SYMBIOSIS CENTRE FOR EMOTIONAL WELLBEING Symbiosis International (Deemed University)



(Established under section 3 of the UGC Act, 1956) Re-accredited by NAAC with 'A' grade (3.58/4) | Awarded Category – I by UGC Founder: Prof. Dr. S. B. Mujumdar, M. Sc., Ph. D. (Awarded Padma Bhushan and Padma Shri by President of India)

A BRIEF GUIDE ON

MANAGING STRENGTHS TO FOLLOW YOUR BLISS

CREATED BY THE SYMBIOSIS CENTRE FOR EMOTIONAL WELLBEING (SCEW)

Before the world was hit with COVID-19, we all were busy with our routine, believing life will always be the same for us. We assumed that when we get in our car each morning it will start, we'll always have our career/jobs, and our loved ones will always be there for us. We were comfortable and started acting as though these things are permanent. However, as this major life transition of COVID-19, lock-down and extended lock-down hit us, it gave us time to slow down and discover ourselves. In this week's newsletter, we aim to cover a few ways to help you connect with yourself and see your world in a fresh, new way.

RELIABLE NEWS AND INFORMATION SOURCES

The COVID India Data Tracker https://covidout.in/

The US CDC Website: https://www.cdc.gov/coron avirus/2019-ncov/index.html

For news and updates, rely on reputed news sources and channels and avoid getting your information from social media, heresay or Whatsapp

Importantly, keep an eye on all official communication from your campus admins and directors. • **Mindfulness:** Mindfulness means living with awareness in the present moment. To manage a negative emotion, it's important to be an objective observer of uncomfortable moments without judging, shaming, hiding or resisting it. This shifts us quickly from the fear-focused part of our brain to the more evolved part that can focus on our strengths to get solutions thereby promoting resilience and is energizing.

You can try mindfulness by using this website:

https://www.headspace.com/meditation/exercises

• Gratitude as the Way of Life: No emotions are negative, however experiencing any emotions that makes you feel negative for long can be difficult to manage. Using gratitude to intentionally focus on positive aspects of life situations can loosen the hold that a negative emotion has gained on a person's mind and body. Self-regulation, positive emotional health & increased productivity are added advantages. Write a journal to show gratitude. • Use of character Strengths: They are positive traits that lead us to positive emotions, engage us in meaningful life activities that benefit us and others. These basic building blocks represent our individuality; their understanding increases our confidence and ability to deal with challenges coming on way. Everyone has all 24 in varying combinations and degrees as per behavior and focus. To find our own character strength, we suggest to take this fun filled quiz and share your strengths with us on our email so that we can help you use them productively:

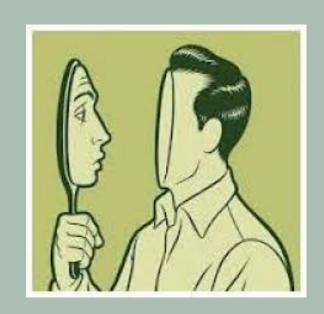
http://www.viacharacter.org/www/Character -Strengths#

• Introspection and reflection: Self-reflection helps to build emotional self-awareness. We won't grow from our experiences if we don't understand them and make changes based on what we've learned. We must reflect on both our success and our failures and works well in specific situations allowing us to examine potential transference to other situations. Try sitting in front of a mirror and talking your heart out.

Care, Connect, Create

self-care. Care: Practice Send yourself remembering that everyone compassion, experiences difficult moments, loss, mistakes and failure. Reassure yourself that all will be well, that you will give yourself the support you need to get through this experience and that you will take the steps to better the situation. It's also helpful to engage in a positive ritual that releases the emotion such as talking to someone you trust who will be compassionate with you, taking a walk, practicing yoga, prayer, mediation, listening to uplifting music, reading something inspiring, writing down the emotion and throwing it away, taking a shower, etc.whatever tends to lift your spirits. Try this link to feel relaxed: https://youtu.be/Fpiw2hH-dlc









Connect: Connect with the people from your support system whom you call usually to vent or to share happy news. Initiate meaningful connections, cultivate the important relations and restore broken relationships; in case you don't want to mend a relationship or can't communicate with someone, you can still write a letter to this person / record a voice note.



Create: Recognize that you have the choice and ability to respond to difficult emotion in creative new ways. Try to identify a character strength which can help you transform a negative emotion and to create a positive shift in perspective that better serves you. How can you learn and grow from this experience? What new positive emotions are you feeling now? Notice the negative emotion gradually disappear and lose its power over you, as new positive emotions are created in its place. Celebrate this emancipating feeling by treating yourself to an enjoyable activity. Create a vision board.

IN CASE OF ANY MENTAL HEALTH Emergencies, reach out to your Scew Campus Counselor via Phone or at Mindhelp@siu.edu.in



WE ASK YOU TO SHARE YOUR EXPERIENCE WITH US ON SCEW.EVENT@SIU.EDU.IN

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