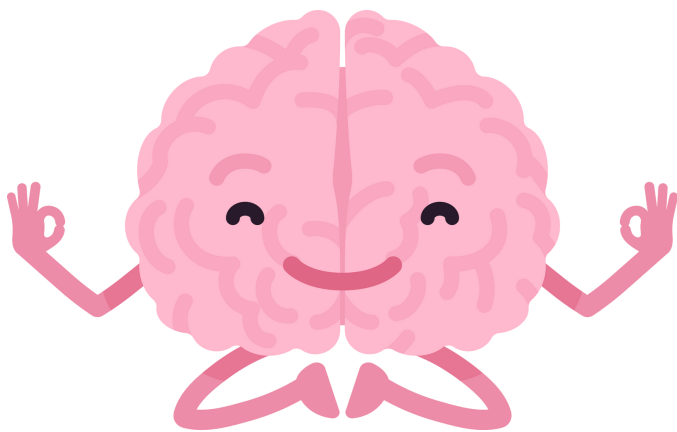


# WORLD MENTAL HEALTH DAY 2023

**SPECIAL EDITION** September - October 2023



## INTRODUCTION

The 10th of October is globally celebrated as World Mental Health Day. This initiative was started by the Deputy Secretary of WHO, General Richard Hunter, in 1992. The primary goal of this day is to garner support for mental health and increase awareness regarding mental health concerns across the globe. The day also offers an opportunity for mental health practitioners to discuss their work, and what further needs to be done to ensure that mental health resources are accessible to people across the globe.



Up until 1994, the day's only goal was to raise awareness regarding mental health issues and educate the public. On Eugene Brody's recommendation, World Mental Health Day was observed with a theme for the first time in 1994. "Improving the Quality of Mental Health Services Throughout the World" was the focus of the conference. This year the theme is "**Mental Health is a Universal Human Right.**"

In the spirit of raising awareness we at KelpHR this year have decided to dedicate the entire month of October to the cause. A month full of activities to help you tackle mental health challenges at a physical and emotional level. We look forward to you joining us on this journey. For more details and to arrange exclusive sessions or webinars for your employees on a variety of topics related to Mental health, awareness and well-being, contact us at [info@kelphr.com](mailto:info@kelphr.com), or call +91-9500129652.

## BENEFITS OF JOURNALING

Difficult times lead to complicated mental landscapes. It is important in such moments to articulate our thoughts in writing. This simple act of capturing our thoughts and emotions on paper helps us gain a deeper understanding of ourselves and is a powerful tool for self-reflection and personal growth. Here are some more benefits of regular journaling:

- It helps to declutter your mind.
- It helps in gaining clarity.
- It provides the opportunity for self-reflection.
- It invites you to dig deeper into thoughts and behaviour.
- It is a way to express yourself freely.



Join us for a one-hour activity-based Belief Discovery Journaling Workshop which will help you reflect on certain questions to help you develop a better relationship with yourself.

## BELIEF DISCOVERY JOURNALING WORKSHOP

**Date:** 5 October 2023

**Time:** 4 pm – 5 pm IST

### Agenda

- Rediscover your beliefs.
- Increase your sense of clarity and positivity.
- Get an opportunity to express yourself.
- A space to write, reflect and grow.

**Mode:** Online (Zoom)

**Registration link:** [bit.ly/45sLWoh](https://bit.ly/45sLWoh)



## BENEFITS OF MOVEMENT

Maintaining an active lifestyle is good for your long-term physical health, but many people aren't aware of the mental health advantages of physical activity. Exercise may be a great tool to help you relieve symptoms of anxiety, sadness, stress, and other mental health issues. Here are some advantages of frequent physical activity:

- It activates hormones like serotonin and dopamine, more commonly known as the happy hormones.
- It helps you to get better sleep.
- It helps to disconnect from the outside world and ground yourself in the present moment.
- It helps you to be physically fit.
- It boosts self-confidence.

To help you get moving and release some happy hormones in the process, do join our specially curated **Zumba Movement Workshop** on **World Mental Health Day 2023**.



## WORLD MENTAL HEALTH DAY 2023 - ZUMBA MOVEMENT WORKSHOP

**Date:** 10 October 2023

**Time:** 6:30 - 7:30 pm IST

**Agenda:** Work up a sweat as you dance to upbeat music for 60 minutes.

**Mode:** Online (Zoom)

**Registration link:** [bit.ly/3sH467m](https://bit.ly/3sH467m)

**Please note:** Registration is free but mandatory for each individual. Entries are on a first come first served basis.



## HEALTHY CONVERSATIONS

Conversations are essential to a majority of life's events. Your results will depend on your conversational abilities, whether you are haggling with your tax accountant, showing love and care for friends and family, or working for a firm. Through conversations, we may affect others and let them impact us.

We solve our problems, work together, and generate new possibilities via conversations. Being able to converse well is important since it is a fundamental part of our lives.

- Prevents bottling up of emotions.
- Helps clarify misunderstandings, doubts and misconceptions.
- Opens up a space where learning can take place.
- Brings empathy and kindness into relationships.

Join us for our webinar on 19 October 2023 on **Managing Conflicts**, something each one of us needs to understand.



## OPEN WEBINAR ON NAVIGATING CONFLICTS WITH UNDERSTANDING & GRACE

**Facilitated by:** Dr. Srividya, Founder - LifeVidya

**Date:** 19 October 2023

**Time:** 4 pm – 5 pm IST

### Agenda

- Why Conflicts occur?
- Why are conflicts sometimes hard to navigate?
- How do you manage conflicts naturally?
- Reflect and revisit your perspective to conflicts.

**Registration link:** [bit.ly/3Ph8UZn](https://bit.ly/3Ph8UZn)

## IMPORTANCE OF COUNSELLING

Counselling is crucial for a variety of reasons. The need for therapy grows as the world becomes busier. People encounter numerous difficulties in life, and they may feel quite alone. They may require trauma treatment or simply need assistance. There is a plethora of reasons why therapy is necessary. Here are a few benefits of availing counselling:

- It helps to deal with difficult relationships.
- It helps to reclaim lost parts of self.
- It helps to understand your resources and potential.
- It helps to become emotionally independent.
- It helps to get to know yourself better.



## STORY 1



I recently turned 26 years old. The *perfect age for marriage* according to my parents and society. Hence, I decided to surrender to their wishes and started seeing arranged marriage prospects. However, after each meeting, the boy's side family would come back saying the same thing; "*She is too dark*". At first, I was not affected by this, but after it happened a couple of times, I became self-conscious and severely affected by these comments about my skin colour. It started to affect my daily life and I decided I needed professional help. Through counselling, I was able to learn that my identity goes beyond my skin colour. It helped me see and accept myself for who I am.

## STORY 2



I am a 32-year-old woman and after 4 years of marriage my husband and I were finally blessed with a beautiful baby girl eight months back. These past few months have been full of sleepless nights, tiny joys and learning to adjust to this new life. With a very heavy heart recently, I also returned to work. I wish I could have dedicated all the time to my baby girl but, our household needs my income as well. I was filled with guilt for leaving my daughter at home for my job. When I was at work mentally I was at home and vice-versa. Everyday life was becoming difficult. However, through the mental health resources at my workplace I was able to get access to counselling. It helped me bring balance into my life and work without feeling guilty.

## STORY 3



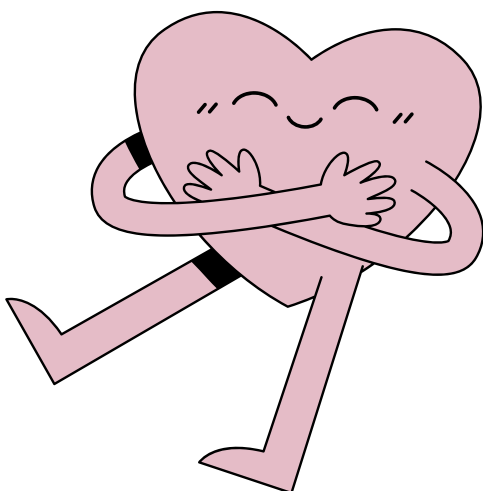
In the last 37 years of my life, I have never been able to say a firm "NO" in my life. However, when I heard my colleagues say; "*Just ask X to help you finish this task. He never says no you know that right?*" I realised that what I thought of as me being polite was actually me being taken advantage of. In my need to be nice and please people; my boundaries were so porous that, I was constantly overworked in my personal and professional life. Around that time I came across a poster at work; "*Counselling is for self-development too*". I took this as a sign from the universe and reached out to the right resources. Counselling taught me the importance of saying NO politely but firmly, and, that people should like me irrespective of a yes or no to their requests and favours.

## STORY 4

I was 24 years old when I finally accepted that I was gay. I was lucky enough to have a supportive family who understood me. However, when I joined the corporate world, I was under the notion that I shouldn't reveal such details as they could create a stigma. It was never explicitly said, however, colleagues around me always seemed quite orthodox in their views. I started living a dual life of sorts. At first, it was easy to switch, however, after a year the secretiveness of a dual life started to get to me. That's when I decided to seek counselling. I was able to easily access it as my company has always prioritised their employees' mental health and given us all kinds of resources which are confidential. I learnt how to tackle this situation in a healthy manner and develop confidence in who I was. It eventually helped me come out of the closet to my colleagues as well.

**If you'd like to share your story with us or feel you need help on any issues related to your mental and emotional well-being, do get in touch with us and we'll refer you to the right resources.**

**If your company is empanelled as part of our Employee Assistance Program (EAP), get in touch with your HR SPOC, email us at [talk2us@kelphr.com](mailto:talk2us@kelphr.com), call +91-9500129652 and help us help you.**



## WHY ALL BUSINESSES NEED TO ENSURE GOOD HEALTH FOR ALL THEIR EMPLOYEES

As India continues to develop, it is also experiencing a significant increase in chronic diseases. "The World Health Organization (WHO) has predicted that by 2030, 70% of deaths in India will be due to chronic diseases."

Additionally, "poor mental health amongst employees is costing Indian employers around Rs 1.1 lakh crore (\$14 billion) per year due to absenteeism, presenteeism, and attrition." These figures are according to a recent survey by Deloitte, which highlights the importance of addressing mental health in the workplace. **Read more**

**<https://www.kelphr.com/blogs/why-its-important-for-businesses-to-ensure-good-health-for-all-employees/>**

## HOW TO DEAL WITH SELF DOUBT?

Every individual, through different phases of their life, has dealt with doubt. Doubt can have many roots, one of them being a lack of confidence. When we dig deeper, a lack of confidence is birthed due to insecurities an individual may feel. Insecurities can come from various experiences an individual may have encountered throughout their life. When these insecurities are not worked on, they can take the form of reduced confidence. Therefore, when an individual consistently doubts themselves, they must resort to getting help to unpack those layers so a more secure way of life can be worked towards. **Read more**

**<https://www.kelphr.com/blogs/how-to-deal-with-self-doubt/>**

## EFFECTIVE STRATEGIES FOR COPING WITH DEPRESSION AND SADNESS

We all experience moments of sadness and stress in our lives, but when these feelings linger and begin to affect our daily functioning, it may be a sign of depression. Distinguishing between normal sadness and depression is crucial for seeking appropriate help. In this article, we will explore the indicators of depression, self-help strategies, and practical tips to navigate through challenging times. **Read more**

**<https://www.kelphr.com/blogs/effective-strategies-for-coping-with-depression/>**





## CONTACT US



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