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Source: Ganesh Venkatesan

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Calm Your Mind.life

In Mind >>>

Dr. Kavitha Kannan is a compassionate therapist who specializes in career counseling, addressing study-related anxieties, mood disorders, and interpersonal challenges. Kavitha empowers individuals to overcome obstacles and transform into unique, confident individuals ready to face the world with resilience. Her unwavering commitment to helping others navigate life's challenges sets her apart as a trusted and effective Counseling Psychologist. She serves as the CEO of **Mind Scape Counselling**. In her capacity as Director, Kavitha assumes a crucial position at **Alagu Jothi Academy**, an educational institution passionately devoted to nurturing young minds and promoting comprehensive development.

Interview with Dr. G.V. Kumar, Psychologist

by **Dr. 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: How is networking with professionals from other fields — such as doctors, psychiatrists, medical technicians, students, and professors—valuable and important in supporting the work of a Counseling Psychologist?

A: *Networking with professionals from related disciplines allows counseling psychologists to provide more comprehensive and holistic care to their clients. Collaboration with doctors and psychiatrists helps ensure that clients receive both psychological and medical support when needed, particularly for cases involving mental health conditions with biological components. This interdisciplinary approach fosters a clearer understanding of the client's overall well-being and enables timely referrals or joint treatment plans that enhance therapeutic outcomes.*

Engaging with medical technicians and other healthcare workers can also improve the psychologist's ability to interpret medical or diagnostic information that may influence a client's mental health

By understanding how physical health, medication, or laboratory results intersect with psychological states, counseling psychologists can make more informed assessments and interventions. Such collaboration bridges the gap between mental and physical health, promoting a more integrated care system.

Networking with students and professors, meanwhile, enriches the counseling psychologist's academic and professional development. These connections foster the exchange of current research findings, evidence-based practices, and new theoretical perspectives. Collaboration in academic and training environments also encourages mentorship, professional growth, and innovation in therapeutic techniques—ensuring that counseling psychologists remain informed, competent, and responsive to the evolving needs of their clients and communities.

MIND SCAPE COUNSELLING

We can help resolve a wide variety of issues such as stress, anger, anxiety, relationship problems, Trauma, depression, low self-esteem and grief.

*Unleash your mind...
Unwind yourself...
Heal your mind...
Get back on your feet...
End your pain today...*

Feel free to contact for counselling

MENTOR
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Digital Detox: Reclaiming Mental Space in a Hyperconnected World

by **Sudhakar Haridoss**, Counseling Psychologist

In an age of constant connectivity, our minds rarely get the rest they need. Continuous exposure to screens and notifications can lead to cognitive fatigue, anxiety, and reduced emotional presence — a state often described as digital overload.

A digital detox doesn't mean rejecting technology; it's about using it mindfully. Setting intentional limits on screen time helps restore attention, improve mood, and enhance overall wellbeing. Counseling research shows that even short periods of digital disconnection — such as device-free meals or no-screen hours before bedtime — can improve focus and sleep quality.

Start small: silence non-essential notifications, create tech-free zones, and schedule regular “digital sabbaths.” Set specific screen-free hours during the day to focus on deep work or quiet reflection. Replace scrolling time with mindful alternatives such as reading, journaling, or going for a walk. Track your screen usage to become more aware of digital habits, and celebrate small wins as you regain balance and control. Use those moments to reconnect with nature, engage in creative activities, or have face-to-face conversations.

A mindful approach to technology helps you reclaim control over your attention and emotions. Ultimately, digital detoxing is an act of psychological self-care — creating space for presence, reflection, and genuine connection in a world that rarely pauses.



In essence, a digital detox is not about disconnecting from the world but about reconnecting with yourself. By creating intentional pauses from technology, you nurture mindfulness, emotional balance, & authentic relationships. Over time, these small digital boundaries cultivate greater clarity, creativity, and calm. In a fast-moving world, stepping back from the screen is often the most powerful step forward for your mental wellbeing.

Societal Stress due to Cinematic Influence

by **Dr. Kavitha Kannan**, Counseling Psychologist and Corporate Trainer

Cinema's influence on societal stress and well-being is a double-edged sword: positive impacts include stress reduction through comedy, and the ability to foster empathy and destigmatize mental health issues by promoting accurate and sensitive portrayals. Conversely, Cinema can create stress and negative well-being by depicting unrealistic lifestyle aspirations and the glamorous "show-offs" of wealth and success, fostering feelings of inadequacy and pressure. Inaccurate or stigmatizing representations of mental illness can also be harmful, further entrenching societal stigma and negatively affecting those affected.

As I am a panel member of Central Board of Film Certification (CBFC),

Chennai, I get to see all kinds of movies from Hindi, Tamil, Malayalam, Telugu and Kannada dubbed movies, thrice a month, the cinema be it north or south tend to influence society especially youth and adolescent through violence, sex, love, emotions and culture. Those days during our formative years in school we were taught moral stories with a moral, takeaway message at the end of a story, but nowadays the movies as well as the public expects a different story line for that to hit the block busters and in urge to procure a box office hit numbers, the directors are viable to get into a crazy crowd following trend, in fulfilling their taste and trend and madly narrate the script without any logic nor a storyline in it. This invariably fabricate pressure for both the creators as well as the public.

Dealing with Feelings >>>

You may ask me, how and in what way a cinema, create stress?

Of course it's a stress for the makers as well as the panel members like us to certify weather "A" or U/A certificate, recently CBFC-board has released a modified way of certifying U/A with 7+, 13+, 16+ certificates instead simply U/A, for example 7+ indicates that children under 7 years has to watch the movie with parental guidance and above 7 years can watch without them also.

Ironically when a movie with bigger star gets released, the expectation peaks up and the audience thought process and following their iconic star in style, dressing and even in their emotions builds up stress related issues especially in adolescent age, they are influenced to imitate their style and practices in the movie, if a star smokes and drinks, a boy wants to take a puff and explore the taste, not only the narcotics and style.

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The best way to set boundaries for children

Boundaries work best when they are clear, consistent, and compassionate – not imposed out of control, but communicated out of care.

1. Begin with connections: Start by building a strong bond so your child feels safe and understood. When they feel connected, they're more willing to listen and cooperate.

2. Explain the why: Help your child understand the reason behind each rule. This teaches them to think critically and make better choices on their own.

3. Stay calm and consistent: Respond to challenges with patience instead of anger. Consistency reassures children that boundaries are steady and dependable.

4. Offer choices within limits: Give children a sense of control by allowing them to choose between acceptable options. This encourages independence while keeping structure in place.

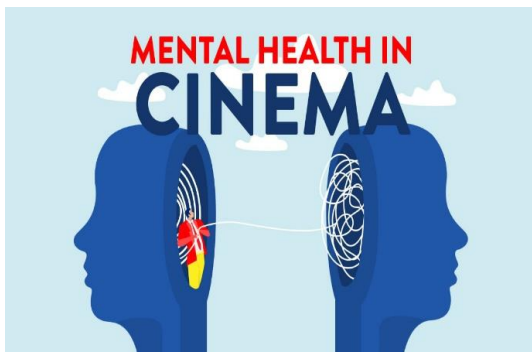
5. Model what you expect: Show the behaviors you want your child to learn — respect, honesty, and kindness. Children imitate what they see more than what they hear.

6. Use empathy, not shame: Acknowledge your child's feelings, even when correcting their behavior. Empathy builds trust, while shame can damage confidence and connection.



In essence:

Boundaries set with love, respect, and understanding help children feel secure and capable. They don't just follow rules — they learn to value themselves and others.



It becomes a hectic headache to our society and law & order, when it comes to crime and violence, as the youth worships their heroes and copy the crime techniques in their real life, they hardly understand it is a reel and not real to follow the approach shown. The parents are the victim, when a child gets addicted to narcotics, drugs or to smoke and drinks. They in succession get stressed out and ultimately fall into stress and depression. Life is always about choices that we make. Educating children on values and our culture, from school and ensuring that parents are protective and moulding the children in character building can only be a solution to form a stress free society.

How Cinema Can Reduce Stress and Promote Well-being

- **Providing temporary stress relief:**

Watching entertaining films can provide a temporary escape from problems and trigger the release of dopamine and endorphins, which are linked to pleasure and well-being.

- **Fostering emotional release (Catharsis):**

Films can evoke strong emotions, and allowing audiences to experience a sense of purification through empathy, a concept from ancient theatre and psychoanalysis.

- **Destigmatizing mental health:**

Thoughtful and accurate portrayals of mental health challenges can foster empathy, educate the public, and encourage people to seek help, thereby dismantling stigma.

- **Promoting social connection:**

Watching movies with others can create a sense of community and social support, acting as a buffer against stress.

- **Inspiring positive change:**

Films can raise awareness about social issues, foster compassion, and inspire conversations that lead to social change and collective healing.

A society is made of young and old, its our sole responsibility to create a stress free society by choosing the right practices to follow and being a catalyst in promoting a cultured and positive environment.

Movies and shows are a great tool for escaping your daily reality. If you are feeling stressed and anxious, they can help you cope. Comedies have been proven to decrease stress hormone levels and blood pressure. According to this study, comedies, and movies that make people laugh, have a positive impact on vascular function. This, however, is the opposite effect of watching a mentally stressful movie—so your choice in film matters!

Not only are these experiences entertaining, but they can help improve our well-being. From casual viewing to cinema therapy, film, and entertainment can make a big impact on our lives.

Therapists use film elements like metaphors, imagery, and symbolism to help those in treatment explore thoughts and feelings. Movies can also be used as a way for people to discuss their feelings and thoughts about a relevant issue in a safe way, by referencing characters rather than themselves and those they know.

Cinema is a dynamic and influential medium that is crucial in portraying mental health issues with accuracy and sensitivity.

How to Overcome Feeling Self-Conscious

by **Srikanth Vaigundam**, Pshcologist and Yoga Instructor

Self-consciousness refers to a tendency to be preoccupied with your own appearance or actions, especially concerning how you think others might perceive you. This heightened and misplaced self-awareness can lead to feelings of distress, discomfort,

✚ Acknowledge your strengths

Recognizing and affirming personal competencies enhances self-efficacy and counteracts feelings of inadequacy. Maintaining a strengths journal or reflecting on past accomplishments can reinforce a balanced and realistic self-view.

✚ Reframe your negative thoughts

Cognitive reframing helps challenge automatic negative assumptions that fuel self-consciousness. Replace self-critical thoughts with more rational alternatives, such as recognizing that others' attention is often limited or neutral.

✚ Recognize other people's perspectives

Perspective-taking reduces egocentric bias and moderates exaggerated self-focus. Reminding yourself that others are preoccupied with their own experiences diminishes the intensity of perceived scrutiny.

✚ Develop a more positive mindset

Cultivating optimism through gratitude practices or positive self-affirmations promotes emotional resilience. A positive mindset encourages adaptive interpretations of social interactions, reducing anxiety and self-doubt.

✚ Learn to accept your flaws

Self-acceptance is a cornerstone of psychological well-being. Viewing imperfections as natural aspects of human variability fosters authenticity and lowers the pressure to meet unrealistic standards.

✚ Stop comparing yourself to others

Social comparison often distorts self-perception and erodes self-esteem. Redirecting attention toward personal growth metrics rather than external benchmarks supports healthier self-evaluation and emotional stability.

✚ Practice mindfulness and self-awareness

Mindfulness reduces excessive self-focus by anchoring attention in the present moment. Through mindful observation of thoughts and emotions without judgment, individuals can diminish rumination and enhance emotional regulation.

✚ Strengthen social confidence through gradual exposure

Progressive engagement in social situations helps desensitize fear of evaluation. Starting with low-stakes interactions and gradually moving toward more challenging contexts can build confidence and reduce anticipatory anxiety.

How to Avoid Fights in Your Relationships

- a) **Listen Patiently** before reacting.
- b) **Pause the conversation** if emotions rise too high.
- c) **Keep your tone calm** during disagreements.
- d) **Express your feelings** without blaming.
- e) **Apologize quickly** when you're wrong.
- f) **Avoid bringing up** old issues unnecessarily.
- g) **Focus on solutions**, not on winning arguments.
- h) **Understand their perspective** before defending yours.
- i) **Choose the right time** for sensitive topics.
- j) **Remind each other** that you're on the same team.
- k) **Clear up misunderstandings** before they grow.
- l) **Never argue** in front of others.
- m) **Accept differences** instead of trying to "fix" them.
- n) **Lighten the mood** with gentle humor.
- o) **Focus on what you can control**, not your partner.
- p) **Avoid conflict** when tired, hungry, or stressed.
- q) **Praise more often** than you criticize.
- r) **Set healthy boundaries** for better communication.
- s) **Stay patient** even in tough moments.
- t) **Remember: love matters** more than being right.

we are *here to listen...*

Reach out to us at
www.calmyourmind.life



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Editor's Message

Dear Readers,

Welcome to the fourth 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 how cinematic portrayals can heighten societal stress, explore practical strategies to overcome self-consciousness, and share psychology-based insights to prevent conflicts and nurture healthier relationships.

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

"The curious paradox is that when I accept myself just as I am, then I can change," — Carl R. Rogers