



JOURNEY IN PROGRESS

CREATED BY THE SYMBIOSIS CENTRE FOR EMOTIONAL WELLBEING (SCEW)

The recent times have been different and difficult for us to manoeuvre. The SCEW Newsletter series was an attempt to understand ourselves better in this crisis situation and to provide us with new skills and tools to **survive, strive and thrive**. It also helped us understand the importance of having a balance between interdependence and individualism. In this last newsletter, we are going to quickly look at what we have discussed across the weeks.



A quick
Recap

Power of
compassion

Discovering
ourselves

Strength hope,
patience &
courage

Self discipline

Locus of control

In a tree every individual part has its own significance and together they contribute to make the tree strong. When every part is nourished and looked after, the tree blossoms further. Similarly every positive aspect of an individual when brought to awareness and exercised in life, it helps the individual to blossom.

The positive attributes include self discipline, emotional and cognitive strength building, practicing compassion on self and others and other strengths like hope, patience, gratitude, motivation, optimism etc. can help an individual thrive. And through optimum usage of these factors, not only the individual thrive but it also has a positive effect on the community as well.

Even in adverse weather condition, the tree adapts and uses its resources to sustain itself. Similarly an individual with these strengths is able to be flexible and display resilience in any challenging situations.



To summarize: We have strengths within ourselves which we need to be mindful of and exercise them on a regular basis in order to be efficient with it. This enables us to then face any situation whether it is big or small by having access to these innate resources. It further enables us to be self sufficient than depending on unhealthy resources.

Let us continue to recharge ourselves in this life journey!

Journey is in progress, these are some factors which can help on the way

As we all know- the whole is greater than the sum of its parts.



Self

Others

Community

IN CASE OF ANY MENTAL HEALTH EMERGENCIES, REACH OUT TO YOUR SCEW CAMPUS COUNSELLOR VIA PHONE OR AT MINDHELP@SIU.EDU.IN

SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

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