

## EDITORIAL



### "EMOTIONAL LITERACY"

*Emotions is the critical aspect of human behaviour. We humans are differentiated from other species due to this powerful attribute, yet we fail to differentiate between emotions.*

*We all experience multiple emotions every day. Every situation initiates a thought which leads to some emotion and generates some response. One must be able to identify, validate his or her own emotions and respond accordingly. Many a times; we fail to identify the emotion and even if we do, we display another emotion to express ourselves!*

*Emotions have energy as well as power and hence can be positive and negative; healthy and unhealthy. Emotions are attached to peoples' values, such as religion, nationalism, patriotism, political ideologies, spirituality, inclusivity, diversity and all; it is very easy for us to get emotionally influenced and misdirected by it. Behind any motivation, there are emotions that have either assertive /constructive or destructive expression.*

*Majority of common mental disorders are due to emotional disturbances. The distorted thought-emotion-action cycle leads to emotional imbalance. This leads to mental illness. E.g., A thought of not being able to perform gives rise to anxiety, but unregulated thought process gives birth to anxiety disorder.*

*There are multiple methods and therapeutic modalities to address the mental illnesses. But prevention is always better than cure and hence, we should begin by being 'emotionally' literate.*

*Few schools have initiated workshops in 'Emotional Wellbeing'. They teach students to identify emotions with finer distinctions and manage them with the help of smileys and other images that display various situations. However, this must be a part of school education so as to teach them young.*

*Let us understand our emotions, and nurture them. We will then know when to suppress them, when to express our emotions and to respond well to any situation. Let us be emotionally intelligent!*



**Rtn. NANDKISHOR KARWA  
PRESIDENT, ROTARY CLUB OF  
NASIK GRAPE CITY**

It is indeed a pleasure to introduce Rtn. Nandkishor R. Karwa, President, Rotary Club of Nasik Grapecity. He is a mechanical engineer by profession. After completing his MS (Mech Eng.) from USA, he started a successful business of manufacturing. His company used to make printed aluminium collapsible tubes used for filling pharmaceutical ointment and supplied to various companies. Prior to that he was in the business of manufacturing corrugated boxes which were supplied to industries for export of fruits like grapes etc.

His wife Sushma has done BA from Hyderabad. She has also completed her GIA course in diamond and is a successful jewellery designer. She has successfully executed many jewellery orders, by personally selecting diamonds to design ornaments.

They have three grown up sons, who are equally accomplished. Their eldest Nikhil (BE) takes IT assignments. Their second son Amogh has done his Ph.D. in Chemical Engineering, and has settled in Boston, USA. Third son Anuj is unmarried and is a CA, CFA, settled in Canada.

After retirement, Mr Karwa has involved himself in Rotary and other social activities. He strongly believes that meditation teaches control of mind and thoughts. It also helps in preventing negative thoughts from entering the mind. He also believes in keeping track of time and money every day and reviewing them monthly. Time according to him is a precious commodity that should be spent in reading, learning new skills and doing good to the society.

He also has deep faith in God and feels that we should accept both the good and bad as a part of life and learn lessons from it.

**Rtn. Dr. Shantala Bhole  
Director DAGMHI 3030**

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**-Dr. Aabha Pimprikar,  
Co-Editor, President DAGMHI 3030**

Rotary  
District 3030



Rotary  
3030 India



Action Group  
on Mental Health  
Initiatives

With Rotary Club of Nasik Grapecity

## MIND YOUR MIND

SEASON 2

### ONLINE REEL MAKING COMPETITION

Last date of submission  
**31st October, 2022**

Project coordinator  
**Int. Pres. Sara Pimprikar**  
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## EMOTIONS SPECIAL

### EMOTIONAL HEALTH : NATURE AND NURTURE

In psychology, emotion is often defined as a complex state of feeling that results in physical and psychological changes that influence thought and behaviour. There are six basic emotions according to the Psychologists Paul Ekman: fear, disgust, anger, surprise, happiness and sadness. These are primary emotions that are triggered due to some stimulus. Secondary emotions are what we feel as response e.g., fear (primary) -threat/aggression (secondary).

We interchangeably use the words – emotions, feelings and mood. Emotion is a response to some stimulus or situation – they are instant and physical. Feeling is what we experience due to emotion – they are physical and long term. Different people can have different feelings after experiencing the same emotion. Mood can be long lasting, the trigger being unidentifiable.



While few emotions can be unintentionally inherited (family trauma, parental modelling or abuse); all the emotions are different and the response varies from person to person. Emotions can be positive and negative and both can be healthy and unhealthy. We should learn to identify them.

We should observe and recognize the emotion (if possible, by writing on a piece of paper), validate and accept the emotion (irrespective of it being positive or negative), try to understand and analyse the reason behind it (e.g., you are -stressed or tired? Feeling lonely or missing out conversation with a dear one?). Once we identify our emotions, we can regulate or manage them.

To understand this better, let us study a tool designed by Psychologist Robert Plutchik based on his 'theory of emotion'. This is known as 'Plutchik Wheel of Emotions'. This wheel has few distinct characteristics:-

- 1.Primary: Eight emotions
- 2.Opposites: The emotions are in pairs of opposites – based on physiological reactions being created by each emotion (in humans as well as in animals).

- Joy vs Sadness:** Physiology - Connect versus Withdraw
- Trust vs Disgust:** Physiology- Embrace versus Reject
- Fear vs Anger:** Physiology - Get small and hide versus Get big and loud
- Anticipation vs Surprise:** Physiology - Examine closely versus Jump back

- 3.Combination: of two, three or more emotions (secondary, tertiary emotions).
- 4.Intensity: of emotion and the color indicator intensifies toward the center of the wheel and de-escalates outward.

Emotion is a subjective experience but the response is physiological, behavioural and expressive. Hence, we should learn to manage and regulate our emotions.

Sabaa Tahir (author of a torch against the night) quotes- **"Your emotions make you human. Even the unpleasant ones have a purpose. Don't lock them away. If you ignore them, they just get louder and angrier."** Every emotion has a story to tell. What's yours?

-Dr. Aabha Pimprikar,  
Co-Editor, President DAGMHI 3030

## MOODS AND MOOD DISORDERS

"I am not in a good mood today; I am feeling sad and upset" we all might have heard people using these statements multiple times. It's normal to feel sad or irritated depending on what the situation is. Emotion is a strong feeling that lasts for minutes but when the same feeling lingers for hours it becomes a person's mood. Everybody experiences mood swings or changes in their moods and it's absolutely normal to feel them. However if the same mood lasts for weeks or longer and affects the person's day to day activities and ability to function then it leads to the development of **mood disorders** which interfere with their emotional state.

People with mood disorders experience a variety of emotions ranging from extremely low to extremely high moods making it difficult for them to function accurately. A wide range of factors like chronic stress, death of your loved ones, traumatic experiences can ultimately lead to the development of mood disorders. Mood disorders are more prevalent in females as compared to males and are also commonly seen in children and adolescents. Mood disorders primarily have symptoms that affect sleep, eating patterns, mood and even your ability to think clearly.

There are 5 types of mood disorders which include major **depressive disorder or clinical depression, dysthymic disorder, bipolar disorder, and substance-induced mood disorder** out of which depression and bipolar disorder are the most common types of mood disorders. A person experiencing a persistently depressed mood which causes significant impairment in daily life is known to suffer from depression or major depressive disorder and a person experiencing episodes of mood ranging from extremely high (mania) to extremely low (depression) is known to be suffering from bipolar disorder.

All the mood disorders ranging from dysthymia which is a milder form of depression that lasts for a longer period to major depressive disorder can be cured with a combination of proper medications and psychotherapy and can help individuals lead a normal life. It's never too late to seek help if required. This World mental health day let's take a pledge to remove the stigma attached to mental health and approach a therapist whenever situation demands!

-Sakshi Kothari,  
M.A Psychology, Nagpur.



SCAN THIS CODE TO ACCESS  
ALL MIND MATTERS ISSUES



## EMOTIONS SPECIAL

### EMOTIONAL REGULATION

"Emotion regulation" is a term generally used to describe a person's ability to effectively manage and respond to an emotional experience. To understand it further, it is E (energy)-in motion being managed by us. We use a fan regulator to manage the temperature of the room, which is in our control as the weather keeps changing outside and beyond us. As we do it by shifting the regulator from 1 to 6 or 6 to 1 to suit our needs. Similarly, the situations outside us are beyond us; however, they can trigger various emotions within us and to manage ourselves we regulate our mental atmosphere by regulating our emotions. It is a learnt skill and needs conscious efforts and practice, later it settles in the unconscious and it becomes easy to emote. Some of these are unhealthy and some are healthy.

Unhealthy ways are mostly unconscious like abusing alcohol or other substances, self-harm, physical or verbal aggression! These days the excessive use of social media, being hooked to OTT platforms beyond a particular time, eating in excess, reaching out for packed food to numb emotions are unhealthy ways of coping with challenges and regulation of emotions.

Healthy ways of regulation are talking with friends, exercising, writing in a journal, meditation, therapy. Taking care of self when physically ill, getting adequate sleep, paying attention to negative thoughts that occur before or after strong emotions! Noticing when you need a break and allowing that are also ways of balancing our emotions.

We can further learn healthy ways to regulate our emotions, practice, and master them!

- 1. Learning to witness your own emotions** -as you observe, when you slow down or spend time with yourself, they come and go naturally. The key is to remember that we are not our emotions
- 2. Practice Detachment with your emotions** as there are many emotions coming and going throughout the day and when we recall and reflect we get attached to some and hold the within.
- 3. Choosing less intense words to address** a certain emotion consciously is also a way to regulate emotions. E.g. Instead of saying "I am hurt" one can say "I am Disappointed!"
- 4. Accepting that all emotions exist in duality** and a balance is somewhere in between them and all emotions need to be felt. It is not the emotion but how we perceive the difficult emotions that will help us to regulate them.
- 5. Allowing the emotional charge to dissipate** and then address them, it could be with our self or others. Doing so allows us to view the situation more rationally and act accordingly.

-Kavita Saraf  
Psychotherapist, Soft skill trainer, Life Coach-Nagpur



From High Arousal to Neutral State

## EMOTIONAL INTELLIGENCE

We all might have come across people who can easily empathize with others, build stronger bonds in a relationship, can achieve their goals and make effective communication. Such people are known to have high EQ or emotional quotient. One's EQ or emotional intelligence is their ability to understand and manage their own emotions which in turn helps them connect with their inner self or feelings thereby allowing them to make informed decisions and succeed in life. There are five major components that define one's emotional intelligence according to **Goleman's five-part model**. These are:

**Self-awareness** helps you to understand your own emotions and how they affect their thoughts and behaviors in a better way.  
**Self-regulation** which allows you to control your negative feelings, thoughts, and behaviors in healthy ways.

**Motivation** enables you to set clear goals and achieve them.

**Sympathy** allows you to empathize with others and understand them in a better way.

**Social skills** allow you to build strong relationships with others and make effective communication.

EQ is equally important as IQ, as it allows you to understand the emotions in yourself and in others thereby helping you to make better decisions. According to a study conducted by Bradberry it was found that **people with high EQ and average IQ scores can outperform people with high IQ and average EQ**.

Emotional intelligence can always be developed with education and experience. Mindfulness is the best suited exercise to enhance one's emotional intelligence and can work wonders if practiced daily. Let' take a step forward to become emotionally intelligent!

-Sakshi Kothari,  
M.A Psychology, Nagpur.

## EMOTIONAL DEPRIVATION

Humans are product of Nature and Nurture. The development of brain depends both on genes and experiences. The brain of a young child is more sensitive, more malleable than a mature brain and experiences it gets deeply affect the architecture of the brain. The neglect (not getting what we should) be it physical, emotional, social or cognitive; has devastating effect. The emotional deprivation (lack of psychological nurturance) can either be subtle or extreme and multi-sensory altering the neurobiology and brain function.

Different brain areas develop at different stages of growth and the emotional needs vary at each developmental stage. Thus, the neglect will affect different functions. E.g., 'touch' is essential during infancy; while elder kids need 'serve and return' response and interaction from adults. The mother or the caregiver creates a sensory stimulus every time they touch or communicate with the child causing stimulation to brain cells. When there is no emotional bond or connect, a stress system gets initiated and the synapses (attachments of nerve endings of brain cells) fail to develop.

Numerous studies have been conducted to establish these developmental delays. Few researchers studied the reversal of these delays when the neglected kids were shifted in loving homes. Very few studies have directly examined the correlation of effects of neglect on neurobiology (brain abnormalities);but the results are significant (Refer the image attached).

The scientists at the centre on the developing at Harvard University have categorised neglect as:

- 1.Occasional inattention (beneficial most of the times)
- 2.Chronic under-stimulation (due to less interactions, but can be reversed)
- 3.Severe neglect in a family context (neglect and malnourishment)
- 4.Severe neglect in an institutional setting (the caregivers and other factors are constantly changing).

The children are neglected more than they are ill treated or malnourished. Unfortunately, the neglect cannot be seen and hence the effects go unnoticed. Children who have experienced neglect have increased risk of developmental, physical as well as mental health problems. These include learning problems, problems with peers, symptoms of mental illnesses. When they grow into an adult, they have increased risk of low productivity, medical illnesses and psychiatric disorders. We must introduce some interventions in socio-emotional development by means of awareness. Let us not neglect the foundation of our next generation.

-Dr. Aabha Pimprikar,  
Co-Editor, President DAGMHI 3030

[https://www.researchgate.net/figure/Abnormal-brain-development-following-sensory-neglect-in-early-childhood-These-images\\_fig1\\_225759011](https://www.researchgate.net/figure/Abnormal-brain-development-following-sensory-neglect-in-early-childhood-These-images_fig1_225759011)



These images illustrate the negative impact of neglect on the developing brain. In the CT scan on the left is an image from a healthy three-year-old with an average head: size (50th percentile).The image on the right is from a three-year-old child suffering from severe sensory-deprivation neglect. This child's brain is significantly smaller than average (3rd percentile) and has enlarged ventricles and cortical atrophy.



## EMOTIONS SPECIAL

### SPIRITUALITY AND NEGATIVE EMOTIONS

*"Spirituality involves the recognition of a feeling or sense or belief that there is something greater than myself, something more to being human than sensory experience, and that the greater whole of which we are part is cosmic or divine in nature."*

True understanding of who we are can actually give a permanent solution to this ever-changing mind and events in one's life.

**Who are we?** There is a hidden power which can be called as life principle that keeps our body alive and functioning. This power which works in all beings is "Only One and the Same" and one may call it as consciousness or soul or Atma. **It is important to understand that "we are not this body nor the mind" but "we are the Consciousness or Atma, which is working in us.** When we identify ourselves as a body, name or form, we identify with the temporary which is perishable. If we identify ourselves as the One power, which works in all beings, which never dies nor is born, we no longer associate ourselves as individual consciousness, we become universal consciousness. When we begin to see ourselves in others and others in our own selves, we truly migrate into universal consciousness and we become one with the power.

**Only True Understanding of Self can help in controlling emotions** – This understanding that "I am not this body nor the mind" is most essential to overcome all negative emotions that we experience. The main negative emotions such as **Anger, fear, resentment, frustration, and anxiety**, when identified with the body-mind results in ego, and when ego is affected emotions follows. Spiritual Knowledge and saintly people have truly understood this distinction and live their life as that One Power or Consciousness' which is responsible for life in all beings.

**How Can We Best Control and Deal with our Negative Emotions?**

One of the best ways to deal with our negative emotions is through **acceptance**. There are benefits to negative emotions, hence forcing ourselves to be happy all the time can also be detrimental to our overall emotional wellbeing. Accepting negative emotions in ourselves and others is a part of being human. It allows us to be more compassionate and develop empathy. Rather than becoming stuck in a mindset that negative emotions need to be avoided or that they are somehow 'wrong' to experience, we need to accept they are a natural part of who we are.

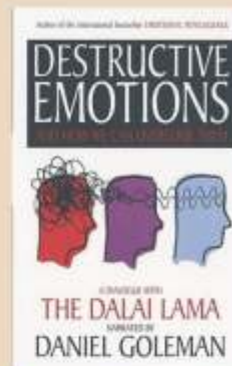
Once we do that, we can really begin to change how we might respond to them and develop behaviors that are meaningful and bring value to how we express ourselves and engage with others.

**-MURALI RAGHAVAN**

*Past President, Rotary Club of Deolali*

## BOOK REVIEW

### DESTRUCTIVE EMOTIONS - A SCIENTIFIC DIALOGUE BY THE DALAI LAMA



It is one of the many path-breaking books authored by Dr. Daniel Goleman.

There are numerous books by eminent authors which address the topic of emotions. But what sets this book apart is that it does not talk about the management of emotions or observation of emotions in others, nor does it talk about turning negative emotions into positive, rather it doesn't talk about positive and negative emotions at all!

It talks about the most basic and seemingly simple task of **accepting** one's emotions and what triggers emotions in us.

I say "seemingly simple", because to realize what I am feeling right now, and to accept it, is an enormous task. We all are very good at accepting happy and comfortable emotions, we feel entitled to those. But what happens when we feel disappointed, guilty, unmotivated, angry???? We want to escape them without stopping to understand what made us feel this way. We become so uncomfortable that we start questioning **"Why is this happening with me?"**, rather than mulling over the more relevant question **"What is this emotion teaching me?"**

We give way to destructive emotions if we do not address them with objectivity, accept them and understand what caused them. In understanding our emotion, we come closer to inner peace.

Apart from this, another fact that makes this book stand in a league of its own is the beautiful amalgamation of psychological, philosophical and neurological dialogues with His Holiness- The Dalai Lama.

In my opinion every person must read this book and also teach their children the healthy way to resolve uncomfortable emotions. It can easily be a guide to developing emotional intelligence.

I had one more life enhancing experience while I was reading it, and I shall read it a few more times to let the lessons sink in.

To all bibliophiles who have already ordered the book or are looking for it online, happy reading! It is available on Amazon.

**-Dr. Geetanjali Jha,**

*Homeopath, Digital Parenting Expert.*

there's a danger  
in bottling up  
your emotions



you cannot  
repress them  
forever



### Feelings thermometer

