

ISSUE 14 | MAY-JUNE 2021

we mag

A DIGITAL MAGAZINE ON EMOTIONAL WELLNESS

WWW.WEQIP.COM

HOPE EDITION

INSPIRATION 04

How To Find Hope In Hard Times?

DR. SANDIP ROY

INSIGHT 17

Raising A Hopeful Generation

RUPALI SINGH TEWARI

NUTRITION 25

Your Ideal Summer Companion - The Humble 'Sattu'

JOLLY VIN

MEDIUM 31

Whispering Hope

GARIMA J-BAJAJ

PAUSE 36

Hope: Hefty Odds, Positive Ends

DEVIKA M

IGNITE 11

Hope Is Action In Uncertainty

SIRISHA CHALLAPALLI

HAPPINESS 14

Believe In Hope

MANASVI KULKARNI

REFLECTION 21

A New Definition Of Hope - From Fear To Faith

ASHIMA VERMA

IDEAS 27

Integration Of Hope Methodologies As A Pedagogy In Schools

ROSELINE GOMES

PERSPECTIVE 32

Hope: Why All Is Never Lost?

SMARIKA DALAL

YOUR VOICE 45

Losing And Finding Hope

LORA CARABALLO

MUSINGS 39

Dimensions Of Hope - A Collection Of Poems

THRYAKSHA GARLA, ROSE'S, MANASI VARWANDKAR, ABDHI UPADHYAY



WE MAG

ISSUE 14

PUBLISHED BY

WEQIP - The Emotional Wellness Platform

WE MAG takes constant and utmost care to ensure that the content is accurate, original, and complete. WE MAG & WEQIP assume no liability or responsibility for any inaccurate, inauthentic or incomplete information.

The views and opinions expressed in the articles are that of its author(s) and are not necessarily the views of the publisher and editor. The published material, editorials and all other content is published in good faith and WE MAG carries no responsibility for the opinion expressed thereon. The materials and content contained in this publication are for general information only and are not intended to be a substitute for professional advice, diagnosis, or treatment. WE MAG reserves the right to change any information without notice.

WE MAG & WEQIP cannot be held responsible and shall not be liable for content of other websites, resources, external organizations and people that might be mentioned in the articles.

If you have any query regarding article submission, feedback, errors & omissions, or any other comment please mail to us at info@weqip.com

Any form of reproduction of any content of this digital publication without the written permission of the publisher is strictly prohibited.

For more information and exclusive digital content, head over to www.weqip.com

WEQIP is a trademarked organization. All rights reserved.



CALL FOR SUBMISSIONS!

FOR NEXT ISSUE ON **SELF-CARE & HOBBIES**

WE MAG - THE EMOTIONAL WELLNESS MAGAZINE

Here is your chance to be a part of **WE MAG!**

Share your article (500-750 words), poem, ideas, book review or artwork on **SELF-CARE AND HOBBIES** by logging on to **www.weqip.com** and we might include it here as well!

If you are a mental health warrior / psychologist / mental health author and would like us to interview you please contact **write@weqip.com**

For advertising in this magazine and for other queries contact us at **info@weqip.com**



HOW TO FIND HOPE IN HARD TIMES?

Words | Dr. Sandip Roy

To say we are living in bleak times would be putting it too mildly. This modern pandemic has caused so much distress that it would take us years to find some semblance of normalcy. We lost hope like never before. What do we do when we have no hopes left? How could we find some hope in hard times and make them work positively?

Here's how science suggests we could get hope back into our lives.

Defining Hope

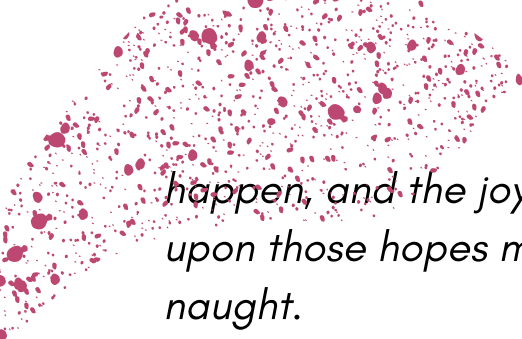
In their 1991 paper, Snyder, Irving and Anderson defined hope as: "A positive motivational state that is based on an interactively derived sense of successful agency and pathways."

Hope is a desire for a thing to happen, usually positive. It is an anticipation, an aspiration, an expectation. Hope is the feeling that things will turn out for the best. It is consistently looking forward to a positive outcome for things planned in our life.

How To Find Hope In Hard Times

Hope is not wishful thinking. What makes it different is within hope lives a core of belief, *and that belief is the essence of hope.* Researchers prove it to be true.

However, even when its core is strong, the outer shell of hope is fuzzy. On the outside, we build hope from uncertainty. *What we hope for may not eventually*



happen, and the joys we pegged upon those hopes may come to naught.

Traditionally, throughout various cultures, we have been told since our childhood this cliché: "*Where there is a will, there is a way.*" It means if we're determined enough, we can find ways to achieve what we want, even if it is difficult. Experiments by psychologists have taken this further and proved there is indeed *a pound of truth* in that aphorism.

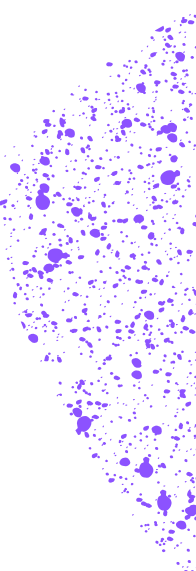
A. The Snyder Way

Dr Charles "Rick" Snyder , the late professor of psychology at University of Kansas, who dedicated his life to researching hope, laid out a model that requires three things to come together to create hopeful thinking:

1. Goals
 2. Pathways
 3. Agency
- 

To find hope, and make hope work for you successfully, you've to know how to leverage each of these 3 elements. Here's how:

1. Goals or Aims: While we all know what goals mean, here are a few tips for setting them:

- You should be sure that your goal is something you want for yourself, not what others want of you.
 - Your goals should be stretching you beyond your comfort zones.
 - You must allocate time for working uninterrupted on each of your goals.
- 

2. Pathways or Plans: Once goals are set, it's time to recognize that there can be several ways to reach them. Then choose the best way for each. You may break down a long "pathway" into small steps, and start working on the first step. And prepare yourself for the situations when you may run into blockades – that is, *have a Plan B in your kitty.*

3. Agency or Action: Agency is the capacity to make our choices and exercise our power in the world. Agency is of two types – *involuntary* and *intentional*. It is the second type, the intentional or the goal-directed agency that is required here.

- We should be talking to ourselves in “can do” voices.
- We should be viewing problems as challenges.
- We should be reminding ourselves of our earlier successes when there are logjams.
- And, of course, we should enjoy the journey to our goals itself!

B. The Lopez Way

Shane J. Lopez (1970–2016), who was the Research Director for The Clifton Foundation, and the world’s leading researcher on hope, in his book *Making Hope Happen: Create the Future You Want for Yourself*, proposed hopeful people share 4 core beliefs:

1. The future will be better than the present.
2. I have the power to make it so.
3. There are many paths to my goals.
4. None of them is free of obstacles.



8 Ways To Find Hope In Life When Sad

When we fall into adversity, imagining a hopeful future seems like a losing proposition. In such times, we can make a few efforts to keep our hopes alive. Here are a few ways to do that:

1. Change Your Attitude: Learn to change your attitude and it will allow you to see the amazing things around you, not only in the world around us, but also in yourself.

2. Find Social Support: Find a group of people to meet and interact with who are naturally optimistic and see the bright side of things, and enjoy the contagion of positive emotions of these people. You might find a chance to have a smile on your lips, maybe on seeing the kindness of strangers or the resilience of a stray dog. You may see the optimistic side of some situations. It could be

easier to cultivate a positive mindset to carry it around.

3. Look To Nature And Faith:

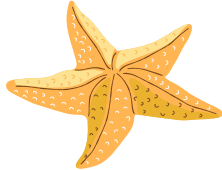
For many of us, the richness of nature is a powerful source of awe-inspiring inspiration. A beautiful sunrise can often stir us like nothing else. We could also use religious beliefs as a significant source of hope. Our faiths could make us expect a brighter tomorrow or get us motivated to act today.

4. Listen To An Inspiring Story:

We could create a positive and hopeful mood by watching an uplifting video or listening to a life story by people who kept hope alive when they were down and out. We might also read stories of hope.

5. Strengthen Your

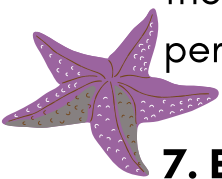
Hopefulness: When we make a habit of foreseeing the positive outcomes, we often realize we can also achieve some of those remarkable dreams. When we intentionally daydream about a



positive future more often, it can reinforce our hopefulness.

6. Let Your Past Motivate You:

As human beings, the seemingly impossible things can often appear to be actually possible when we look back at the many noteworthy achievements in our lives. We all have at least a few past astonishing feats to remember, and looking back at them they remind us we can perfectly do them again.



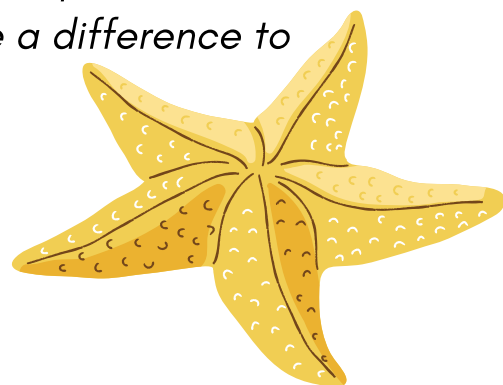
7. Engage With Your Passion:

For most, involving themselves in an activity of leisure they had no time for earlier can rekindle their hopefulness in life. If it's painting, and you have set up a canvas on your easel, then every day you wake up to add a few brushstrokes or pencil strokes to take it to completion. If you were always fond of writing, but time was against you, you could start writing a book you have been meaning to write all your life.

8. Find Your Meaning: To find the meaning of our lives is to know for what bigger purpose we are here on this earth, and how can we make it a better place. When we're hopeless, it's easy to doubt if a single person's endeavors can make any difference to the world. To help fight that feeling, here's a heartwarming story, summarized from *The Star Thrower* by Loren Eiseley:

An old man walking on a beach found a boy picking up starfishes strewn on the sand and throwing them back into the ocean. He stopped to tell the boy, "There are thousands of them washed ashore by the tides. You won't be able to make much of a difference."

The boy heard him, then bent down to pick up another starfish, and threw it far into the ocean. Then he looked up, smiled, and said, "It made a difference to that one!"



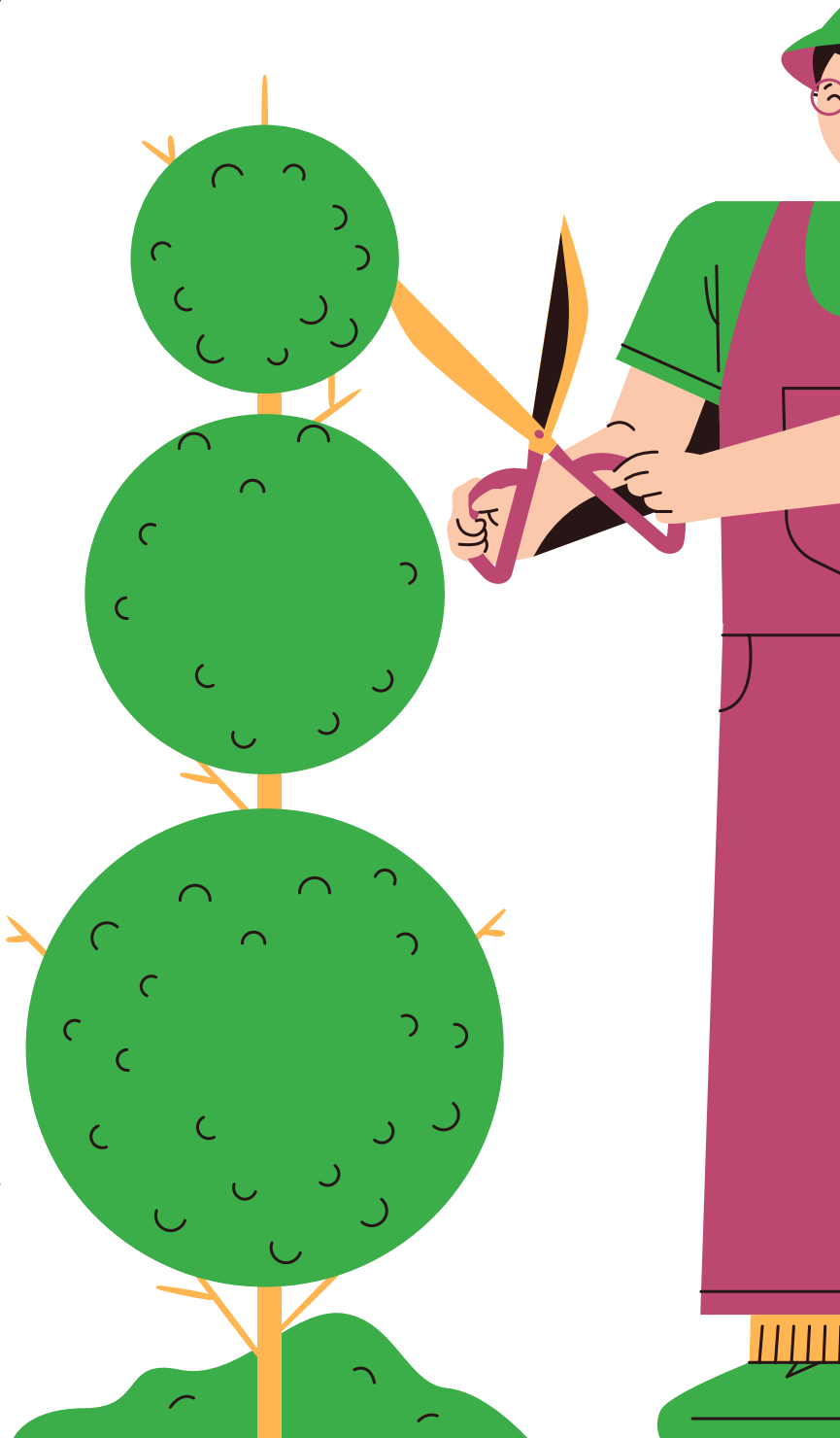
To cultivate hope, it takes bravery to take that first step forward. Try one of these steps wherever you are in life right now and see yourself gradually transform into a person ready to face and sail through your challenges.

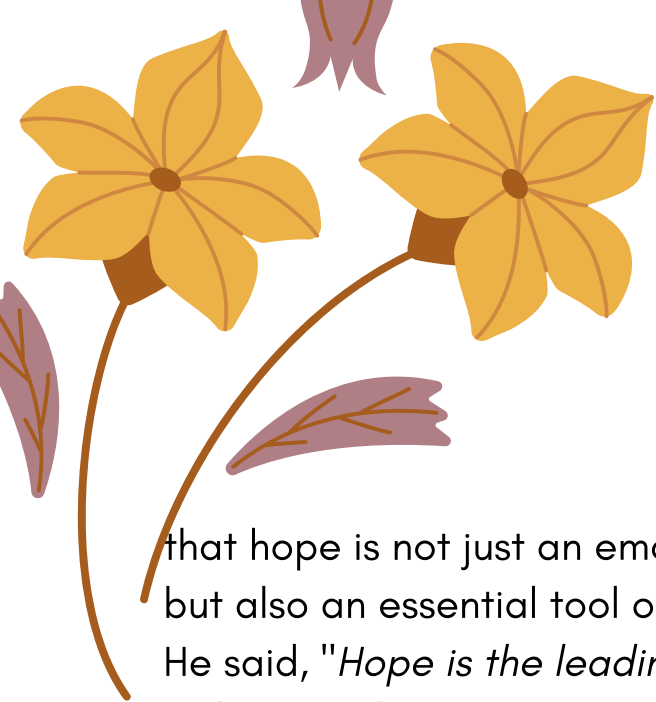
Why To Not Lose Hope In Tough Times

So, if hoping means we have to desire positively while embracing uncertainty, is it not a purposeless endeavor? *Should we hope at all if to hope is to risk losing it easily?*

Shane J. Lopez, the late leading researcher on hopeful thinking, defined hope as, *"The belief that the future will be better than the present, along with the belief that you have the power to make it so."*

Using discoveries from the largest study of hopeful people ever conducted, Lopez revealed in his book *Making Hope Happen*,





that hope is not just an emotion but also an essential tool of life. He said, *"Hope is the leading indicator of success in relationships, academics, career, and business—as well as of a healthier, happier life."*

Should we hope? Yes, sure. Because if you know how to hope the right way as research indicates, you may not have to feel too risky about feeling dejected if it doesn't come true. If you are a hopeful person, you find it has positive effects on many areas of your life. Research finds high-hope people have lower levels of depression and anxiety, and higher levels of happiness and well-being.

When there is no hope, there is a risk of despair. That's why we should never lose hope.

As Zen master, global spiritual leader, poet, and peace activist Thich Nhat Hanh said, *"Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today."*

Final Words

We must hope, especially in situations that seem insurmountable and dire. Those of us who keep high hope, and set out on our journey with resilience and grit, view the obstacles on the road not as barriers, but as challenges. *And we keep a Plan B ready.*



Dr. Sandip Roy, Positive psychology writer, happiness science researcher, and medical doctor. Founder of Happiness India Project

HOPE IS ACTION IN UNCERTAINTY

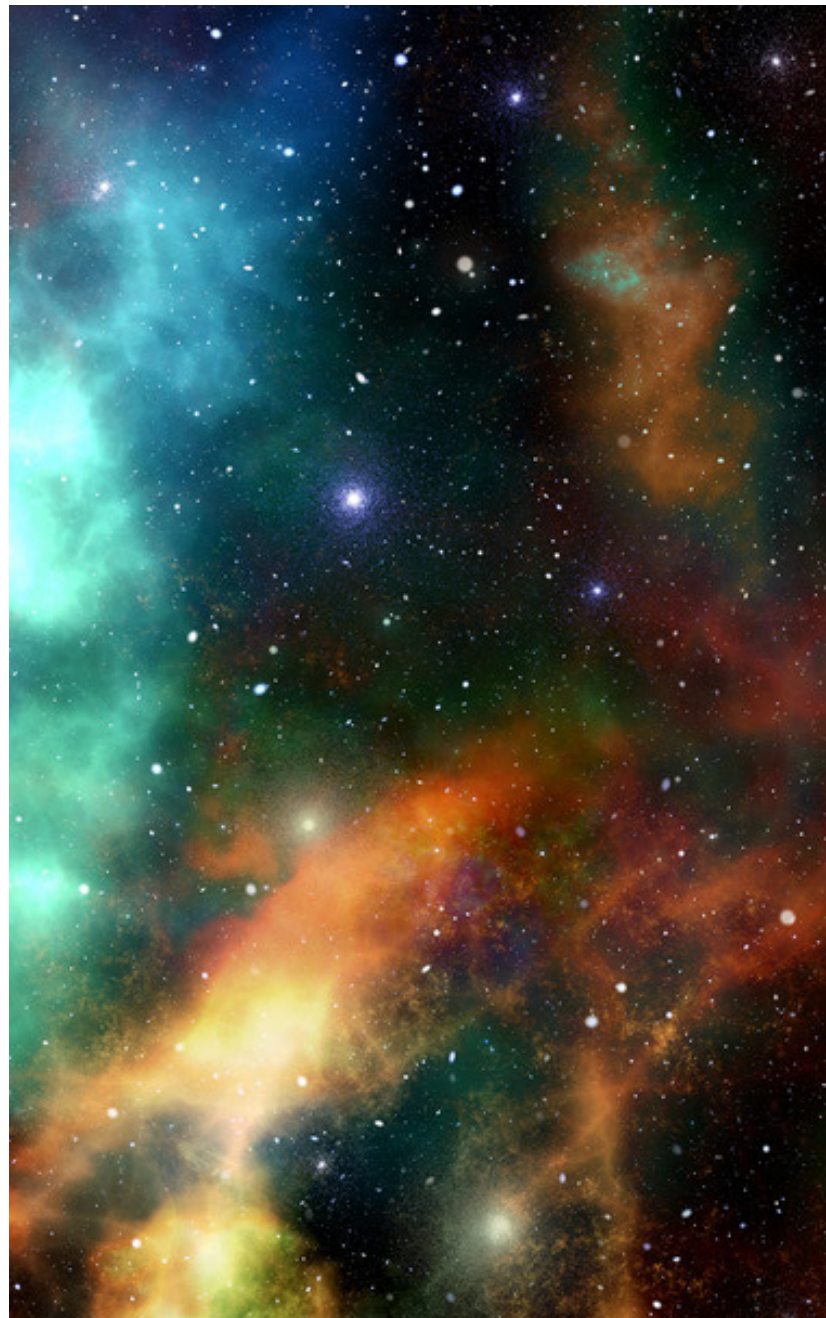
Words | Sirisha Challapalli

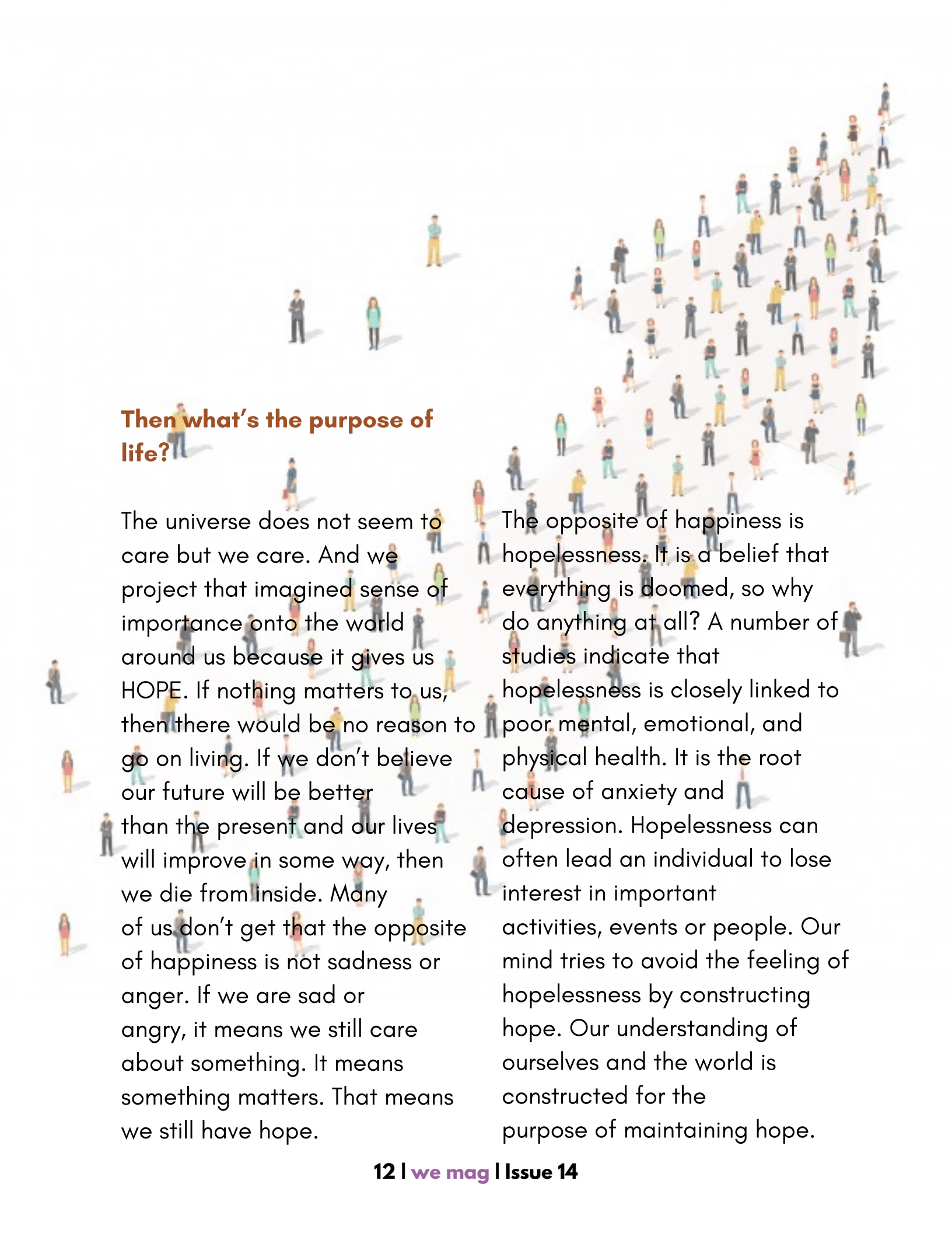
"Have a pleasant day!"

I wished my friend as I put down
my phone and wondered,

"Does the universe care what
happens to us or about what we
do or not and whether we
live or die?"

I pondered on what a mystic had
once said, *"One day, you and
everybody you care for will die.
And beyond that small group of
individuals for a particularly brief
period of your time, little of what
you say or do will ever matter.
This is the truth you like it or not.
And everything you think or do is
but an extensive avoidance of it.
We are inconsequential cosmic
dust, on a small blue speck. We
imagine our own importance. We
invent our purpose—we are
nothing."*





Then what's the purpose of life?

The universe does not seem to care but we care. And we project that imagined sense of importance onto the world around us because it gives us HOPE. If nothing matters to us, then there would be no reason to go on living. If we don't believe our future will be better than the present and our lives will improve in some way, then we die from inside. Many of us don't get that the opposite of happiness is not sadness or anger. If we are sad or angry, it means we still care about something. It means something matters. That means we still have hope.

The opposite of happiness is hopelessness. It is a belief that everything is doomed, so why do anything at all? A number of studies indicate that hopelessness is closely linked to poor mental, emotional, and physical health. It is the root cause of anxiety and depression. Hopelessness can often lead an individual to lose interest in important activities, events or people. Our mind tries to avoid the feeling of hopelessness by constructing hope. Our understanding of ourselves and the world is constructed for the purpose of maintaining hope.

If we believe that everything was, is, or will be fine then it is not hope. The enormous suffering we see all around us itself a piece of evidence. We also need to acknowledge that grief and hope can coexist. The kind of hope we all should be concerned about is about broader perspectives and with precise possibilities, those that invite or demand that we act. We should take into account complexities and uncertainties. When we recognize the uncertainty, we recognize that we may be able to influence the outcomes, acting alone or acting in tandem with others. When we hope we believe that what we do matters in spite of not knowing how and when it may matter and whom it may impact. We may not

probably know them afterwards either, but they matter all the same.

So, here is my hope in action – Feelings of fear or loss are a part of being human. Live your life according to your values and do your best keeping in mind the uncertainties of life. And, when you find connection with others, you know that you are doing the best you can with what you have.



Sirisha Challapalli,

Curriculum & content specialist at
Learning Curve Life Skills
Foundation





Believe in Hope

Words | Manasvi Kulkarni

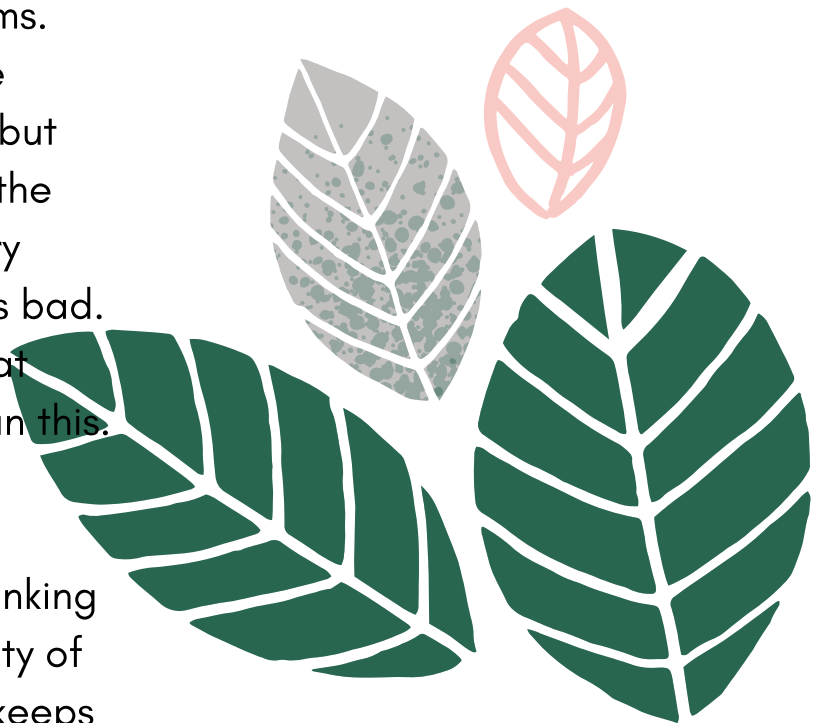
"When we are no longer able to change a situation, we are challenged to change ourselves"
– Viktor Frankl

Hope is the one thing that can help us to get through the darkest time.

No doubt life is a solid war zone. But it's not too bad either. Try to keep your eyes full of dreams. Hope not only gives you the strength to overcome pain but also makes the journey for the future easier. Let's not worry about the fact that today is bad. Hope keeps us telling us that tomorrow will be better than this.

Hope is optimism. When I'm hopeful for anything, I'm thinking that the sorrow and difficulty of today will soon end. Hope keeps

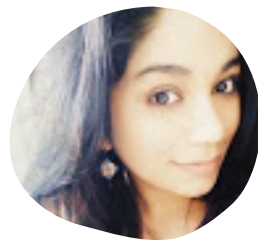
us positive. As you know, our mind has lots of effects on our actions. If your mind tells you to stay strong on a path and not to lose courage, you will do so. So, hope gives a positive mind power. It generates an aura around you that protects you from the negatives. This is why; hope will always be the essence of life.





Hope helps us to ignore the sufferings of the present. When we stay positive about our future and feel that we have to fight to win the problems, our probability of success increases. It happens because we fight to try to stay mentally strong and give our best efforts. Hope is a belief. You believe something good will happen. The intensity of this feeling can change your present and future. It's said hope, which is also your belief, is a deep sense hidden in our subconscious mind. Remember that our subconscious mind is the most powerful thing on this earth. With its help, you can make an impossible possible, or win a war, for example.

A true hope or belief is unbreakable. There are many theories regarding the pure definition of hope. But you don't have to confuse yourself with so many opinions. Just ask yourself – what you believe. If you believe to have something good in the future and expect it to happen, that is hope. When you keep yourself telling that there will be no more pain and sufferings soon, you hope for it.



Manasvi Kulkarni



LOOKING FOR...

CONTENT WRITING INTERNS

FOR INDIA'S FIRST & LARGEST
EMOTIONAL WELLNESS SELF-
PUBLISHING DIGITAL PLATFORM



- FLEXIBLE TIMINGS
- 12-15 HRS PER WEEK
- WORK-FROM-ANYWHERE

IDEAL FOR

- PSYCHOLOGY STUDENTS
- MENTAL HEALTH PRACTITIONERS
- PRACTITIONERS WORKING IN THE AREA OF WELLNESS
- INDIVIDUALS PASSIONATE TOWARDS MENTAL HEALTH
- ANYONE INTERESTED TO HONE THEIR WRITING SKILLS

Email your updated CV to
info@weqip.com

See more details on:

<https://weqip.com/work-with-we/>



Raising A Hopeful Generation

Words | Rupali Singh Tewari

Hope (noun.) means 'desire or expectation of a change', its root word being the same as that of the word 'curve'. Its first usage can be traced to the 12th century and by 14th-century as-hopeful (adjective) and hopefulness (adjective). The antonym of hope is despair.

The story Noah's Ark is a tale of hope and the 'Dove' in the story carrying back a twig came to be known as the symbol of hope.

Hope accompanied with faith has a spiritual basis. Hope involving positive thinking is scientific. The colour 'yellow' is associated with 'hope', just as 'blue' is for 'faith' and 'red' for 'spirituality'. In many countries where a family member has gone for 'war', one can see yellow ribbons at their entrances symbolizing hope for their safe return home.

Psychologically, hope is a

positive anticipatory emotion, experienced amidst negative or uncertain circumstances, that provides motivation to pursue outcomes not yet occurred.

It is a state of mind that we decide to maintain or adopt, we decide not to give up for fear of actual /psychological or moral consequences that may occur if we do not hope. (Dr Patricia Bruininks, The Unique Psychology of Hope.)

A child's brain can be wired from a young age to develop hope as a response through repeated emotional lessons as learning experiences. However, these days we see that children find it difficult to empathize, cooperate, negotiate and be hopeful towards the future which has a negative outcome on their academics and interpersonal relationships leading to psychosocial and behavioural issues like alienation, violence, aggression (Goleman, 1995).

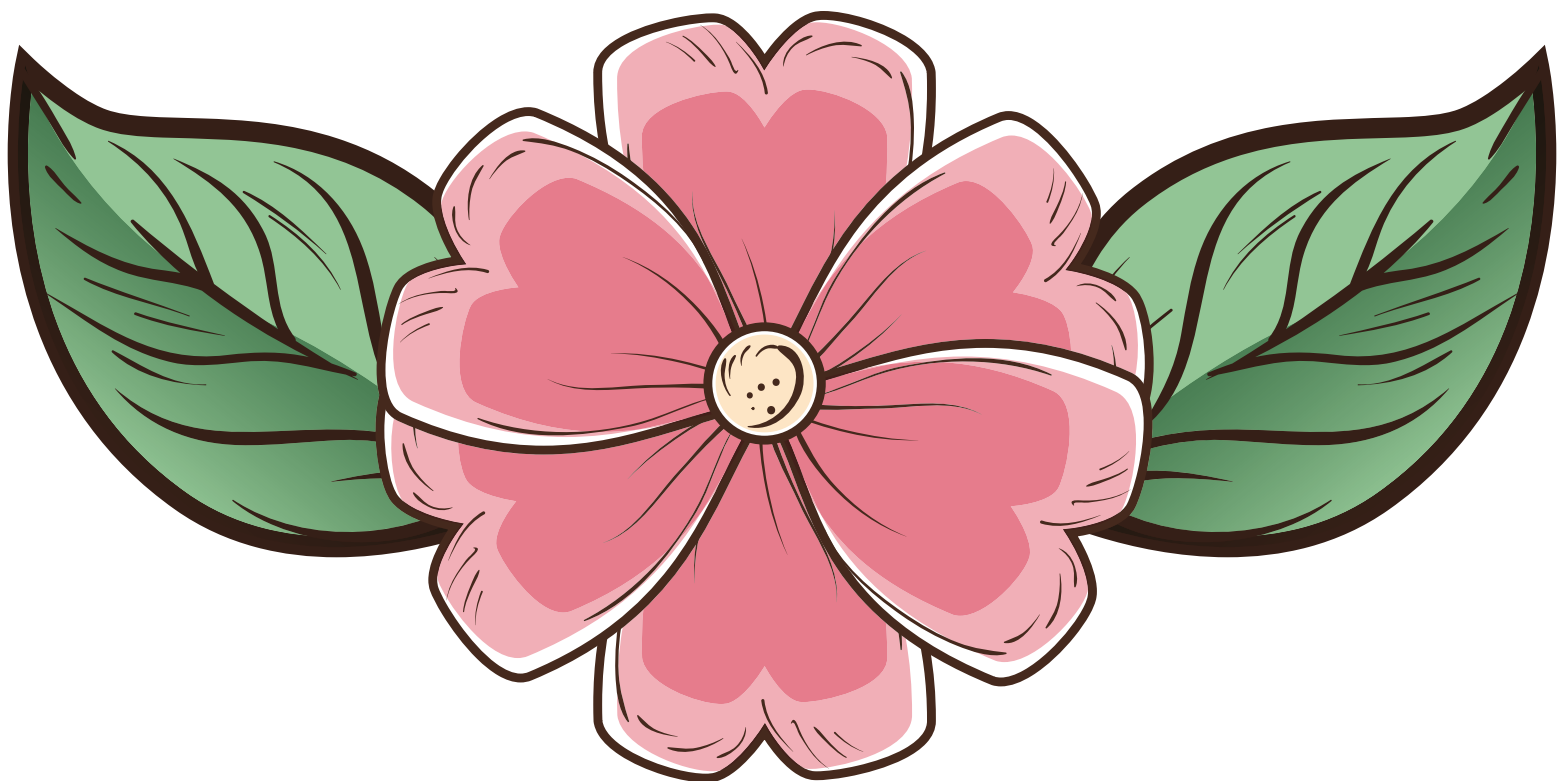
Children learn optimism or pessimism from their experiences of success and through their interaction with parents, teachers and significant adults. An optimistic attitude is a great asset to a child as it teaches them to keep trying and not to give up. An optimistic child believes in themselves and their ability to make a difference. Pessimists on the other hand often feel helpless and often look on the worst side of a situation.

How can we raise optimistic children?

- Be a good role model. Parents model an optimistic or pessimistic attitude by the way they react to both adverse and positive experiences in their lives.
- Help your child to experience success no matter how small. When children come to try new experiences they can draw on past experiences

when they succeeded.

- Use optimistic language and explanatory style when things don't go as you planned.
- Optimists explain adverse situations in the following way:
 - Adverse events are temporary rather than permanent. "It takes time to make new friends at a new school" rather than "No one likes me."
 - Situations or causes are specific, not global. "I am not so good at football" rather than "I am hopeless at sport."
- Blame is rationalised rather than personalised. "I got a C on my test because I didn't study" rather than "I got a C on my test because I'm stupid."
- Avoid excessive negative exaggerations when things don't go as planned. "You need to practice a bit more" rather than "You are hopeless".
- Expose your children to stories and videos that have a theme of optimism, i.e. The Lion King, The Tortoise and the Hare, The Little Red Engine, The Karate Kid, and Little Giants.



- Draw your child's attention to media and/or public figures that have overcome hardships or have persisted and achieved their dreams.
- Give encouragement for trying or having a go. So, they start to believe they are capable of success.
- Encourage children to use positive self-talk. An "I can do it" or "I'll give it my best shot" attitude.
- Catch children when they do use pessimistic language and help them to think about things in a more rational way. Stating "You have passed all your other maths exams and you just need some extra help on this topic" could challenge "I am hopeless".
- Build the basic foundations of optimism by encouraging kids to have a go, come to terms with both success and failure, plan for the best outcome and problem solve, have the belief and confidence to try again.

Emotional Intelligence And Hope Therapy

Emotional Intelligence recognizes 'hope' as the ability to maintain an optimistic outlook in the face of disappointment and difficulties.

Hope Therapy incorporates positive self-talking, thinking about the future in a more positive way and connections with a supportive network instead of dwelling on the unpleasant past.

For it is enduring the winter chill, that sparks the development of buds of a cherry tree and enables them to bloom on the arrival of spring.



Rupali Singh Tewari,
Clinical Neuropsychologist,
Hypnotherapist, Counsellor &
Sound Healer

A New Definition of Hope – From Fear to Faith

Words | Ashima Verma

Pandemic is a word that hit us like a Tsunami globally. One afternoon in 2020, we randomly started hearing words on news channels like “Outbreak/ Virus/ Engineered Virus” etc. which made no sense to us whatsoever. However, little did the world know that these words are going to be our real vision for an unpredictable timeline of life.

Kids losing out their childhood years, teens trying to navigate their puberty years within masked faces, online education and withering motivation. When it comes to adults, the pandora’s box was just tumbling – unemployment, losing loved ones, multi-tasking families with work-life along with a crumbling support system.



The year felt like the Titanic iceberg that desperately needs a lifeboat. After an entire year of this new world reality, the only life jacket that one has, in such times is HOPE.

Hope, is an underrated yet powerful antidote to whatever adversity may occur. I write this consciously, being aware that with so many people losing their loved ones all around, hope seems just like a word than actual relevance. That’s why, once we accept the grieving times and actually share our venting, we find hope at the end of this gloomy tunnel.

With I also being infected recently and seeing how isolated, weak and incapable it feels, the one thing that helped me and would certainly help anyone at this time, is empathetic sharing, listening and simply pouring their heart out.

Having hope doesn't mean rejecting the pandemic or undermining illness, rather it means to honestly face, share, support and staying active in finding resources/people and ideas that can promote self-care.

A lot of my hope, came, not just from family and friends but simply from speaking to strangers who were offering COVID aid to me, pharmacies willing to deliver, food services keeping us afloat, security personnel taking charge of delivering medicines and even news channels sharing critical

data, rather than just gossip-mongering.

This pandemic shed light on not just how terrible a pandemic can be, and brought out the worst in people, politicians, or fake charities but on the other end, it also showered a list of humanity chain where strangers and organisations worked tirelessly to help out others at this time of crisis.

The year also gave a new meaning to words like Mental health, empathy, humanity, survival and resilience.

People now, for ages ahead should feel grateful and more supportive of what struggles truly are. Having a support system, tangible resources, the ability to meet family, loved ones, and most of all, having health is something that will now give us hope for the future.



A few things that genuinely make us feel blessed are tokens like :

- Self-care
- Financial stability
- Having someone to share life stories with
- Safety of a home and a caregiver
- Helpful neighbours or society
- Ability to speak to qualified health care professionals (be it doctors/ counsellors or therapists)

These are all privileges that we all should be thankful for and if at all, we know anyone who lacks these, ensure that you can do their little bit by being sensitive, empathetic and non-judgmental. Avoiding preaches and promoting overt optimism may seem offensive to those affected, thus hope in today's

times is a fine skill that one must be careful about.

To all those, who are suffering and have sustained scars that they would live lifelong with, just be a beacon of Constructive Hope, where you not only support them with inspiration but also with a plan in the pandemic, for a roadmap ahead.

Hope in today's times may seem futile and unimaginable, but faith is what will make us feel afloat , when the world seems to sink.



Ashima Verma,

School Counsellor, blogger

Your Body. Your Health. Our Priority.



Holistic Nutrition
By Jolly



Jolly Vin

A holistic nutritionist and a genetic counsellor

Consultation & Single Meal Plan Design
Clinical Nutrition Guidance
Monthly Weight Loss Plan
Incorporating Ayurveda and Naturopathy

www.holisticnutritionbyjolly.com
Call today for consultation +91 8008613939

Your Ideal Summer Companion - The Humble 'Sattu'

Words | Jolly Vin

Sattu drink or sherbet is made from a fine powder of roasted Bengal gram or 'kala chana'. This authentic, lip-smacking drink is loaded with essential vitamins and minerals like potassium, magnesium, calcium and iron.

A 100 grams of sattu powder can provide approximately 23 grams of protein. It has insoluble fibre which are beneficial for gut health. It helps in curing digestive issues like constipation, bloating, acidity, boosts metabolism and helps the body to burn calories effectively.



It flushes toxins from the body and acts as a coolant, helps maintain blood pressure and is great for diabetic people. Sattu works as a great post work out drink to get instant energy and is also great for kids' growth and immunity.



Sattu Drink Recipe

Ingredients

- 3 tablespoon sattu powder
- 2 cup water (chilled or at room temperature)
- 1/2 teaspoon black salt
- Sendha namak (Himalayan rock salt) – as per taste
- 1 tsp roasted and powdered cumin seeds
- Crushed peppercorns – as per taste



- 2 tablespoon mint and coriander leaves – finely chopped
- Juice of 1 lemon

Instructions

- Add all the ingredients to a jug and mix well.
- Serve in glasses, ice cubes can be added if desired.
- Garnish with more mint leaves.
- For a sweet taste, jaggery powder, honey or *mishri* (rock sugar) can be added as per taste.



Jolly Vin, Founder – 'Holistic Nutrition By Jolly', nutrition author and lifestyle coach

INTEGRATION OF HOPE METHODOLOGIES AS A PEDAGOGY IN SCHOOLS

Words | Roseline Gomes

Our education system has seen a nervous breakdown overnight with the call of the lockdown. It churned the reasoning capacities of dynamic learners in curbing their capacities and perspectives. Since Indian schooling has been governed by stringent structured academic grading patterns there is a need to now unlearn, learn and renovate newer pedagogies. Factual resources are available throughout, but life-skills awareness is something that stays unknown and unheard by many. There is thus a need in blending hopeful teaching and learning mechanisms so that they can enhance divergent solution-based outcomes for life.

Charles Richard Snyder, a well-known American psychologist came up with the theory of Hope in 1994 and believed that this small word had greater meaning in initiating individualistic capacity building within the classrooms. Now that the world has moved to a virtual platform there is an urgency to work as educators and authority figures in reinforcing sensory-based learning and connectedness.

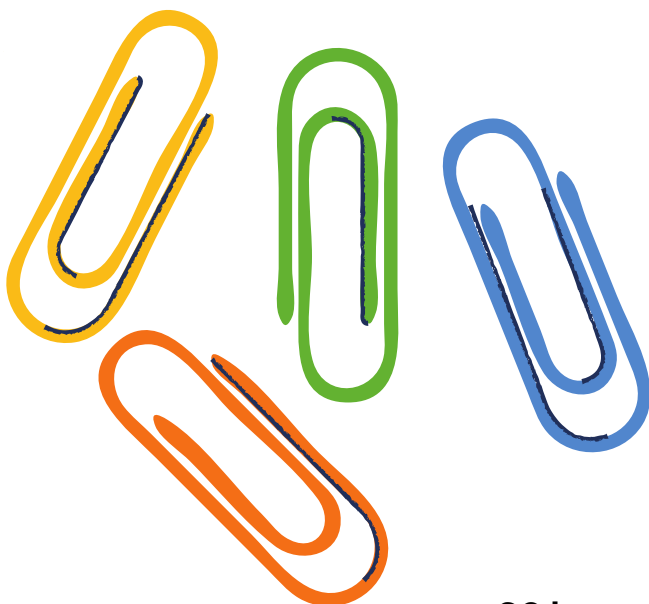


Individual uniqueness is innate in each child and identifying the same by guiding them to embrace both strengths and weaknesses will ensure the development of hope in combatting personal and social conflicts. Hope theoretical dimensions need to be absorbed practically to academics in orienting well-being dimensions. This would form a more positive outlook towards life. The emergence of hope as a perceived ability can motivate learners to journey towards their aspired direction.

Snyder (1994) understood hope with its constructive elements of cognition and affect that united

goals, perceived outcomes, and autonomy in creating strategies to reach the same. He gave three componential aspects of hope where there is the need to have focussed reasoning or thinking patterns, create methods that would guide in the accomplishment of goals, and learning of motivational skills in reaching towards the desired outcomes. Thus, the increase in self-beliefs and personal capacities greater would be the development of hope. Though goals are abstract concepts, it has the power to handhold individual actions.

Since an individual's actions are more goal-oriented, it then becomes the moral responsibility of educators in guiding learners to recognize goals. This would increase their subjective happiness if described as valuable that has its uncertain functions. Enabling students in knowing goals as both anchors and barriers would empower them to create a difference.



The current pandemic has blocked the young's ability to think, feel and act. Thus, if educators inspire student's pathway thinking that when strengthened would initiate newer alternative pathways of agency thinking.

Holistic mental health is an outcome of pathway and agency thinking. The individual ability to form varied pathways from the moment to the aspired future. The pathway processes reflect

the perceived capacity to form varied routes. The mental ability to craft pathway thoughts accustoms the child to move towards constructive goals and thoughts. Similarly, with pathways thoughts agency thinking needs to be incorporated. This refers to the personal intentions, confidence, and the personal capacity to follow varied pathways to aspired goals. Favourable motivation, self-beliefs build emotional capacities.



School



Every goal comes with its challenges that are termed as barriers which need to be reiterated to students that these cannot be roadblocks. Thus, the skills to create new routes with pathway and agency thinking through hope principles need to be taught to students. These further form a cyclical association that also leads to these two kinds of thinking.

Snyder's hope theory encompasses three reference questions that students should be taught the practice that is, 'What is going on? Where do I want to go? What is stopping me?' is known as the pathway thinking questions. It's time we as educators, policymakers, academicians, and those from the learning systems to observe the current scenario as a wake-up call in uplifting the young in becoming self-sufficient hopeful humans.



Roseline Gomes, Founder - 'Shilpi & Michael Foundation', a Youth Collaborative Forum, Ph.D. scholar and assistant professor of psychology



WHISPERING HOPE

Artist | Garima J-Bajaj



In such delicate yet cacophonous situations, words from one's well-wishers and caregivers have the power to reinforce faith, build resilience and restore mental peace.

These angelic words resurrect the dying hope and help one come out of the traumatizing rabbit hole.

We all have the power to be such angels and uplift hope when someone is undergoing a mental struggle.



When one goes through a turbulent mental struggle, the heat of one's negative thoughts ravages through the body, at times flowing as fiery tears.

Garima J-Bajaj, Hyderabad-based art teacher. Explores beauty and design in everyday life through paintings and photography



HOPE: WHY ALL IS NEVER LOST?

Words | Smarika Dalal

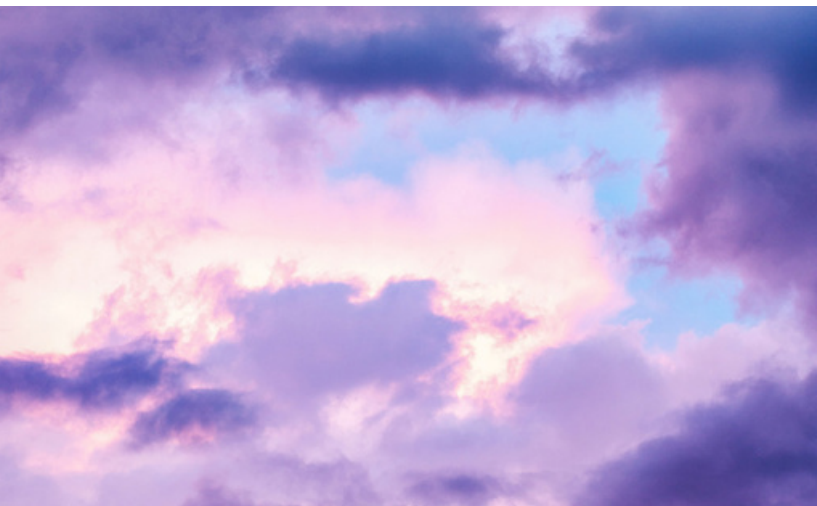
Have you ever felt yourself drifting into a dark place with no outlet to escape? Have you ever told yourself that there is definitely a door nearby, because if you could come into it then there is no way that you can't get out of it? This is HOPE.

For me, HOPE is an acronym for "Hold On, Problem Ending". The lesson is simple. Hope is that faint light that flickers through the storms but nevertheless shows the way. Hope gives rise to patience, resilience, courage. Hope is what leads to peace.

The grim image of the world that we live in where everyone is trying to slaughter everyone else, where everyone is a part of the cutthroat competition; is tempting enough to drive us into a state of hopelessness. The important question that we need to ask ourselves is whether violence is leading us to hopelessness OR is hopelessness leading us to violence? Difficult indeed but very important. It is a vicious cycle – the one that never ends.

Another important question that

we need to ask ourselves is where do we find hope? In happy places? In dark places? In noisy places? In solitude? To be honest, there is no one best answer to this question either. You may go to a happy place but end up feeling miserable because everyone else is happy. Contrary to this, you may go to a happy place that lifts up your spirit and find that happiness is contagious. You may go to a friend who is suffering from a loss and end up even sadder because sadness is contagious too. You may go to a friend who is sad and while trying to cheer them up, you somehow find a solution to your own problem. The difference lies in the perception.



What you choose to see is more important than what is. The objective reality of the world is not known to anyone and the subjective reality of the world differs from individual to individual. So, when you go to a happy place and meet people who are more successful than you are, you are looking at yourself as an underachiever. But if you go to the same place and look at everyone as successful people who have made the world a better place or whom you can turn to for inspiration, you look at yourself as someone who has the potential to achieve everything that they have achieved and more.



Last but not the least, is a question that has long been asked. Is hope inborn or can it be learnt? The answer is, "I don't know". But what I know is that our genes may limit our potential but our environment is a mightier force. It provides us with opportunities that we need to take. Your brain is the mightiest force. If you can think of it, you can do it. The moment you start contemplating an event, your brain has already paved the way for you. There is nothing that you can't train your mind to do.

Write down your negative thoughts, your fears, your insecurities, every time they flash

across your mind. And as soon as you write them down, replace them with a positive affirmation. At the end of the day, write a gratitude note (It can be anything – gratitude for this opportunity to be with your family, for the ability to be aware of your negative thoughts, etc). Practice this for 21 days, religiously. You will know how easy it is to find HOPE.



Smarika Dalal, Practising psychologist and Ph.D. scholar



'DIET' IS OFTEN CONFUSED WITH 'STARVING'
IT IS NOT!

diet art

**NOW
ONLINE
ALSO!**

OUR PROGRAMMES

Pre & Post Natal Nutrition
Sports Nutrition
Pre & Post Vacation Diet
Food Intolerances
Weight Management

BENEFITS

Lose Weight
Get Fit
Get Back In Shape
Manage Illnesses
Increase Energy
Strengthen Immunity
Better Skin

PLANS START AT ₹99/DAY
GET HEALTHIER WITH OUR DIET PLANS!



Dr. Mitali Goyal
OVER 14 YEARS OF EXPERIENCE
AS A PERSONAL NUTRITION AND
LIFESTYLE COACH

CALL NOW!
97177099999

f @DIET.ART.CLINIC
@DIET.ART.CLINIC

Hope: Hefty Odds, Positive Ends

Words | Devika M

In the tough times, do we have the courage to step for accepting a challenge? Or denying is our habit?

Are you always stricken by the deadly moves that life is taking?

Life has been challenging at times, it seems like a roller coaster ride, we fear for the tight turns and steep slopes, but with rising and fall we experience a lot of success and failures. Having only tasted the joy seems zero investment, right? Through failures, we learn broader perspectives. Just the troubles you are facing are not the end of your journey. But, it's a beginning to end a remarkable journey.

Write down your negative thoughts, your fears, your insecurities, every time they flash

How can one face the pitfalls and master the same?

The journey of hope has a huge major difference in our life, there will be times when we will be cornered by our friends, betrayed enough, leading to a phase of social withdrawal. This definitely will have a crucial impact on our mental health, experiencing a breakdown, being fearful of facing the outside world, social anxiety will be at its peak. Feeling hopelessness in driving people to all negative thoughts, what happens next will be a question to ourselves?

- **Know your strengths:**

Realize your capability, focus on your positive actions. Your positive actions could be in artistic works, dancing to the tunes to keep you active, vibing with soothing music,

penning down your thoughts, good orator, and what not!

- **Work on the past your experiences:** Your past experiences will have a major impact in determining what you want to achieve. Thus, plays an effective role in building a personality as well. Those experiences always keep you aware of what to step for and what not to. Working on your previous experiences reduces the undertaking of huge risk. Through one's past occurring events, one grows stronger and better each day. We have to inculcate a lot of positivity through our own experiences and to strongly deliver the same to people surrounded by us.



- **Explore every possible way to achieve:** Where there is a problem, let's dig deeper for solutions rather than quitting the reality. In my case, I would like to project myself without being hesitant of my capabilities, aspect is keeping myself engaging in all the opportunities that dive in.
- **Be adventurous enough to accept new challenges:** Every day has a new sound environment, we wake up to new tasks ahead. Make yourself equipped for new challenges that come along your way. Forget not to mention that challenges leave us with a remarkable note.

- **Express yourself:**

Expressing yourself is an important part of one's life. Suppressing your struggles and difficulty leaves you with emotional and mental pain. Pull out your emotions to people and see the changes occurring within you. Acknowledge your reality and work on practical thinking. For me, the transformation from negativity to positive thinking took a long way to understand. It inspires me to aspire more in terms of delivering positivities everywhere. Here I am, penning my thoughts of what terms I had taken to muster the courage to face the difficulties.

What I learned too is to accept different opinions, accept different perspectives, being non-judgmental enough, and lastly, would suggest you all find a place of peace and not of war. Being a pursuer of

psychology, I found myself complete with the determination to serve people in their transformation towards being unconditionally loving, tolerant, and compassionate which forms good mental health.

In my storyline, hope has been my greatest strength. Though one can consider the beginning as a harsh reality, it will teach us to stick to our capabilities rather than giving up.

I would like to end with a positive stroke to all the readers out there! Believe in your thoughts, space yourself for self-realization, build hope on bringing the best out of you, and am sure you can achieve numerous deeds and take you to the path of success!



Devika M,

Budding psychologist, mental health blogger, youth lead mentor at Let Us Dream Organization

DIMENSIONS OF HOPE – A Collection of poems

Syzygy

Words | Thryaksha Garla



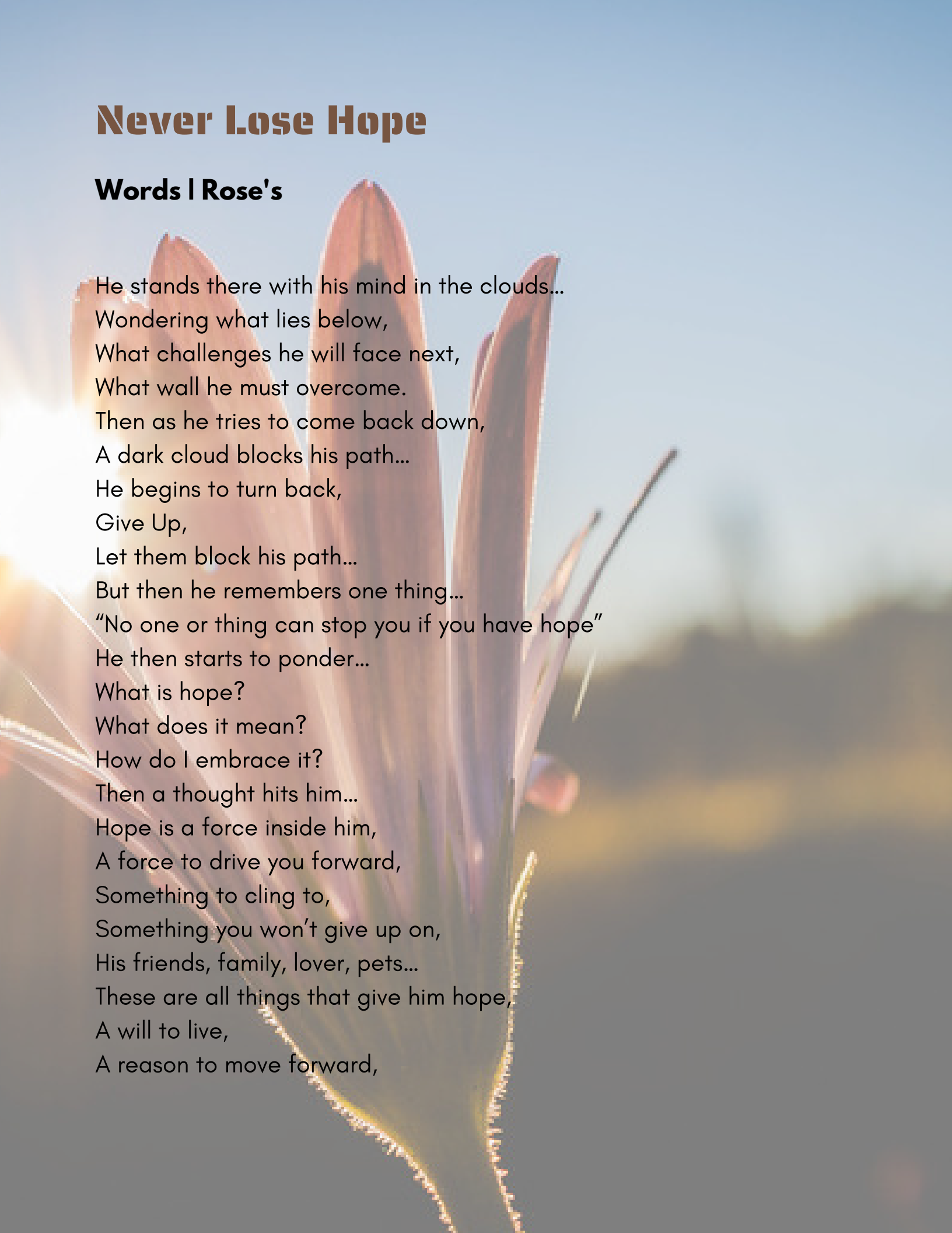
Thryaksha Garla, Psychology student, painter, poet, reader, writer

Your knuckles rap against the door,
The sound encompassing the hallway,
You shift your weight on the floor,
As you wait for a chance to slip away.
The door opens about 3 inches wide,
A face peeking out of the little strip,
There's a bright light shining on the inside,
All you want almost in your grip.
Your mouth forms words on its own,
Asking for entry into the cosmos in,
She nods before closing the door, leaving you alone,
The terror dancing in harmony with your chagrin.
She only unlocks the chain holding you out,
Before opening the door as wide as it can go,
The warm light dispelling all of your doubt,
The threshold as if flirting with your toe.
You step inside with a big smile erasing your frown,
A thought aligns like a syzygy in your mind's terrain,
Opportunities might start with a turning down,
You just have to wait for them to unlock the chain...



Never Lose Hope

Words I Rose's



He stands there with his mind in the clouds...
Wondering what lies below,
What challenges he will face next,
What wall he must overcome.
Then as he tries to come back down,
A dark cloud blocks his path...
He begins to turn back,
Give Up,
Let them block his path...
But then he remembers one thing...
"No one or thing can stop you if you have hope"
He then starts to ponder...
What is hope?
What does it mean?
How do I embrace it?
Then a thought hits him...
Hope is a force inside him,
A force to drive you forward,
Something to cling to,
Something you won't give up on,
His friends, family, lover, pets...
These are all things that give him hope,
A will to live,
A reason to move forward,

A spark of light when things look dark.

He then regains his posture,

He heads towards the dark clouds...

He enters the cloud, + o

The trip is rough, + o

He keeps thinking of all he has, + o

He doesn't look back, + o

He pushes forward... + o

Then a glimpse of light, + o

It grows brighter, + o

And brighter, + o

Until..... + o

He breaks through, + o

He hits the ground, + o

He slowly stands up, + o

Looking up at the sky, + o

The clouds have gone, + o

The deep blue sky has returned, + o

He then drops to his knees, + o

He begins to cry... + o

But, + o

These are tears of joy, + o

Because even tho all seemed lost, + o

He made it through, + o

Because... + o

He never lost hope. + o



Rose's, Writing to help keep my mind at ease and to show others they are not alone in this world

Weird Generation

Words | Manasi Varwandkar

They say we're a weird generation
Unbothered and reckless
As naive as we are helpless

They say we are too loud
obnoxiously arrogant for our own good
But how do I seal my lips in silence
when every day I see my mother struggle
to make a place for herself in a society
that still sees her as just a child-bearer

They say we are too angry
Entitled to what we don't deserve
But how do I stop myself from screaming in rage
when every day they force-feed hatred
for religions of other
to my 4-year-old brother

They say we seek too much
they call us the madness
always looking for trouble
But how do they expect me to hold my breath
In a world that teaches me to love by colour



They say we are too ambitious
Flying too close to the sun
But how can I be afraid
of my wings getting burnt
when everyday a little girl's soul is crushed
by the people who tell her that she can't speak up

They shun us away
for wanting too much
But how do I convince myself that I have enough
when every day my friend goes to sleep
afraid of losing her father
the day she tells him that
her love doesn't care for her gender

They say we feel too much
making up bizarre emotions
But how do I not wreak havoc
when they tell the boy in my class
that his tears aren't masculine
that his feelings aren't valid
that his depression isn't real

They say we are a weird generation
Rebels without a cause
Ready to riot in every street
Shouting slogans of the devil and the satan

And yet
Even though I can't be too sure,
I hope someday we'll raise an ever weirder generation.



Manasi Varwandkar, Student,
mental health advocate, content
creator

A Potion of Determination

Words | **Abdhi Upadhyay**

Pills and Potion in motion
Support pushed in like a cushion
The smell of medicine fills the air
Drops of love add in a touch of care and
twists and turns are no longer rare.
Hands abound crafting magic that is profound.
Dreary eyes and magicians in disguise.
Needles and threads move around.
Sound of the prayers plays across layers.
A ray of hope and a streak of pain
fighting from within for a place to gain.
Tired hands struggling to mend.
The fight will soon end
as the nation soon comes together
and works with determination.



Abdhi Upadhyay, Content writer
by profession and a poet by
passion



LOSING AND FINDING HOPE

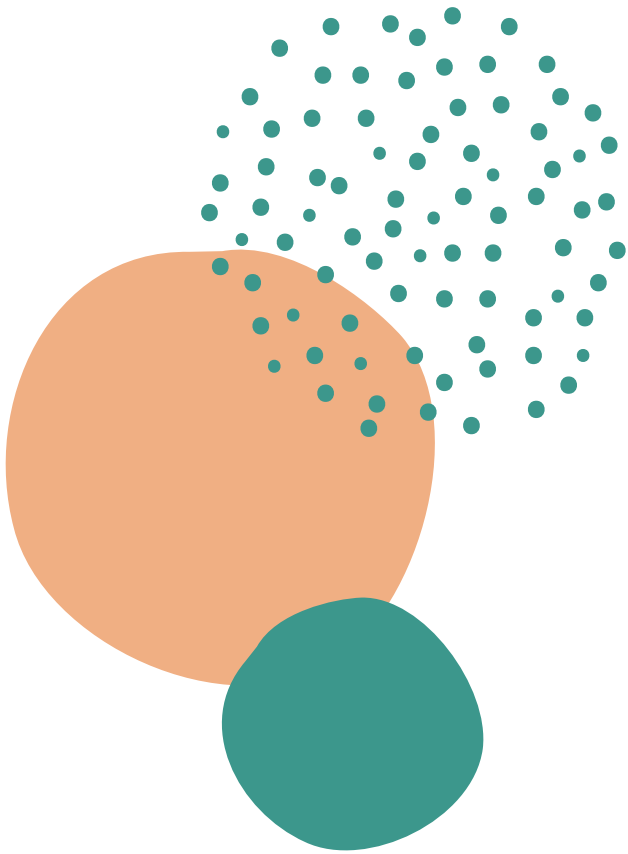
Words | Lora Caraballo



Have you ever lost hope in yourself and your life? Have you stopped looking forward to the next day? Been so far gone that you no longer see the point of staying alive? Have you stopped hoping for better days? I have.

Every day is a new start, a chance for you to find where you belong. Hope is a funny thing, you can have hope in anything you wish for, but the most important thing to have hope in is you.

Many of us have lost hope in ourselves when life kicks us to the ground. We become unsure about where we belong. We stop looking for the light in ourselves. We look at what we can't do instead of looking at what we can do. Comparing ourselves to what others have accomplished instead of what we have.



Finding hope is easy but holding on to the little bit of light can be harder. When we are young we have more hope than we know what to do with. How do you find the hope you have lost? What do you do when you can no longer believe in yourself?

You keep going! You find something to hope for, you build up the love and hope you lost in yourself. You stop looking at what can't be done, then start looking at what can be done. We all lose hope sometimes but it's all about finding that little bit of hope.

These last few years the little bit of hope I still have is the reason I get out of bed every day. The reason I keep going. I have this light in me that refuses to fade out. It's the same hope that gets me out of bed. The same hope keeps me in a positive state of mind. This hope is the reason I've learned to love myself more and more. The same hope that keeps my spirit alive. Without this little bit of hope, I wouldn't be who I am today.

Never lose hope to the point of no return because then what would you have to live for. Remember you believe in yourself and never stop believing in who you are. Only you can be the best parts of yourself.



Lora Caraballo, Using writing to help those going through dark days remember that they are not alone



EVERYTHING
WILL BE
OKAY