



You Matter!

Mumbai– Based aspiring actress commits suicide, jumps from apartment terrace”

“Upset over dad’s scolding, 18 year old beautician jumps to death from 6th floor”

“17 year old commits suicide after failing to clear NEET examination”

Have you ever wondered what drives people to take such huge step? We read these headlines everyday in newspaper. Just think how many lives could be saved by checking up on people around us, talking to them, not stigmatizing mental health,

or seeing a therapist .In movie A long way down, one of the one year of attempting suicide says that, “My therapist told me a story, a true story about this guy who survived jumping off the Golden Gate bridge. It’s an anecdote. It’s not strictly news.

The moment he jumped he realized that the only thing in his life he couldn’t fix was the thing he’d just done. I mean, can you imagine those, those five seconds as he fell? The agony of that..” Like this

story, if you choose to live everything is fixable. Sometimes it will be difficult to keep going but suicide is not an option, finding people who will not let you give up and people who will not give up on you is important. Talking, seeking help is important.

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Smt M M P Shah Women’s College of Arts & Commerce.

Vision:

To Empower Women through Education to make them Strong, Self Reliant, Responsible home makers, Professionals & Citizens.

Mission:

Education for Living & Education for Making a Better Living



BEACON

Beacon newsletter was started in the year 2011 with an intention of making concepts of Psychology more accessible to the general population. Through the years, we have managed to cover diverse topics ranging from Managing Aggression to Premarital Counselling. It has been a long, fruitful journey which has been given a breath of fresh air by our College Counselor Ms Shweta Manghnani and her team. The topic covered in this issue is Suicide Prevention.

Today, we are all connected technologically. However, there seems to be a physical and emotional disconnect. A cry for help, many times, goes unattended. What we are left with are missed opportunities. It is a myth that talking about Suicide Prevention would give ideas to people to commit suicide. Rather, this gives hope and support to those who might be harbouring thoughts of self harm. It also can be an awareness for people in general to check on their loved ones and those around them. We need to make mental health a priority and stop any stigma attached to it. Even the stigma surrounding creating awareness about Suicide Prevention. Speak up and unmute.

Acting Head, Department of Psychology.

Ms. Vaishnavi Kamat

PREVENTING SUICIDE, FINDING LIFE!

Tough times don't last, but tough people do.

Things like these are usually said, but how often do we believe in it? Everyone talks about suicide prevention, about burden on individuals, about tough times but how often do we focus on our real selves?

Even after putting a lot of efforts we might fail. Everyone wants to reach the top and we should, but while in the process it is important to know that this is not the end. Sometimes we might get late and it is necessary to accept the delay. Each one of us have a story to live and a story to tell. There may be several reasons to end life but the beautiful part is to find that one reason that wants to keep you going. Why don't we ask this question to ourselves, "I do not want to commit suicide because?"

Finding answer to this one question will guide us through. Let's live for ourselves, for who we are and what we want to become, for the person whom we know the most and believe it for having it's existence appreciated. Rather than preventing the thought of ending our lives we can establish the reasons for living.

Living shall be beautiful than ending!



A CALL FOR A CHANGE

The sun will shine brighter tomorrow
and the world will always be a better
place with you in it.

Each of our lives is like a fingerprint –
unique, and in this unique print, are lines
and dimples that represent the ups and
the downs in life. These experiences can
never be experienced by anyone but on-
ly you and, no one has seen those good
times and bad times the way you have.
For every time someone told you, you're
not good enough, remind yourself that
your worth is more than their words.
Tell yourself, it's a bad day, a bad
month and maybe even a year, but never
a bad life. Tomorrow is worth looking
forward to and you are worth the
opportunities tomorrow holds.

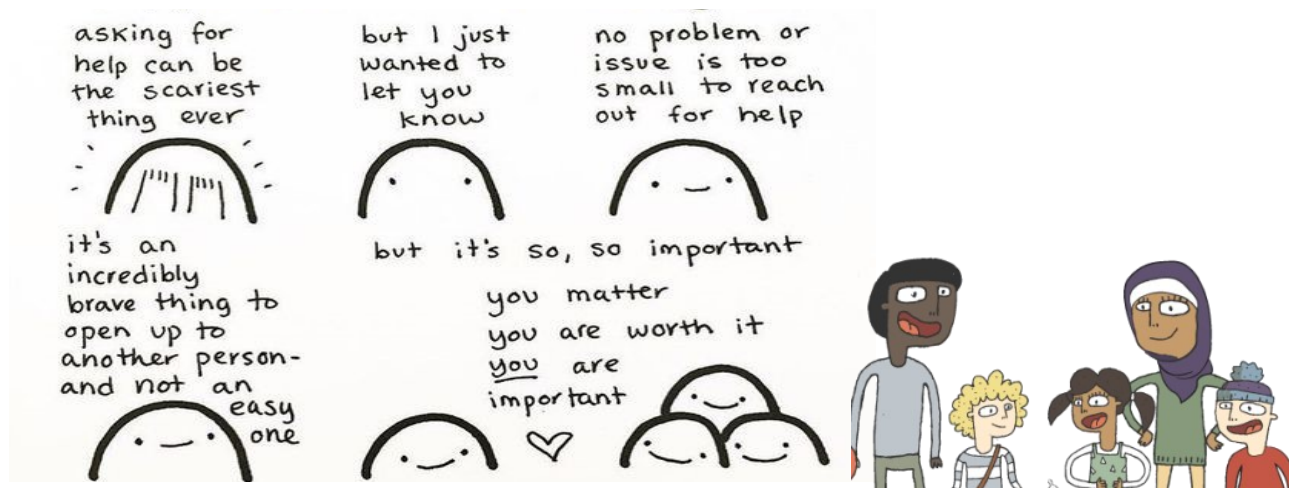
Remind yourself every day that
it's okay to not be okay and, there
is always someone looking out for
you; someone to hold your hand
and make it a better place – a safe
space for not only you but all
those words that go unspoken and,
all those the voices that are
silenced.

This October, we embark our
journey to unite our voices in love
and support to everyone out there
who is still looking for answers.

Let's make it a promise to work
towards breaking the stigma
against speaking out and reaching
out for help.



WORLD MENTAL HEALTH DAY!





BEACON

The 'Well Done' Game



Instructions

For the next hour,
Say: "Well done
YOUR NAME HERE!"
after everything you
do.*

WELL DONE FOR
MAKING COFFEE AMY.

* NOTICE HOW IT FEELS TO
GIVE YOURSELF PRAISE &
POSITIVE FEEDBACK.



COPING TOOLS: What Helps Me

- | | |
|---|--|
| <input type="checkbox"/> Read A Book or Magazine  | <input type="checkbox"/> Ride a Bike or Skateboard  |
| <input type="checkbox"/> Hug or Climb a Tree  | <input type="checkbox"/> Create Origami  |
| <input type="checkbox"/> Journal or Write a Letter  | <input type="checkbox"/> Cook or Bake  |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help  |
| <input type="checkbox"/> Make a Collage or Scrapbook  | <input type="checkbox"/> Talk to Someone You Trust  |
| <input type="checkbox"/> Rest, Nap or Take a Break  | <input type="checkbox"/> Weave, Knit or Crochet  |
| <input type="checkbox"/> Go on a Hike, Walk or Run  | <input type="checkbox"/> Build Something  |
| <input type="checkbox"/> Take Good Care of the Earth  | <input type="checkbox"/> Get a Hug  |
| <input type="checkbox"/> Drink Water  | <input type="checkbox"/> Visualize a Peaceful Place  |
| <input type="checkbox"/> Play a Board Game  | <input type="checkbox"/> Stretch  |
| <input type="checkbox"/> Do Something Kind  | <input type="checkbox"/> Make Art  |
| <input type="checkbox"/> Make and Play with Slime  | <input type="checkbox"/> Use Positive Affirmations  |
| <input type="checkbox"/> Discover Treasures in Nature  | <input type="checkbox"/> Take Slow, Mindful Breaths  |
| <input type="checkbox"/> Take a Shower or Bath  | <input type="checkbox"/> Clean, Declutter or Organize  |
| <input type="checkbox"/> Exercise  | <input type="checkbox"/> Use Aromatherapy  |
| <input type="checkbox"/> Drink a Warm Cup of Tea  | <input type="checkbox"/> Cry  |
| <input type="checkbox"/> Forgive, Let Go, Move On  | <input type="checkbox"/> Try or Learn Something New  |
| <input type="checkbox"/> Practice Yoga  | <input type="checkbox"/> Listen to Music  |
| <input type="checkbox"/> Garden or Do Yardwork  | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline  | <input type="checkbox"/> Get Plenty of Sleep  |
| <input type="checkbox"/> Cuddle or Play with Your Pet  | <input type="checkbox"/> Kick, Bounce or Throw a Ball  |
| <input type="checkbox"/> Practice Gratitude  | <input type="checkbox"/> Take or Look at Photographs  |
| <input type="checkbox"/> Do a Puzzle  | <input type="checkbox"/> Eat Healthy  |
| <input type="checkbox"/> Blow Bubbles  | <input type="checkbox"/> Play Outside  |
| <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Sing and/or Dance  |

