

# MindScape *Where Mind Meets Matter*

**Cyclicity & Mental Health**

News Letter - January to March 2023

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“Being able to be your true self is one of the strongest components of good mental health.”

Dr Lauren Fogel Mersy

## *News and Events*

### INTERNATIONAL

- A new study published by the researchers at University of Bath suggests that learning to play a musical instrument has a positive impact on an individual's brain to process sights and sounds. It can also help in enhancement of the mood.
- A new MRI study by Radiological Society of North America reported that consumption of alcohol, even in low to moderate amounts during pregnancy can lead to changes in the infant's brain structure and can cause delay in development.
- A study by Aarhus University suggested that breathing rhythms are closely related to brain rhythms. Our breathing patterns also impact our mood and emotions. It suggested that our brain also uses our breathing patterns to make sense of our external environment and events.

### NATIONAL

- With the shift to single exam pattern in CBSE boards from 2023, educators say that post pandemic psychological effects may impact children's performance this year.
- Uttar Pradesh Government will be including an assessment of mental health and intelligence quotient of the students in the state-run schools as it will help the government address the mental health issues and help students perform better in school.
- In November 2022, Insurance Regulatory and Development Authority of India decided to comply with the provisions of Mental Health Act 2017, making it mandatory for all health insurance companies to cover mental illnesses. As of now it only covers expenses of hospitalisation due to mental illnesses.

### LOCAL @ Manasthali

- On the occasion of World Mental Health Day(October 2022), Manasthali organized one-of-its-kind mental health festival, Manotsava™: Mann ka Utsav. The festival had Continuing Medical Education (CME) and other fun elements all focusing on integrative mental health practices.
- Manasthali celebrated the essence of togetherness on the occasion of Christmas with its support group members on 24th December 2022.
- In 2023, Manasthali is planning to come up with group therapy sessions for our clients with Obsessive Compulsive Disorder (OCD). It will also be launching client care giver's physico education & support group.



**Manasthali's**  
**Mental Health Support Helpline**  
(Psycho Education, Guidance, Support)  
**85 2775 2775 चलो बात करें**



## *Editor's desk*



### **New Beginnings....looking forward!**

What's new and what is old? With every new date change, be it a new day, a new year, or a new decade, we are filled with anticipation, 'maybe something is about to change', and change for the better! We are wishing for change, we are wishing for transformation, we are wishing for evolution. But ironically, we are also resisting change. We want to look younger, keep our hair from turning gray, and even lament that our childhood was better than how things are now.

So what is new beginning? Let's decide, are we ready for the newness?

Because as the clock strikes twelve on the eve of 2023, the hand of a clock will continue rotating at its center, the cold mornings will continue to be cold for another month, the AQI will be scary in NCR. So if we want to find a new beginning, it will have to come from within....not from the chanting of happy new year, but from an acceptance that change is the only constant thing in life. That it happens at every moment of the day, in our cells, in the blooming of flowers and wilting of leaves, in each wrinkle on the face, and in the loss of melanin in the hair strand.

Let's welcome the change because it has given us lessons, it's given us growth, it's given us progress and above all, it's kept us evolving.

This new year, let's resolve to accept the change as an opportunity that helps us change our patterns. We need to let go of our fear of new, we need to let go of our clinging to our insecurities, be it related to exams, results, ageing or moving out or even the return of the pandemic!

Our immunity is evolving to fight with new viruses, it deals better with HIV now, soon it will handle SARS-COV-2! We have a new work from home culture, it's an opportunity to draw boundaries and give due importance to personal and family life. We have a hybrid education, and we have realized school is important not just as a center of education and exam process, but because we need to connect with our peers and teachers. We have pollution, so we learn to manage our resources better and find better ways of taking care of our environment.

And we are dealing with a lot of stress, so we find better ways to managing stress, re prioritize ourselves and focus on changing ourselves!

Let's welcome the new year whole heartedly by accepting change and change for the better!

Happy New Year.

**Dr Jyoti Kapoor**

Sr. Consultant Psychiatrist and Psychotherapist

### ***What's New In 2023?***

- Introducing Group Therapy for clients with Obsessive Compulsive Disorder with a free introductory session.
- Series of Mental Health related awareness workshops
- Caregiver's Psychoeducation & Support Group (Offline Mode)

For the Caregivers of clients with Obsessive Compulsive Disorder, Boderline Personality Disorder & Schizophrenia



Contact :  
9958598967  
for more information

## ***SLEEP-WAKE CYCLE AND ITS IMPACT ON MOOD***

Our sleep-wake cycle is determined by our circadian rhythm, the body's internal clock. Like old-time clocks, this internal clock needs to be reset every day, and is adjusted by first exposure to light in the morning.

Our circadian rhythms are controlled by multiple genes and are responsible for a variety of important functions, including daily fluctuations in wakefulness, body temperature, metabolism, digestion, and hunger. Circadian rhythm also controls memory consolidation (the formation of long-term memories occurs during sleep); the timing of hormone secretion (for example, the hormones controlling body growth work mostly at night); and body healing.

While the circadian sleep phase typically occurs at night, there are a range of times during which the sleep phase can occur, with some people programmed to sleep from early evening to early morning (known as morning larks), while others stay up late and sleep late (known as night owls). In addition to determining the timing of their sleep, a person's circadian tendency can also affect their choice of emotional coping skills, such as assertiveness or rationalization, and their predisposition to psychological disorders.

### **Circadian Rhythm and mood**

An irregular circadian rhythm can have a negative effect on a person's ability to sleep and function properly, and can result in a number of health problems, including mood disorders such as depression, anxiety, bipolar disorder, and seasonal affective disorder.

Most of the evidence on the relationship between mood problems and circadian rhythm comes from studies of shift workers, whose sleep periods are out of sync with their circadian rhythm. Multiple studies show an increased prevalence of depression in night-shift workers. One meta-analysis showed that night-shift workers are 40% more likely to develop depression than daytime workers. Conversely, circadian rhythm disturbances are common in people with depression, who often have changes in the pattern of their sleep, their hormone rhythms, and body temperature rhythms.

Symptoms of depression may also have a circadian rhythm, as some people experience more severe symptoms in the morning. The severity of a person's depression correlates with the degree of misalignment of the circadian and sleep cycles.

Misalignment of the circadian rhythm may also provoke anxiety. Shift work results in a sleep disorder when your

nighttime work shifts affect your ability to fall asleep and stay asleep, causing you to have excessive sleepiness during the day that in turn results in distress and affects your ability to function normally.

In seasonal affective disorder, people feel down and depressed in the winter months. Researchers believe this is due to changes in circadian rhythms as a result of seasonal changes in the length of daylight. People with seasonal affective disorder feel better using artificial morning light to realign their circadian rhythm with their sleep-wake cycle.

There is no way to change your circadian type since it is genetically determined, though there is some natural change that occurs during your lifespan. For example, our circadian sleep phase tends to shift later during adolescence (more owls) and advances earlier as we age (more like the lark).

If you find that your circadian sleep phase is out of sync with your desired schedule, you can either shift your social life to match your circadian rhythm, or try to shift your circadian rhythm to match your social life. It may be easier to try to shift your work and social life to your circadian rhythm: an example would be a person who has a delayed circadian rhythm and likes to sleep late and wake up late switching from a job with a 7 AM start time to a job which allows him or her to start working later — around 10 AM. The other option would be talking to a sleep physician and doing ongoing work to try to shift your circadian rhythm to match your work and social life to an earlier wakeup time.

In general, the best way to improve your mood is to get a good night's sleep by matching your circadian rhythm to your sleep-wake cycle. Exposure to light in the morning helps synchronize the clock. Exposure to bright light at night, including bright artificial lights and screen time on laptops, tablets, and phones, can cause disruption in circadian rhythm and may contribute to worsening mood and negative consequences for health.

**Aishwarya Raj**

Consultant Clinical Psychologist

**Self Help Tip** - Get up at the same time each day, seven days a week. A regular wake time in the morning leads to regular times of sleep onset, and helps align your circadian rhythm with your sleep-wake cycle.

## Insights from the Vedic Lore

'4'

### Mind and its dimensions - Part 2

Its time for recall, not to dwell on the past but to find a way for the future.

I mentioned the following verse from the Amritbindu Upanishad in part 1 of the Mind and its Dimensions-

मन एव मनुष्याणां कारणं बन्धमोक्षयोः ।  
बन्धाय विषयासक्तं मुक्तम् निर्विषयं स्मृतम् ॥२॥

Mind alone is the cause of bondage and freedom for human beings. Mind attached to sense objects is (the cause of ) bondage and devoid of the desire for objects is considered free. (2)

The process of learning starts with breaking the whole into parts to understand the workings of the whole, once understood, we learn to put back the parts to put it into a whole. This is a physical process, and then the learning takes us to use the whole beyond its immediate use. We go beyond mind, when we imagine things that are not immediately visible to the eye. We learn how birds fly, and we want to learn can we fly as well, using the same technique inherent in a bird.

But it's still the same physical dimension we are trying to traverse. The next dimension would be to ask if we really need to fly, is it possible to experience flying without needing hollow bones, a streamlined posture or wings?

This is moving towards freedom, as we get above the mind (I am using terms above and below not in terms of direction but from the perspective of evolution) we are able to realize that real is not necessarily limited to what

we perceive through our senses, in fact senses help us manifest a limited world. Going beyond the sense organs will open up those other dimensions and that's not only hard but also dangerous if we are first not grounded in this physical dimension.

In other words, we first need to discipline our senses before traversing uncharted territories if we want to come back to our sense reality after those exciting sojourns.

इन्द्रियेभ्यः परा ह्यर्था अर्थेभ्यश्च परं मनः ।  
मनसस्तु परा बुद्धिर्बुद्धेरात्मा महान्परः ॥ १० ॥

indriyebhyaḥ parā hyarthā arthebhyas̥ca param manah .  
manasastu parā buddhirbuddherātmā mahānparaḥ .. 10..

10-11 Beyond the senses are the objects; beyond the objects is the mind; beyond the mind, the intellect; beyond the intellect, the Great Atman; beyond the Great Atman, the Unmanifest; beyond the Unmanifest, the Purusha. Beyond the Purusha there is nothing: this is the end, the Supreme Goal.

Kathopnishad- Chapter 1, section 3, verse 10

Thus once we realise that beyond the senses are the sense objects ; beyond these objects is the mind; beyond the mind is the intellect and beyond the intellect is the self, the dimensions begin to unravel and as it happens, we become free!

**Dr Jyoti Kapoor**

Sr. Consultant Psychiatrist and Psychotherapist

## Myths & Facts about Mental Health

### MYTHS

Children don't experience mental health problems.

Overcoming mental health condition is just a matter of willpower

### FACTS

Even young children can show warning signs of mental health concerns. Early support can help a child and also contribute in its development.

Many factors such as trauma, genetics, brain chemistry, injury etc play a role in overcoming mental health issues. It's not only willpower but treatment options such as therapy and medications are equally necessary.

## IMPACT OF MENSTRUAL CYCLE ON YOUR MENTAL HEALTH

According to Belfield, a woman roughly spends about 12 years of her life in her Menstrual Cycle. Menstruation, also known as periods is a naturally occurring phenomenon in women. This naturally occurring phenomenon is yet considered taboo! How Ironical!

Menstruation, as described is a cyclic discharge of blood and tissues from the female uterus that starts at puberty and ends with menopause. This phenomenon is not only about her physical health but also impacts her mental health. This cycle which can generally take 28-42 days has 3 phases. They can be named THE FOLLICULAR PHASE (begins on 1st day of the menstrual bleeding and end on day 14th), THE OVULATORY PHASE (marked only by a single day, which is generally the day when a mature egg is released into the fallopian tube) and THE LUTEAL PHASE (day 15th to day 28th). All these phases come with their unique surge and reductions in the levels of the hormones in a female body.

Throughout life, hormones can impact a woman's mood and emotions in various ways. Throughout a woman's lifespan, hormones can have various effects on her emotions and mood. Sometimes a woman's quality of life might be impacted by her mood. Most ladies can attest to this. However, women who are suffering from mental health issues may also have a menstrual cycle or menopausal symptoms.

### **Why it's crucial to understand menstrual cycles and mental health?**

Because hormones have a role in practically everything that occurs in our bodies, they also have an impact on our emotions and our minds. Because of this, hormones can have a direct impact on our mental health, even if the change only occurs sometimes and is correlated with our monthly cycle.

Understanding what your hormones are doing during your cycle might help to comprehend why you might be

experiencing a particular set of symptoms. And while it won't instantly grant you the ability to regulate how you feel all the time, it can nevertheless aid in your ability to understand it. It serves as a reminder to stop being so hard on ourselves and to treat ourselves with kindness instead.

How do hormonal fluctuations impact your mood?

Along with physical signs like headaches and cramping, fluctuations in hormones can also cause emotional signs like:

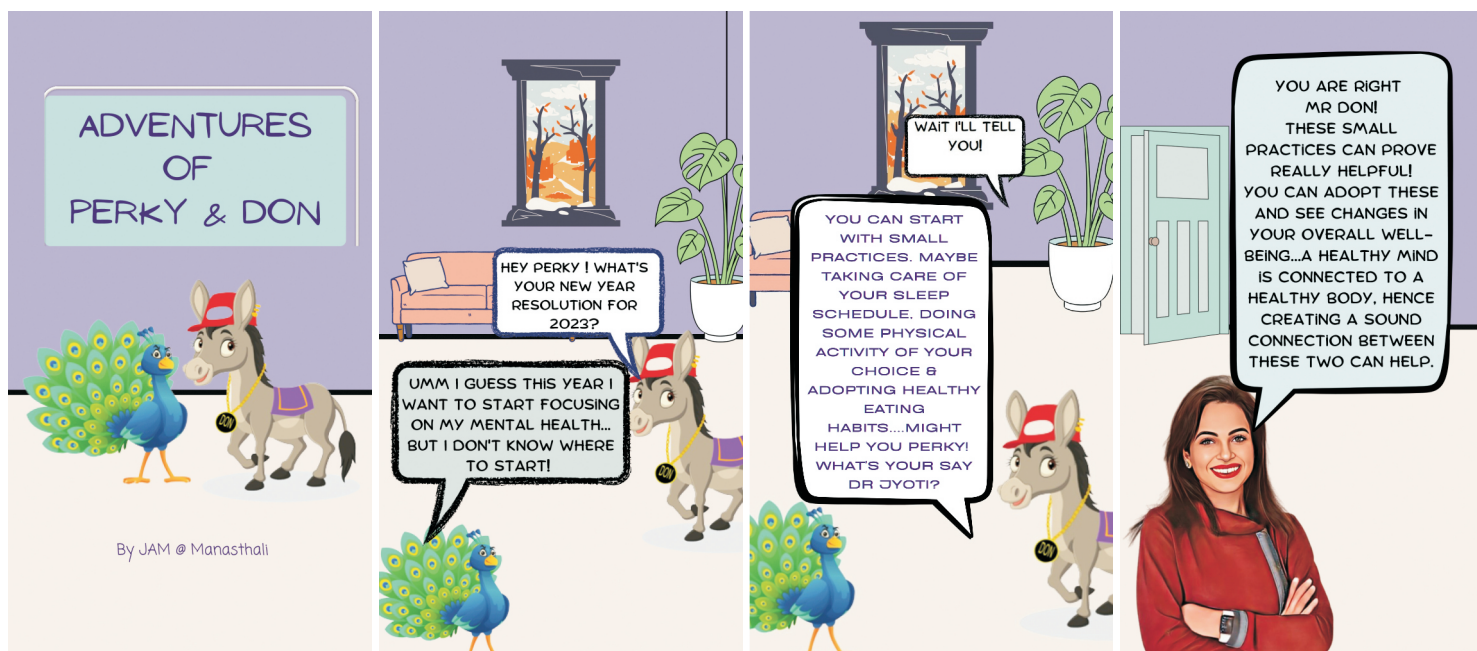
- Tiredness and weariness
- Tears and a weak emotional state
- Increased anxiety
- Feeling uneasy in general

Although it's conceivable for the hormonal changes that occur during your menstrual cycle to affect your mental state, the reverse is also true. According to reports, those with anxiety and depression are more likely to have shorter cycles and worse PMS symptoms, although depression and bipolar disorder are both associated with irregular menstrual cycles. Some people discover that medications can also change their menstrual cycle.

Additionally, if you're going through a stressful moment in your life, your menstrual cycle could also shift temporarily. To moderate our reaction to stress, our systems release hormones. However, these chemicals might block ovulation, therefore making us miss a period. Stress can exacerbate the emotional symptoms of PMDD and has also been connected to painful menstruation, or dysmenorrhea.

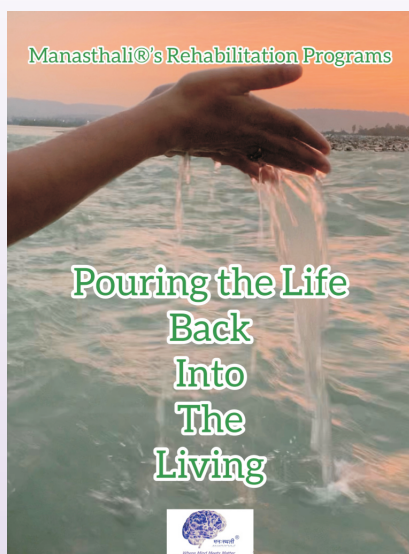
Hence it is important to understand that the menstrual cycle is a complex amalgamation of physical and psychological attributes and should be addressed in a more holistic way rather than just seeing it as a bodily process.

By **MEHAK THUKRAL**  
(Assistant Psychologist)



## Manasthali® *Mental Health and Wellness Services*

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### Manasthali®'s Rehabilitation Programs

According to WHO, Rehabilitation is "a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment".

At Manasthali®, we understand the role of Rehabilitation as an essential element in holistic recovery and wellbeing of an individual and have designed programs which incorporate psychological, social and alternate healing practices to achieve integration of the individual into socio cultural milieu.

#### Our Programs :-

##### **Basic Stress Management and Skills Training Program**

Aim-Rehabilitation of People with special Needs

Approach- Integrative Medicine and wellness

Components- Behaviour Therapy, Social Skills Training, Music Therapy, Therapeutic Yoga, Positive Psychology

##### **Online Wellness Restoration and Wellness Programs**

Aim- Restoration of various elements of routine life that go out of sync as a result of disease process by daily counselling and follow up by qualified psychologists via phone/online means.

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E. Online Dementia Rehabilitation Caregiver support Program

F. Online Schizophrenia Rehabilitation Caregiver support Program

For more details,

call us at 9958598967 or email at manasthali2016@gmail.com

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# MEMORIES OF MANOTSAVA 2022

Held on 9th October, 2022 at Gurugram (Haryana)



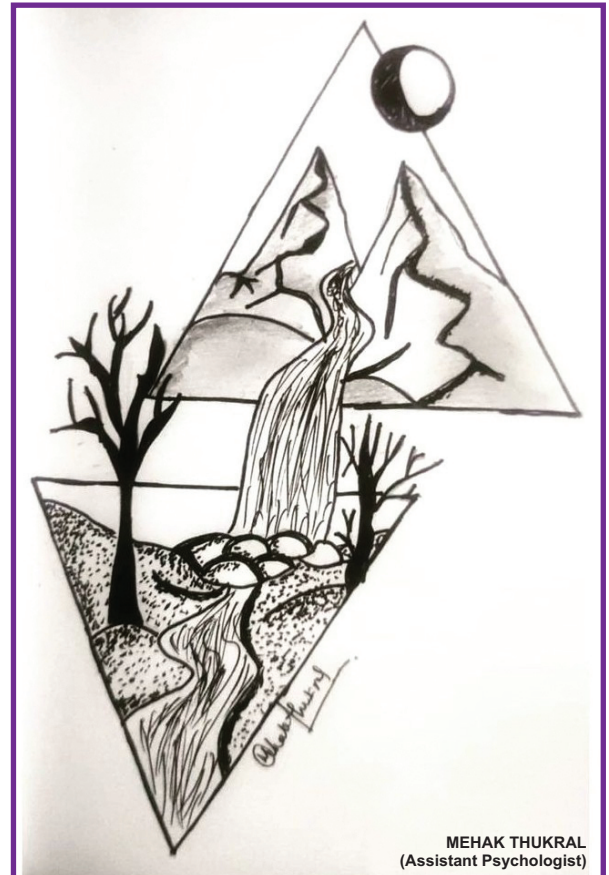
## Guest Section

### BLOOM//SHADES of SUNSET

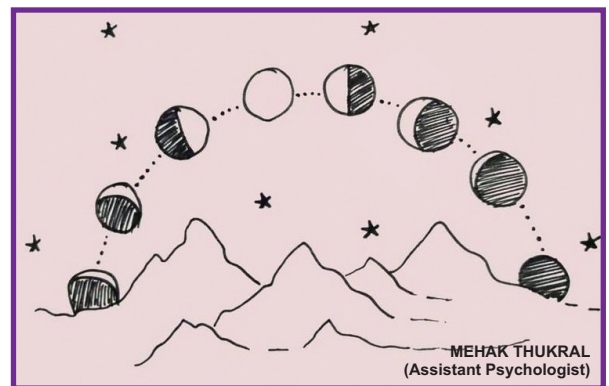
And I exist in these shades of life , going through the darkness of blood and red, running in the veins of my love...I exist in the zeal of orange I exist in the happiness of yellow, in the smile of the people i touch..And i exist in those black and voids too, where no outside can reach to me. Where all those scars sleep, peace full and deep..I exist, not in the physical dimensions...I exist in all those emotions

J - Journaling frequently  
A - Allow yourself to ask for help  
N - Nourish your Body  
U- Unwind after a long day  
A - Acknowledging your needs  
R - Reflect on your Emotions  
Y - Yoga & Physical Activity

@MANASTHALI

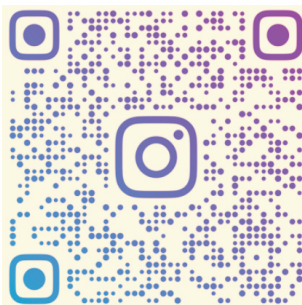


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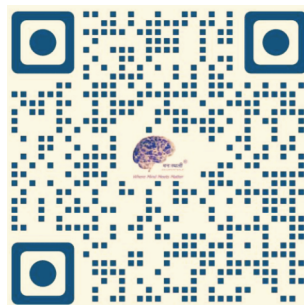


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