

# Mental Health: Universal Human Right

# IN PSYCHFUL

Monthly Newsletter by Department of Psychology October 2023

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## WE ALL NEED A LISTENER

A universal right, for you and for me,  
Someone's there for each one of thee.  
Your health, your mind, and your soul,  
None deserve the burden or the toll.

Every gender, every race,  
May we all heal at our own pace.  
Be kind and be empathetic,  
Days and circumstances might already be  
pathetic.  
Speak up, come forward,  
No conversation is ever awkward.  
Peace of mind and a calm body,  
Be a human with an active spirit embodied.

~Jhankar Gupta

## Index

We all need a listener

Feel to Heal

The Importance of Mental

MUST READ!

Mental Health - Not A  
Luxury

How precious it will be when

Mental Health Awareness

Breaking Chains

## Editor's Note

In a world that is constantly evolving, our understanding of human rights continues to expand. Among these fundamental rights is the recognition that mental health is a universal right deserving of utmost respect and attention. The importance of mental health cannot be overstated, as it forms the very foundation of our overall well-being and quality of life.

For far too long, the stigma surrounding mental health has hindered open discussions and hindered individuals from seeking the help they need. Thankfully, the tides are changing, and societies worldwide are beginning to recognize the significance of mental health as an essential aspect of our human rights framework.

In this issue, we explore the multifaceted dimensions of mental health as a universal right. Dear readers, take care and be well

~Levin Kumar

## FEEL TO HEAL

You can't heal,  
if you won't let yourself feel.  
To feel, accept things beyond your false  
beliefs,  
Leaving all the "ifs" & "buts" behind  
and moving forward with "It is what it is"

~Preeti Narang



# INPSYCHFUL

## THE IMPORTANCE OF MENTAL HEALTH FOR EVERY INDIVIDUAL

Mental health is an essential aspect of our overall well-being, yet it is often overlooked and undervalued, in today's fast-paced and challenging world. Just as physical health is crucial for a fulfilling life, mental health is equally important for the overall development of every individual. This article aims to highlight the significance of mental health and shed light on the reasons why it should be given the attention and care it deserves.

### **Emotional well-being:**

Mental health plays a crucial role in our emotional well-being. It encompasses our ability to handle stress, cope with challenges, and maintain stable relationships. When our mental health is compromised, it can lead to emotional instability, affecting our daily functioning and overall happiness.

### **Physical health impact:**

Numerous studies have established a strong link between mental and physical health. Poor mental health can contribute to the development of physical illnesses such as cardiovascular disease, weakened immune system, and chronic pain. Conversely, improving and prioritizing mental health can have a positive impact on physical well-being.

### **Productivity and performance:**

Mental health significantly influences our productivity and performance, both in personal and professional realms. When individuals experience psychological distress, their ability to concentrate, make decisions, and work efficiently is hampered. By maintaining good mental health, individuals are more likely to excel in their pursuits and achieve success.

### **Relationships and social connections:**

Healthy relationships and social connections are fundamental to our overall quality of life. Mental health influences our ability to form meaningful connections, empathise with others, and engage in healthy communication. Individuals with sound mental health are more likely to have stable relationships and contribute positively to their communities.

### **Personal growth and self-esteem:**

Mental health is a catalyst for personal growth and self-esteem. It allows individuals to embrace challenges, learn from failures, and develop new skills. A strong sense of self and positive self-worth are crucial for individuals to thrive and reach their full potential in various aspects of life.

### **Resilience and coping mechanisms:**

Good mental health equips individuals with resilience and healthy coping mechanisms to navigate life's ups and downs effectively. It enables individuals to bounce back from setbacks, manage stress, and adapt to changes. Strong mental health empowers individuals with the ability to face challenges head-on and maintain a balanced perspective during difficult times.

### **Prevention and early intervention:**

Investing in mental health can prevent the onset of mental disorders and reduce the severity and duration of existing conditions. By promoting mental well-being and fostering an environment that encourages open dialogue and support, individuals are more likely to seek help at the early signs of mental health struggles.

Mental health is a vital aspect of every individual's well-being, encompassing emotional, physical, and social components. Prioritizing mental health not only benefits individuals but also contributes to healthier communities and societies. By fostering awareness, reducing stigma, and investing in resources and support systems, we can work towards ensuring that every individual has access to quality mental healthcare and the necessary tools to nurture and maintain their mental well-being.

~Anonymous



## MUST READ !

Hey, I heard it all, and I generously appreciate each sentence my colleagues have written above regarding the boom in mental health and the field of psychology. This is an absolute plus point: the world is becoming more aware and understanding of their emotional states and feelings, which is making me proud as a psychology student. BUT! "Too much of anything is hazardous to oneself" – this statement is mirroring today's scenario perfectly. With awareness comes a lack of knowledge about the subject, i.e., people begin to 'pamper' their small waves of emotions and vulnerabilities.

Research says any emotion does not stay for more than a minute; it's our conditioning of the mind that changes a sense of sadness into great deals of grief. Now, don't come to me saying, "What about the times of mishap and accidents?" We have to understand the frequency and the nature of emotions to deal with our mental health. Yes! It is okay to feel every emotion, take your time to feel it, cry it out, deal with it, and HEAL IT! You adapt to things more quickly than you think. We are capable of making things our habits, and we eventually become more habitual of feeling the way we feel (e.g., emotions after breakups).

~Tripti Sharma



# IN PSYCHFUL

## MENTAL HEALTH-NOT A LUXURY

Mental health refers to a person's emotional, psychological, and social well-being. Mental health is not just the absence of various mental health disorders; it is about achieving a state of well-being in which an individual can fulfill their potential, cope with life's challenges, work productively, and contribute positively to their community.

There can be a significant difference between the status of mental health of marginalized and non-marginalized communities. The status of the non-marginalized community is not the best itself, but it can still be considered better. These differences generally stem from social, cultural, and economic factors. Some distinctions may be:

- Discrimination: Marginalized communities may face higher levels of discrimination related to their identities or backgrounds, which leads to higher levels of stress and mental health challenges as compared to non-marginalized groups.
- Economic disparities: Marginalized communities frequently experience higher rates of poverty and unemployment, which can contribute to chronic stress, depression, eating disorders, substance abuse, etc.
- Education and awareness: Non-marginalized communities often have more access to mental health education and awareness programs, which can lead to greater knowledge about mental health and earlier intervention as compared to marginalized communities.
- Social support: Non-marginalized individuals often have access to more robust social support networks, which can buffer against the effects of stress and promote mental well-being as compared to marginalized communities.

Trauma and historical factors can also contribute to ongoing mental health challenges, and cultural and linguistic factors may also prevent marginalized communities from getting access to mental health services or receiving culturally sensitive care.

Mental health is integral to the well-being of individuals and society as a whole. Prioritizing mental health for everyone contributes to a healthier, more productive, and compassionate world. In conclusion, mental health should not be a luxury but should be within reach for each and every individual.

~Ritu Kaushik

## *How precious it will be when*

How precious will it be when

People won't label mental health as a joke.

How precious will it be when she'd be able to convey,  
But she knows that she'll be considered weak if she express.

She stayed strong

but It's hard to keep within herself as its been so long.  
She is confident , but how receptive humans are about mental health  
sequel her tolerance .  
They held her by chain

all her feelings flow to the vein as she could not explain.

It so insane, yet she cannot complain.

But how precious it would be

If all of us could convey

And would feel that it is okay .

How precious would it be if humans could have a greater sense of inner peace

And would perceive it encouraging by making stigmas end.

How precious would it be when it won't be repensed as an unshamed conversation but  
as a ray to conversion of mindset.

~Agasa Kaur

## MENTAL HEALTH AWARENESS

Breaking the stigma , why is it the time to talk about Mental Health ? Why are we so concerned about MENTAL HEALTH ? Let me begin with something which might help you all to understand the importance of mental health . As we observe , this word is itself surrounded by stigma and discrimination ( by discrimination I mean the fear of being judged ) , making it extremely tough for the people who desperately need an acquaintance so that they get the help they need. According to some of the reports conducted by the World Health Organization ( WHO ) , stating that one out of four people will be affected by neurological disorders at some point in their lives. Unfortunately , not many of us have the chance to consult a professional. The stigma which usually surrounds mental health can be seen coming from various sources such as family , friends , society , work places, etc making someone feel lonely, anxious, etc. All these factors prevents a person to ask for help. Thinking that the world is so advanced and progressive yet there are people in our society who makes it difficult for individuals who need help but they can't as it is considered TABOO . Well , it is essential to break the stereotype and create a safe environment for the people so that they can discuss their problems freely . There are various ways through which we can offer help to those who need it by organizing campaigns and educational programs. In my opinion , COMMUNICATION solves half of the problem and it is proven helpful at times . There are people who have experienced psychological issues and they can help others in overcoming those issues by spreading awareness about it and accepting it.

So, we should start taking mental health seriously and talk about it more often and considering it ABSOLUTELY NORMAL . The way we give importance to our Physical Health by following a proper diet , similarly we should prioritize our mental health .

~Ishika Chibber

# IN PSYCHFUL



## STUDENT'S CORNER



### *Suicide prevention*

The department of Psychology organised a suicide prevention talk and campaign in collaboration with youth for mental health under the outlive project to spread awareness and provide people with the necessary information and help. It talked about how we can prevent suicide and what could be the possible causes behind it. The drive was to burst the myths around suicide and help us develop informed response to such a sensitive topic.



*breathe*

### *Breaking Chains*

In shadows cast by judgments' might,  
Mental health hid from the light.  
Yet in the depths, a truth takes flight,  
Mental health is every person's right.  
From whispered secrets, we now break free,  
Ending stigma, let our hearts agree.  
With empathy, we mend what's torn,  
In mental health, together we're reborn.  
With equal care, we pave the way,  
To brighter nights and better days.  
A journey long, with strength we chart,  
Mental health, a universal heart.  
No more silence, no more despair,  
We rise above, we're all aware.  
Rights affirmed, we stand tall and bright,  
Mental health, our guiding light.  
In unity, we heal and mend,  
With open arms, we'll transcend.  
From stigma's grasp, we gently lift,  
Mental health, our precious gift.

-Anchal

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