



December'23

PRIVATE MATTERS PSYCHOTHERAPY

NAVIGATING WELLNESS THROUGH THE HOLIDAY HUES

As the end of 2023 draws near, it's both a reflective and bustling time for all of us, especially for those navigating the demanding landscapes of MBA studies. The upcoming Holidays, while often painted with festive hues, can also cast shadows for students whose plates are brimming with assignments, exams, and the pursuit of excellence.

As we prepare to bid farewell to another year, this newsletter is crafted with the intention of offering a guiding light through the labyrinth of emotions that the holiday season may stir. The articles within these pages delve into the art of finding one's centre when life feels tumultuous, how to start advocating for mental health needs with healthcare professionals, and discover some practical tools to navigate our life's amidst chaos.

In the spirit of collective growth and resilience, let this newsletter serve as a companion through the highs and lows that being a student entails. As the curtain falls on 2023, may the insights within these pages inspire a sense of empowerment and well-being, fostering a community that champions the importance of mental health in the intricate tapestry of student life.

The Team @ PMPTherapy

IN THIS MONTH'S NEWSLETTER

REDISCOVER YOUR CENTRE AMIDST LIFE'S CHAOS

GET THROUGH THE HOLIDAYS WITHOUT LOSING YOUR MIND

TOP 5 TIPS TO GET THROUGH THE HOLIDAYS

LET'S BREATHE TO SOFTEN OUR MIND

ADVOCATE FOR YOUR MENTAL HEALTH NEEDS WITH HEALTHCARE PROFESSIONALS



HOW TO REDISCOVER YOUR CENTER AMIDST LIFE'S CHAOS

Life's journey is often marked by unexpected twists and turns, and for MBA students immersed in the demanding world of academia, it's not uncommon to feel the weight of chaos. Balancing coursework, professional aspirations, and personal life can leave you teetering on the edge of overwhelm. However, in the midst of life's turbulence, finding your center becomes not just a necessity but a powerful tool for resilience and well-being.

ACKNOWLEDGING YOUR FEELINGS:

The first step towards regaining control is acknowledging your feelings. It's okay not to have everything figured out. Whether it's academic pressure, personal challenges, or a combination of both, recognizing and accepting your emotions is a crucial foundation. Take a moment to pause, breathe, and allow yourself to feel without judgment.

EMBRACE MINDFULNESS PRACTICES:

Mindfulness is a potent antidote to the chaos that often surrounds us. Incorporating mindfulness practices into your daily routine can anchor you in the present moment. Techniques such as meditation, deep breathing exercises, or simply focusing on your senses can help cultivate a sense of calm. By redirecting your attention to the present, you create a mental refuge from the storms of life.

MAINTAIN A BALANCED ROUTINE:

In the whirlwind of MBA studies, it's easy to neglect the basics of self-care. Establishing and adhering to a balanced routine is essential for maintaining stability. Ensure you allocate time for work, study, recreation, and rest. Consistency fosters a sense of predictability in your day, providing a stabilizing force when external factors seem unpredictable.

CONNECT WITH SUPPORT NETWORKS:

You're not alone in your journey. Whether it's classmates, friends, or family, fostering connections with a support network is vital. Share your experiences, discuss your challenges, and lean on those who understand. Sometimes, expressing your feelings aloud can provide clarity, and the collective wisdom of a supportive community can offer valuable insights.

CONSIDER SEEKING PROFESSIONAL HELP:

If the turbulence in your life becomes overwhelming, you can always reach out to us. Seeking professional help is a sign of strength, not weakness.

All our clinicians are equipped to guide you through challenges, providing coping strategies and a safe space for self-reflection. Recognizing when you need external support and taking proactive steps to access it is a crucial aspect of regaining control.



TIPS FOR GETTING THROUGH THE HOLIDAYS

1. Set Realistic Expectations for yourself.
2. Create Boundaries, and stick to them.
3. Reach Out for Support, with friends, family, or one of our clinicians.
4. Practice Self-Care: yoga, breathing, a hot bubble bath, you name it.
5. Plan Meaningful Activities, this also gives you an out if you really need some time to yourself.



THREE BLOGS TO DEVOUR DURING THE HOLIDAYS

The Mighty is a supportive community and mental health blog that focuses on sharing personal stories and experiences related to various mental health challenges. It covers a wide range of topics, offering a diverse perspective on navigating mental health issues. The platform also provides resources, expert insights, and a sense of community for individuals seeking understanding and connection.

Psych Central is a comprehensive mental health resource that combines articles, blogs, and expert insights on a variety of mental health topics. From self-help tips to in-depth articles on mental disorders, Psych Central serves as a valuable educational platform for individuals looking to better understand and manage their mental well-being.

Tiny Buddha is a mindfulness and personal development blog that explores practical wisdom for everyday life. The blog covers topics related to mental health, mindfulness, and self-improvement, offering insights and actionable advice in short, digestible articles. It's a go-to destination for those seeking inspiration and tools to enhance their mental well-being.

Let's Breathe

Find a quiet and comfortable space. Sit or stand with your back straight and shoulders relaxed. Close your eyes if you feel comfortable, or keep a soft gaze. Take a few deep breaths to center yourself.

Now, shift your attention to your breath. Notice the sensation of each inhale and exhale. Feel the air entering and leaving your body. Focus on the rise and fall of your chest or the sensation of your breath at your nostrils.

If your mind starts to wander, gently bring your focus back to your breath. Allow any thoughts to come and go without judgment. Engage fully with each breath, using it as an anchor to the present moment. Continue this practice for a few minutes, gradually lengthening the time as you become more comfortable. This simple mindfulness exercise can help you reconnect with the present, reduce stress, and bring a sense of calm to your day.

THE CRUCIAL ROLE OF SELF-ADVOCACY



Taking your own mental well-being seriously is an important aspect of self-care and a necessity. Sometimes, we can use a little help from our family doctor. For example, we might need a letter indicating ongoing therapy, or guidance in looking for the right can of support.

Most family doctors understand the need for mental health care. Some doctors don't take this topic too seriously.

Sometimes we can feel embarrassed or ashamed to open up to our doctor, even though we know we need their help.

So what helps when advocating for our own mental health needs?

Four tips to get started

Self-Reflection and Awareness: Start by engaging in self-reflection to gain a deeper understanding of your mental health needs. Take note of patterns, triggers, and aspects of your life that may impact your well-being. Developing self-awareness enables you to articulate your needs more effectively when advocating for your mental health.

Educate Yourself: Equip yourself with knowledge about mental health conditions, treatment options, and available resources. The more informed you are, the better you can communicate with healthcare professionals. Understand the terminology, be aware of various therapeutic approaches, and research evidence-based interventions. This knowledge empowers you to actively engage in discussions about your mental health care.

Set Clear Goals: Work with your family physician to establish clear and realistic goals for your mental health. Whether it's managing specific symptoms, improving daily functioning, or exploring therapeutic options, having defined objectives provides a roadmap for your treatment plan. Regularly revisit and reassess these goals as you progress.

Express Your Preferences: Each individual's journey to mental well-being is unique. Don't hesitate to express your preferences regarding treatment modalities, medications, or therapy approaches. Your family physician should be open to discussing different options and tailoring a plan that aligns with your comfort and values.