employees have shared that these sessions provided them with much-needed tools to manage stress, improve focus, and enhance overall mental health. One participant mentioned, 'The mindfulness techniques helped me create a balance between my personal and professional life, significantly reducing my stress levels.'

The program has not only boosted individual productivity but has also fostered a more positive and connected workplace culture. This initiative has truly elevated our approach to employee well-being, making it a cornerstone of our corporate wellness efforts.



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SAILING SHIPS



MEET THE TEAM

- Zill Botadkar - Curator
- Zeenia Pithawala - Contributor
- Yogesh Pardeshi - Contributor
- Anusha Neelkanth - Contributor



MUMBAI - PUNE
WWW.LIGHTHOUSEARTSANDWELLBEING.COM
LIGHTHOUSECENTRE0203@GMAIL.COM
@LIGHTHOUSECENTRE0203
@ZILLBOTADKAR

