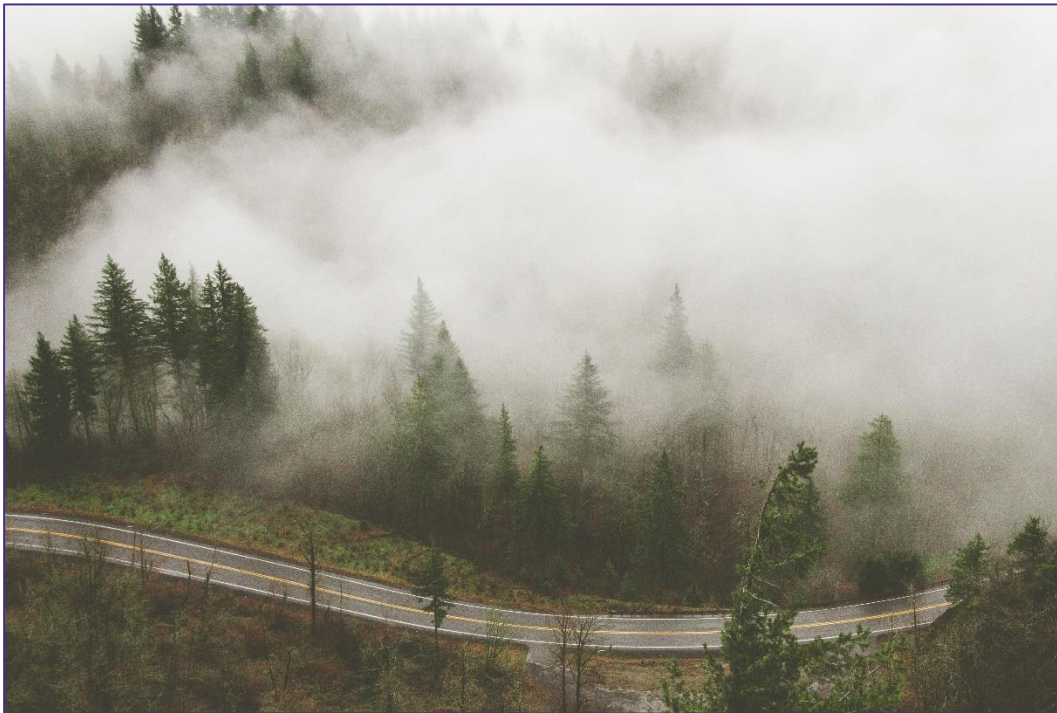


CalmYourMind.life

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"Egocentricity is a problem, however, when it becomes exaggerated and is not balanced by such social traits as love, empathy, and altruism... very few of us think to look for, although we egocentricity in ourselves are dazzled by it in others"

— Aaron T. Beck



Source: Designed by Freepik

Dr. K. Rakshita, B.H.M.S, M.Sc. in Counselling Psychology, is a Homeopathy practitioner located in Chennai. She is widely recognized for her exceptional proficiency in treating a wide range of both major and minor ailments. She earned her BHMS degree from the prestigious Sri Sairam Homeopathic Medical College and Research Center, where she not only excelled but also

received the prestigious **Dr. N. Subramaniyan Gold Medal** and the **K. Sudharshan Award** for achieving the highest academic distinction during her undergraduate studies. Additionally, she pursued a Master's degree in Counseling Psychology from University of Madras, underscoring her dedication to holistic healthcare and comprehensive client support.

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2.00pm to 4.00pm
7.00pm to 10.00pm



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street, sowcarpet

SPECIALITY IN:

ADENOID, TONSILLITIS, PCOD, U, SINUSITIS,
GASTRIC ISSUES AND LOTS MORE

NO TIME — NO PEACE OF MIND...

How technology has changed family relationships and social connections.

A twelve hour journey has shrunk to four hours, but yet the people says "no time" to talk to their loved ones,

A family of twelve is just now two, yet the pair says they have no time to talk to each other,

A message once took four weeks to reach on letters or as posts, but it takes four seconds now to reach the receiver, still we say that we have no time to talk. WhatsApp status says busy, can't talk...

The time and effort it took to move around your own built house through staircase, now ends in seconds with a lift and escalator in a mall or office, still we say no time to talk.

We used to stand in a queue at a bank, post office or for any reservations in a railway stations, but we can book it online and pay our bills with just a click on our GPay, still we say that we have no time.

No time to read books
No time to call parents
No time to meet a friend
No time to enjoy nature
No time to exercise
No time to eat on time
No time to learn something new

But,



Dr. Kavitha Kannan, M.A., M.Ed., M.Sc.

Counseling Psychologist/Trainer

Managing Director, Mind Scape Counselling

Director, Alagu Jothi Academy

CBFC, Panel Member

Samskar Barathi, President

SUKA Wellbeing Trust, Secretary

We have time for IPL
We have time to watch Netflix
We have time for pointless reels
We have time for gossips
We have time for politics talks

**Think do we really have no time
or its just our changing
priorities...**

During holidays, the time we spent with our cousins, chatting over and over under the blankets, giggling and laughing at each other, listening to our ilayaraja melodies from a transistor radio, hiding it from our dad, whispering about our crush and heroes on screen with our cousins and friends, hiding it from our siblings, as they would go and complain it our parents, so much so to celebrate our wins and accolades with a kesari cooked by our mother and icecream bought by our dad, simple celebrations on our birthdays with giving melody chocolates with our classmates and receiving blessings and saving the money given by the elders in a piggy bank.

When it is a summer or winter holidays, going to a cousin house or bringing in cousins to our house, sharing the living hall with all relatives, by lying next to each other on the whole walkway with a blanket unable to share with two of each, pulling and fighting to cover ourselves, these small fights and sharing the belongings made our relationships stronger and mightier. As and when we grew up we had respect for each other and we stood by them in their ups and downs all the time.

But I am afraid that our children the so called 90's kids and the Gen Z's don't have that privilege of sleeping over together, not to say on the floor, even on the bed in an air conditioned room they hardly share the bed with their cousins, we all have a guest room to stay if they come on any purpose. When I say it on purpose, its just that, it maybe for any kind of help, such as joining their children in a college if you are in a city for that matter or to diagnose for a disease and to treat themselves in a reputed hospital,

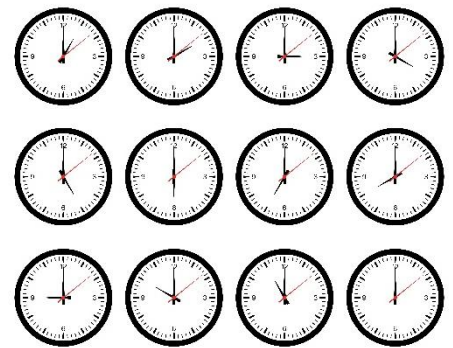
Otherwise for a vacation and tours, children prefer to go and meet their cousins in a tour where we all meet in a airport or at the destination, travelling by their own vehicles to the respective places.

Then where is the time for all of us to share and discuss our past and future with them. Everyone live in their own lonely places clinging to a window seat and listening to their favourite BTS or pop songs with a head phone on their ears, not sharing their clothes nor do they talk about their anguishes with anyone in the family.

Finally they will say, that there are no one to guide them or to lift them up when they fail to succeed in their studies or in a career. The technology does made us independent and effective in countless unimaginable ways, more so we can never even imagine a growth like this, a ten or twenty years ago, With all due respect to our technologies and modern society, we need to slow down, refresh and Control+Alt+Delete our lifestyles. Atleast once a year by going to a retreat, or enrolling ourselves in a Yoga rejuvenation camp or detoxing our food habits, with exercises and organic medicines. Not only detoxing our but also our minds with positivity and good thoughts by reading books, writing journals, spending time with our loved ones. Connecting with the five senses, travelling and listeneing to music, using the technology safely with check on ourselves. By limiting our screen time, engaging in outdoor activities such as walking, gardening, cleaning the houses and wardrobes when we stay indoors, once a week, will definitely help our physical as well mental wellbeing properly.

“When we are no longer able to change a situation, we are challenged to change ourselves”

— Viktor Frankl



The world has become smaller and distances have disappeared. Comforts have increased, and life has become easier than ever before. Opportunities have grown all around us — yet we still struggle to make the best use of them.

Yet we keep saying “**NO Time**” to ourselves. It has become a convenient excuse we use without a second thought. A new jargon to justify laziness, impromptu decisions, and avoiding what truly matters.

As Vivekananda says, “Try, Try, and try again until you achieve your goal”, by penning it on your wall and seeing it everyday, revive, refresh and rejuvenate your energy , everyday, every hour, every minute and every second,

Because you have to motivate yourself to achieve your goal and don't expect a mentor or a coach from outside to train and encourage you, just get up, walk, run and fly to get your goal and fulfil your at a right time in a right place,

For Guidance and support, feel free to reach at kavithakannan272@gmail.com or Call at **9840333398**.

WHY DOES MY PARTNER'S MOOD IMPACT ME SO MUCH!

It's completely natural for two people in a relationship to influence each other's emotional states. However, when your partner's mood consistently dictates your own emotional equilibrium, it signals an issue with boundary setting and may point to deeper, often historical, relational patterns.

Here are some reasons why you may be highly reactive to your partner's emotions:

- **You engage in Emotional Personalization:** When your partner experiences distress, you automatically internalize it, assuming responsibility or causality even when the issue is external to the relationship. This is a cognitive distortion that creates unnecessary emotional burden.
- **You hold an expectation of Perpetual Positivity:** You may harbor the unrealistic relational belief that a healthy, loving partnership should be free of negative emotions or conflict. Consequently, your partner's low mood is perceived as a threat to the relationship's stability.
- **You Struggle with Emotional Reciprocity and Sharing:** By habitually suppressing your own feelings, you may subconsciously impose this expectation onto your partner. Their authentic, full expression of emotion then feels overwhelming, "too much," or even unfair.



Sudhakar Haridoss M.A., M.C.A., M.Sc.

Counseling Psychologist

SU Counseling Services®, Founder

SUKA Wellbeing Trust, Chairman

SUMAHALA Chess Skool, Trainer

CalmYourMind.life, Consultant

- **You possess High Emotional Sensitivity (HSP / Empath Traits):** As a Highly Sensitive Person (HSP) or someone with high levels of the empathic attunement, you naturally absorb the emotional atmosphere.

Your partner's internal state is quickly and intensely mirrored in your own, regardless of verbal communication.

- **You Experienced Emotional Parentification in Childhood:** If you grew up in a dynamic where caregivers relied on you for their emotional stability, you learned to prioritize and regulate others' feelings to maintain safety. This parentification pattern is often unconsciously repeated in adult intimate relationships.
- **Your Childhood Environment Discouraged Difficult Emotional Expression:** A history of emotional suppression or invalidation means that any strong negative emotion—whether yours or your partner's—feels unsafe, unacceptable, or terrifying.
- **Your Caregivers Used Blame or Shame to Express Anger:** When a caregiver's anger was historically followed by criticism, blame, or punishment, another person's current bad mood may trigger a trauma response involving fear, immediate compliance, or guilt.
- **You Operate from a Position of Emotional Responsibility:** You may hold the implicit, often unspoken, core belief that your primary role is to ensure your partner is always happy and okay. This excessive responsibility leads to significant performance anxiety and self-criticism when they are not.

The goal is not to stop caring but to move from **emotional fusion** (where your identity is intertwined with your partner's state) to **emotional connection** (where you maintain a separate self).

YOGA AS A PATH TO MENTAL WELLNESS

In recent years, yoga has undergone a meaningful shift in its perceived purpose. What was once widely viewed as primarily a physical fitness activity has now evolved into a globally recognized and trusted practice for **enhancing mental health**, promoting emotional regulation, and facilitating stress management. Increasingly, individuals engage in yoga not to master advanced asanas (postures), but to cultivate calmness, **improve cognitive clarity**, and establish greater psychological grounding in their daily lives.

The contemporary wellness and mental health landscape recognizes yoga as one of the most accessible and effective practices for nurturing the mind, and its clinical and practical value is demonstrably growing.

At its core, the practice of yoga seamlessly integrates physical movement, controlled respiration (pranayama), focused attention, and mindful awareness. This synergistic combination reliably elicits activation of the parasympathetic nervous system (PNS)—the physiological component responsible for the body's natural "rest and digest" or relaxation response. When the PNS is engaged, it mediates a decrease in heart rate, promotes muscular detensioning, and shifts the psychological state away from chronic sympathetic nervous system (SNS) hyperarousal (the fight-or-flight response). The outcome is a demonstrable state of inner psycho-physiological balance, even for those who experience high-pressure or fast-paced occupational and personal demands.



Srikanth V. M.Sc. in Psyc. and M.Sc. in Yoga
Psychologist/Yoga Instructor
SUKA Wellbeing Trust, Joint Secretary



Why Yoga Supports Mental and Emotional Health

Stress is no longer an occasional visitor in modern life; for many, it's a chronic companion. This state is often fueled by the demands of digital screens, pressing deadlines, persistent social pressure, generalized uncertainty, and information overload. The mind rarely achieves quietude. Yoga offers a valuable interruption to this cycle.

The Mechanism of Yoga

- When the body moves mindfully and slowly, cognitive processes become steady and focused rather than scattered.
- Conscious breathwork serves as an anchor for the mind, drawing attention to the present moment instead of allowing rumination on past events or future worries.
- Moments of intentional stillness facilitate the ability to perceive and attend to one's inner experience or interoceptive awareness.

Science recognizes this change too. Numerous studies show that yoga may reduce symptoms of anxiety, depression, chronic stress, and emotional exhaustion, while improving self-regulation, resilience, confidence, sleep, and cognitive function. It trains the nervous system to shift from stress to harmony.

Yoga: From Perfection to Connection and Self-Regulation

One of the most clinically relevant and empowering aspects of yoga, when viewed through the lens of a therapeutic wellness tool, is its inherently non-competitive and non-judgmental framework. The practice deliberately removes the pressure for external performance or achievement.

Participation does not require pre-existing physical attributes (e.g., flexibility or athletic ability) or extensive experience. Instead, yoga is a practice of radical acceptance, meeting the individual precisely where they are in their current physical, cognitive, and emotional state.

The variability in bodily sensation and capacity—ranging from days of perceived strength and openness to those marked by restricted movement—is intentionally honored and observed without evaluation. By cultivating a non-striving or non-attached mindset (the vairagya principle), the practice space transforms into a secure setting for present-moment awareness and interoception, shifting the focus from doing to being.

This essential mindset shift leverages yoga as a pathway to psychological and somatic well-being, making it:

“Yoga is the art work of awareness on the canvas of body, mind, and soul”

- A validated self-care modality that supports allostatic load regulation
- An applied practice in self-compassion and the internal validation
- An experiential pathway to the self-understanding through the enhanced mind, body, soul awareness

Differentiating Psychological Support Across Yoga Modalities

The efficacy of yoga in promoting mental well-being stems significantly from the diversity of available practices. This range allows individuals to engage in self-selection, choosing styles that align with their current physiological arousal, affective state, and physical capacities. This tailored approach optimizes the intervention for maximum therapeutic effect.

Yoga Modality	Primary Psychological and Somatic Benefits
Gentle/Hatha Yoga	Reduces stress, builds calm, improves focus
Restorative Yoga	Deep relaxation, emotional release, relief from fatigue
Yin Yoga	Pacifies the nervous system, supports introspection and patience
Vinyasa/Flow	Releases pent-up energy, enhances mood, builds resilience
Chair Yoga	Accessible and comforting for seniors and mobility-limited individuals
Breathwork & Meditation	Stabilizes thoughts, improves emotional control, quietens the mind

Yoga as an Anchor in Everyday Life

One of the greatest myths about yoga is that it requires long sessions and a perfectly quiet space. In reality, the mind benefits even from a 10-minute practice woven effortlessly into daily routines.

- **Before work:** a short morning session sets a tone of clarity and confidence
- **During the workday:** mindful breathing breaks reset stress levels
- **In the evening:** gentle stretches help relax the body before sleep
- **On tough days:** stillness alone becomes enough

Yoga is not something to “**fit into life**” — Yoga becomes a way to navigate life.

Mindfulness: The Bridge to Inner Peace

Yoga reconnects us with the present moment. When the mind is here — not replaying the past or fearing the future — peace becomes possible. This mindfulness flowing from the mat gradually carries into everyday life:

“The nature of Yoga is to shine the light of awareness into the darkest corners of the body” — Jason Crandell

- We respond, rather than react
- We become kinder to ourselves
- We notice simple joys again
- We recognize when we need rest
- We learn to step back before burnout appears

The real goal of yoga is not a strong body, but a steady mind.

The Internal Locus of Wellness: Cultivating Psychological Health

The widespread tendency to seek well-being, or eudaimonia, through extrinsic motivators—such as professional achievements, material possessions, or external validation—often leads to unsustainable happiness.

True, enduring psychological wellness, however, is rooted internally. It is fundamentally determined by our homeostatic and regulatory processes: specifically, our capacity for physiological control (respiration), cognitive appraisal (thought patterns), restoration (sleep hygiene), and self-relational quality (self-compassion).

Yoga serves as a powerful reminder and facilitator of this internal locus of control.

By cultivating enhanced interoceptive awareness (awareness of the body) and fostering a practice of self-compassion, yoga transitions from a simple exercise to a sustained companion for mental health promotion. It actively trains the individual to confront psychological stressors with emotional steadiness, to engage in life with intentionality (value-driven behavior), and to consistently utilize mindfulness by returning to the present moment—the optimal state for psychological integration and safety.

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Editor's Message

Welcome to the first issue in 2026 of our **CalmYourMind.life** **eNewsletter!** As we navigate an ever-evolving world, the importance of mental health and emotional wellbeing continues to come to the forefront.

In this issue, we explore how the pressure of “no time” steals our inner calm, why our partner’s emotions can deeply influence our own, and how yoga offers a powerful pathway to restore balance. Together, these insights remind us that mental wellness isn’t found in perfection or productivity — but in awareness, connection, and intentional self-care. 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.

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