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# Calm Your Mind. *life*

## About Us >>>

Founded in 2021, SU Counseling Services® is a compassionate organization committed to empowering individuals, families, and corporates on their journey toward improved mental health and overall wellbeing.

Guided by a vision to destigmatize and prioritize mental health, we strive to create a world where everyone can thrive emotionally and reach their fullest potential.

Our mission is to provide accessible, high-quality mental health care while fostering awareness, acceptance, and inclusivity within the community.

At SU Counseling Services, we are your trusted partner in building resilience, encouraging growth, and navigating life's challenges. Together, we can create a brighter, healthier future. Our team of experienced and compassionate professionals uses evidence-based therapeutic approaches tailored to meet your specific needs. We offer a wide range of services, including individual counseling, couples therapy, family counseling, and more. Whether you're seeking support for personal growth, relationship challenges, or mental health concerns, we are here to support you.

## Interview with Dr. G.V. Kumar, Psychologist

by Kavitha Kannan, Counseling Psychologist and Corporate Trainer

**Dr. G.V. Kumar**, M.B.A., M.Sc., Ph.D. a famous Psychologist with 40 years of vast experience. Practising as Psychologist, Psychometrician, Psychotherapist, Hypnotherapist, Sex Therapist, Motivational Speaker, Research Guide, Professor of Psychology, Corporate and Soft Skills Trainer since 1983.

**Q: What do you believe is the major differences between the Counseling Psychologist and a Psychiatrist?**

**A:** *The main difference between a Counseling Psychologist and a Psychiatrist lies in their training and approach.*

*Counseling Psychologists hold a Master's or Doctoral degree in psychology and focus on therapy, using strengths based, non medical approaches to address emotional and developmental concerns. Psychiatrists are medical doctors who specialize in mental health, primarily treating psychiatric disorders through medication and medical interventions, often with less emphasis on psychotherapy.*

**Q: What do you think about the growing trend of combining medication with psychotherapy in the treatment of mental health disorders?**

**A:** *Combining medication with psychotherapy offers a holistic approach, addressing both biological and psychological aspects of mental health. It often leads to better outcomes, with medication managing symptoms and therapy fostering coping skills and long-term recovery.*

**Q: What ethical dilemmas or challenges do Counseling Psychologists face in their work, and how do you navigate these situations?**

**A:** *Counseling Psychologists often face ethical dilemmas like maintaining the client confidentiality, and managing dual relationships, and addressing cultural or value-based conflicts. They navigate these challenges by adhering to professional ethical guidelines, seeking supervision or peer consultation, and prioritizing clients' wellbeing while respecting their autonomy and cultural background.*

Continue in the next issue...

# Finding Your Purpose

by Kavitha Kannan, Counseling Psychologist and Corporate Trainer

## What is a purpose?

1. The reason for which something exists or is done, made, used, etc.
  2. An intended or desired result; end; aim; goal.
  3. Determination; Resoluteness.
- **Reflect on your values:** Consider what you consider essential and what you live for.
  - **Think about your current situation:** Consider your financial status, relationships, and health, and where you want to be.

## How do I discover my purpose in life?

Finding your purpose starts with self-reflection, asking yourself hard questions about what you love, identifying your passion, and what brings you fulfillment. It involves exploring different paths, trying new things, and stepping out of your comfort zone to find honest answers from within.

- **Consider your strengths:** Think about your skills and how you can use them.
- **Identify your passions:** Consider what you're passionate about, even if it's something outside of your current career.
- **Practice gratitude:** Being grateful can help you find meaning and reach out to others.
- **Take your time:** Discovering your purpose is a lifelong journey. Be patient and reflect on the insights and experiences you gain along the way.
- **Set goals:** Becoming goal-oriented can help you achieve great things and get a sense of your purpose.
- **Try new things:** Trying new things every day can help you find your true calling.
- **Be open to feedback:** Consider listening to feedback from others.



- **Volunteer or mentor:** Volunteering or becoming a mentor can help you cultivate a sense of purpose.
- **Surround yourself with positive people:** Consider surrounding yourself with positive people.
- **Start conversations:** Consider starting conversations with new people.
- **Consider injustices:** Consider injustices that bother you.

We can relate our day to day life with Japanese lifestyle and learn many things from their ancestors. In fact they are the only ones who live longer life than anyone in the world above 100 years in Okinawa village at Osaka, due to their systematic **Ikigai** lifestyle.

# Ikigai

## What is Ikigai?

Ikigai is a Japanese concept that refers to a person's purpose in life, or "reason for being". Ikigai can be described as having a sense of purpose in life, as well as being motivated. According to a study by Michiko Kumano, feeling ikigai as described in Japanese usually means the feeling of accomplishment and fulfillment that follows when people pursue their passions. Some ways to find your ikigai include: Asking yourself questions, Taking notes, reflecting on your ideas, speaking to family members and friends, and Taking personality tests.

The word "ikigai" is made up of two smaller Japanese words: "iki" (meaning "life") and "gai" or "kai" (meaning "worth"). The concept has a long history in Japan and other parts of Asia, but it recently became more popular in the Western world after the publication of Ikigai:

The Japanese Secret to a Long and Happy Life by Héctor García and Francesc Miralles in 2016. Some say that finding your ikigai can:

- Help you find your path to fulfilment
- Provide guidance when you're feeling aimless
- Help you stay grounded
- Help you take responsibility for your journey
- Help you live life to the fullest
- Bring you more meaning and purpose
- Enhance your physical health and mental wellbeing

Ikigai is a philosophy that encourages people to find joy in life by exploring the intersection of:

- **Passion:** What you love
- **Vocation:** What you're good at
- **Mission:** What the world needs
- **Profession:** What you can be paid for



## Why do I need purpose in Life?

Having a sense of purpose can help you in many ways, including:

- **Resilience:** People with a strong sense of purpose are more resilient and better able to cope with stress.
- **Physical health:** Having a purpose can improve your physical health and lower your risk of death.
- **Fulfilment:** Living with purpose can help you feel fulfilled and bring joy to your life.

## Mind Matters >>>

- **Mental and emotional health:** Purpose can help you feel happier, more optimistic, and more hopeful.
- **Fulfilment:** Living with purpose can help you feel fulfilled and bring joy to your life.
- **Direction:** Purpose and meaning give you direction in life, helping you to close the gap between who you are and who you want to become.
- **Trust:** Purpose helps people see their values in action, which can help build trust.

Each person's purpose is unique to them. You can find meaning in your life by using your skills and experiences to make a positive impact.

Depending upon your age, time and passion, each one's passion differs, if you are exceptionally good in sports, for eg. In Cricket and if you can balance your studies as well as sports then you can dedicate yourself for getting into intense training by finding a proper coach, training for 6 to 8 hours per day and having goals to reach the state level, national level than to international level with proper timetable, schedules, routine followup, guidance and feedback.

If you are not satisfied with your results even after proper training and guidance then you need to consider a change in your decision, being resilient to yourself helps in combating with critical comments and to march forward in a successful path of your own.



As Swami Vivekananda Says, don't hesitate to, **"Try again and again, until you succeed"**.

Finally just calm your mind and relax, we are just a call away to guide and counsel you.

## Dealing with Feelings >>>

# Navigating Emotions

by Sudhakar Haridoss, Counseling Psychologist

Our emotions are a powerful part of who we are, shaping our thoughts, decisions, and interactions.

Yet, dealing with feelings isn't always easy. Whether it's overwhelming sadness, bubbling anger, or the quiet hum of anxiety, our emotions can sometimes feel like an unwieldy storm. The key to managing these experiences lies not in suppressing them but in understanding and addressing them with kindness and intention. Feelings are not meant to be ignored—they are signals, reminding us to pay attention to what's happening inside and around us.

To deal with feelings effectively, it's important to first name and acknowledge them. Labeling an emotion, like "I feel frustrated" or "I am overwhelmed," creates clarity and helps you take the first step toward resolving it. For instance, a student who feels nervous before exams might recognize their anxiety and use that awareness to create a study plan or practice relaxation techniques. Similarly, if a parent feels anger after their child breaks a house rule, pausing to identify the emotion can prevent harsh reactions and encourage constructive discussions instead.

Next, practice self-compassion. Instead of judging yourself for feeling a certain way, remind yourself that emotions are part of the human experience.

For example, someone feeling guilty after missing a deadline at work might say, "I'm doing my best, and I can learn from this experience," rather than engaging in harsh self-criticism. Likewise, if a friend feels sadness after a breakup, they could remind themselves that it's okay to grieve a meaningful connection.

Finally, find healthy ways to process emotions. A teenager dealing with anger after a fight with a friend might go for a run or listen to music to release tension. A busy professional feeling burned out might set aside time for yoga or meditation to recharge.

A person struggling with loss might join a support group to share their journey with others who understand. These real-life strategies show that dealing with feelings is not about avoiding them — it's about finding ways to navigate through them with resilience and self-awareness.

In addition to acknowledging, accepting, and processing emotions, cultivating emotional resilience is essential for navigating life's challenges. Emotional resilience is the ability to adapt and recover from adversity, and it begins with building a strong foundation of self-awareness. Regularly checking in with yourself—through journaling, mindfulness practices, or simply pausing for a moment of reflection—can help you identify patterns in your emotional responses.

Over time, this awareness empowers you to respond to difficult situations with greater clarity and calmness.

Another valuable strategy for managing emotions is seeking connection and support. Humans are inherently social beings, and sharing your feelings with trusted friends, family members, or a counselor can provide comfort and perspective.

Opening up about what you're experiencing not only lightens the emotional burden but also fosters deeper, more meaningful relationships. For instance, discussing your fears with a loved one can transform anxiety into an opportunity for empathy and understanding.

# Embrace Self-Compassion

by Srikanth Vaigundam, Psychologist and Yoga Instructor

*Self-compassion is about treating yourself with the same kindness and care you would offer a close friend. Here are simple, actionable practices to help you nurture self-compassion in daily life:*

## Speak Kindly to Yourself

- ✚ Replace self-criticism with encouraging words.
- ✚ Example: Instead of saying, “I failed again,” try, “I’m learning, and it’s okay to make mistakes.”

## Practice Mindful Awareness

- ✚ Acknowledge your emotions without judgment.
- ✚ When feeling overwhelmed, take a moment to pause, breathe deeply, and observe your thoughts without attaching to them.

## Write a Letter to Yourself

- ✚ Write as though you’re comforting a friend.
- ✚ Address your fears or failures with words of understanding and encouragement.

## Create a Self-Compassion Mantra

- ✚ Use phrases like:  
“I am doing the best I can.”  
“It’s okay to not be perfect.”  
“I deserve kindness and care.”

## Take a Self-Compassion Break

When feeling stressed or upset:

- ✚ Acknowledge the struggle: “This is a hard moment.”
- ✚ Recognize it’s part of being human: “I’m not alone in feeling this.”
- ✚ Offer yourself kindness: “I will give myself the grace I need right now.”

## Engage in Gentle Self-Care

- ✚ Take time to recharge with activities that soothe your body and mind, like reading, meditating, or enjoying a cup of tea.

## Forgive Yourself

- ✚ Reflect on mistakes with a growth mindset.  
Ask:  
What can I learn from this?  
How can I move forward with greater care for myself?

Self-compassion is a practice, not a destination. With each small step, you strengthen your ability to respond to life’s challenges with resilience and grace.

**Perfection is not required;** progress is enough. Embrace your imperfections as part of what makes you human.

**You are not alone in your struggles.** Recognizing shared humanity can help you feel more connected and less isolated.

**Compassion begins with you.** By being kind to yourself, you cultivate the emotional energy needed to care for others effectively.

**Every moment is a new opportunity.** If you falter, simply begin again without judgment.

**Celebrate small wins.** Even tiny acts of self-kindness can have a profound impact on your overall well-being.

# Enhancing Emotional Intelligence (EI)

by Srikanth Vaigundam

*Emotional intelligence (EI) is the ability to recognize, understand, and manage emotions — both your own and those of others. Developing EI can improve relationships, decision making, and overall wellbeing. Here are some practical tips:*

## Develop Self-Awareness

- ✚ **Reflect on your emotions:** Take a moment to name what you’re feeling and why.
- ✚ **Keep a journal:** Document your emotions and triggers to better understand patterns.
- ✚ **Ask yourself:** “How do my emotions influence my thoughts and actions?”

## Practice Self-Regulation

- ✚ **Pause before reacting:** Take deep breaths to calm yourself when emotions run high.
- ✚ **Use grounding techniques:** Focus on the present moment to regain control over your feelings.
- ✚ **Set boundaries:** Protect your energy and avoid unnecessary emotional strain.

## Develop Emotional Resilience

- ✚ **Accept the imperfections:** Recognize that mistakes and setbacks are part of growth.
- ✚ **Practice gratitude:** Focus on what’s going well, even in tough times.
- ✚ **Learn the stress management techniques:** Regular exercise, meditate, or engage in hobbies that relax you.

# we are *here to listen...*

Reach out to us at  
[www.calmyourmind.life](http://www.calmyourmind.life)



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## Editor's Message

Dear Readers,

Welcome to the first edition of our **CalmYourMind.life** eNewsletter! As we navigate an ever-evolving world, the importance of mental health and emotional well-being continues to come to the forefront. This eNewsletter aims to be a source of inspiration, information, and connection for our valued community.

In this issue, we delve into topics that resonate deeply with our mission—fostering resilience, promoting holistic care, and addressing the diverse challenges individuals face today.

At **CalmYourMind.life**, we believe in creating a safe, compassionate space where everyone feels heard and supported. This newsletter is an extension of that commitment, bringing valuable insights and tools to your doorstep.

Thank you for being part of our community. Together, let's continue to prioritize mental health and work towards a brighter, healthier future for all.

Best Regards

**Ranee Sen**

Editor, **CalmYourMind.life** eNewsletter

"Self-care is how you take your power back" — Lalah Delia