








QUARTERLY PERSPECTIVES VOL1

SAILING SHIPS



More Inside This Quarter

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



Favourite finds

The **book Eleanor Oliphant** is completely fine deals with themes of isolation and loneliness in modern world. The book depicts Eleanor's emotional journey and personal growth to understanding herself better.



Favourite finds

It's okay to not be okay is a Korean Drama which shows us a relationship between a children's book author (Ko Moon Young) and a psych ward caretaker (Moon Gang Tae). The show at its best portrays mental illness, healing and bonds between brothers. It also does not shy away from talking about autism and antisocial personality disorder.

The Link Between Journaling and Emotional Awareness

Research indicates that consistent journaling engages the prefrontal cortex, boosting self-reflection. This practice fosters emotional intelligence, making individuals more attuned to their feelings and promoting overall emotional awareness and well-being.

DID YOU KNOW?





Unveiling the Power of Resilience

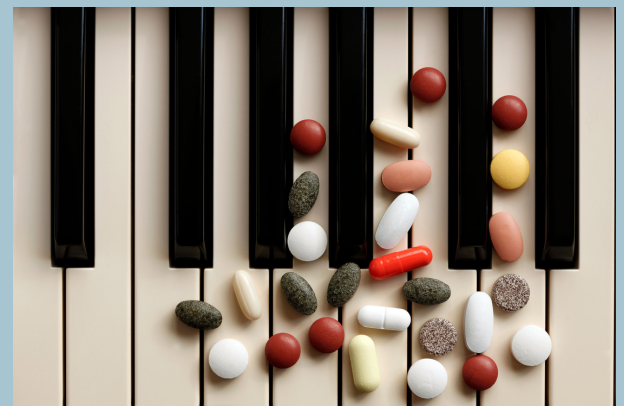
Resilience is the ability to bounce back from life's challenges, adapt to adversity, and grow stronger in the face of difficulties. Building resilience is not just about overcoming tough times but also about fostering a robust foundation for overall wellbeing. In the intricate dance of life, resilience becomes the rhythm that guides us through the highs and lows.

Life is a tapestry woven with various threads, and resilience is the thread that strengthens our fabric. When we encounter setbacks, stress, or unexpected changes, resilience acts as a shield, helping us navigate the storm while maintaining our mental and emotional balance.

One way to cultivate resilience is through creative practices. Engaging in artistic activities, such as painting, writing, or playing music, offers a unique avenue for self-expression and emotional release. Creativity encourages us to view challenges as opportunities for growth and transformation, fostering a resilient mindset. Mindfulness, another powerful tool for building resilience, invites us to be present in the moment without judgment. By embracing the present, we create mental space to process challenges effectively. Mindfulness practices, such as meditation or deep breathing, provide moments of calm in the midst of chaos, reinforcing our ability to adapt to adversity.

Social connections play a pivotal role in resilience. Building a supportive network of friends, family, or community members provides a safety net during challenging times. Sharing experiences and seeking support not only lightens the burden but also strengthens our ability to face future challenges with resilience. Physical wellness is intertwined with resilience. Regular exercise, a balanced diet, and sufficient sleep contribute to our overall wellbeing and provide a solid foundation for navigating life's complexities. A healthy body supports a healthy mind, fostering resilience in the face of stressors.

In the symphony of life, building resilience emerges as a harmonious melody. It is a continuous process of self-discovery, growth, and adaptation. As we cultivate resilience through creative expression, mindfulness, social connections, and physical wellness, we lay the groundwork for robust overall wellbeing. Like a well-tended garden, resilience allows us to weather life's seasons and bloom with strength, vitality, and a deep sense of inner balance.



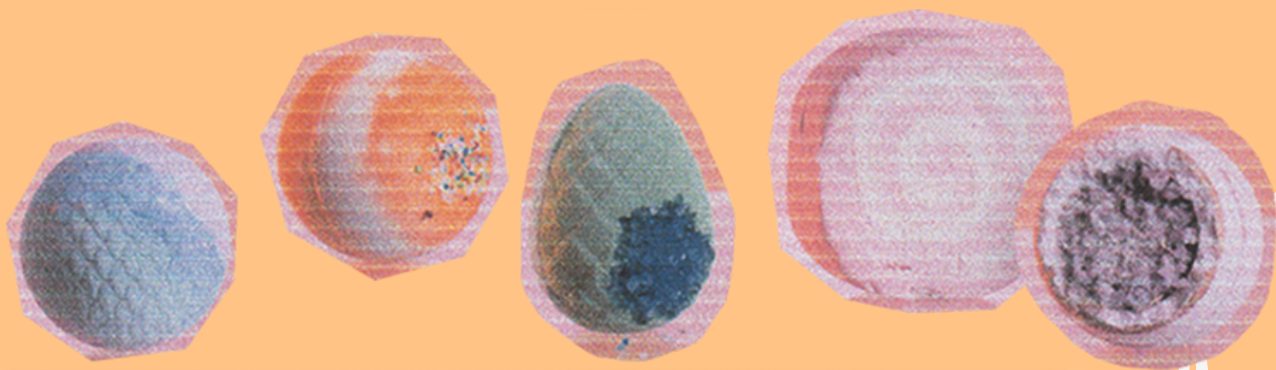


Melodies for Wellbeing

Ever pondered how specific musical tunes can evoke distinct emotions? Lively beats accompany invigorating workouts, while slower melodies soothe the mind and induce a sense of nostalgia. Music, as a language of emotions, profoundly influences both body and mind. It diminishes the stress hormone cortisol while boosting endorphins and dopamine—the feel-good hormones. Numerous studies attest to music's ability to alleviate anxiety, lower blood pressure, lift moods, and enhance sleep quality.

Classical music, in particular, sharpens mental acuity, potentially promoting neurogenesis in the brain's hippocampus region, fostering memory retention. Intriguingly, live music has demonstrated positive effects in reducing stress levels among preterm infants in NICUs. The therapeutic potency of music makes it a pivotal tool for therapists. A "Sound Bath," an immersive experience using instruments like gongs, rattles, and singing bowls, aims to shower listeners with deep, relaxing sound waves, fostering inner peace and stress relief.

This underscores the notion that music is to the soul what words are to the mind. The next time you feel down, surrender to your favorite tune and witness stress dissipate.



Breakthroughs

In a recent session, one of our therapists experimented with their approach during an activity typically done with a client. Instead of creating a full image of familiar items, the therapist drew only part of it, allowing the client to complete the rest. Engaging in this modified activity revealed a surprisingly broad vocabulary from the client. The innovative approach unveiled the client's untapped potential and capabilities. This realization prompted us to recognize that, with the right techniques and patience, we could tap into the client's creative side. It was a genuine revelation!

YOUR PLAYGROUND

****Positive Vibes Unscramble****

Unscramble the words related to positivity

1. tisiotpviv
2. loev
3. raitngidtu
4. arhmony
5. gwtroh

ANSWERS ON THE LAST PAGE

MINDFUL PAUSE



Five Senses Mindfulness Exercise
Instructions

1. See: Take a moment to observe and name five things you can see around you. Pay attention to colors, shapes, and details.
2. Hear: Close your eyes and listen for five sounds in your environment. It could be the rustle of leaves, distant traffic, or even the hum of appliances.
3. Feel: Notice the sensation of touch. Feel the texture of an object, the warmth of sunlight, or the coolness of the air on your skin.
4. Smell: Bring your awareness to scents around you. Identify five distinct smells, whether it's a nearby flower, a cup of tea, or the freshness of the air.
5. Taste: If you have a snack or drink nearby, take a moment to savor it. Pay attention to the taste, temperature, and texture.

This exercise encourages mindfulness by engaging each of your five senses. It helps anchor your awareness in the present moment, promoting a sense of calm and clarity. Practicing this exercise regularly can enhance your ability to be fully present in various aspects of your daily life.



Wall of Fame

In 2023, Lighthouse, under the leadership of Zill Botadkar, conducted a series of impactful corporate workshops, both offline and online, focused on mental and emotional wellbeing. Engaging employees from various sectors across Southeast Asia, these workshops reached over 500 participants in just six months.

This achievement underscores Lighthouse's commitment to fostering a culture of resilience in the corporate world. The workshops, designed to equip participants with valuable tools for overall wellbeing, received overwhelming positive feedback.

The success of these workshops is a testament to the dedication and expertise of the Lighthouse team, led by Zill Botadkar. As we proudly feature this accomplishment in our Wall of Fame, we extend our gratitude to the entire team for making a positive impact on the lives of employees across the region. Here's to continued success and more milestones in corporate wellbeing!



QUARTERLY PERSPECTIVES VOL 1

SAILING SHIPS



Meet the Team

- o Zill Botadkar - Curator
- o Anusha Kartik - Contributor
- o Zeenia Pithawala - Contributor



Answers to
****Positive Vibes Unscramble****

1. positivity
2. love
3. gratitude
4. harmony
5. growth

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

