
December Newsletter

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Wrapping Up the Year





Season's Greetings!

May the season bring
immense joy, fulfilling
moments and time to slow
down and recuperate!

Featured Articles

Navigating Festive Anxiety



Festive season and year-end celebrations are around the corner. In India, festivals usually mean noise, crowds, and togetherness—so being away from home can make the silence feel heavier. If sadness or anxiety shows up, that's okay. You aren't "failing" at the holiday; you're just in a different phase of life.

Social media can add to this. Seeing "perfect" family celebrations often intensifies loneliness, and it's okay to mute or step back when comparison starts to hurt.

This season can also be about creating your own rituals—ordering your favourite biryani, rewatching a comfort Bollywood film, or taking a quiet walk to see the lights. Connection doesn't have to be traditional; a simple chai-and-gupshup call or celebrating with your local community can still bring warmth.

Festivals don't have to look a certain way to matter. A quieter celebration is still a valid one.

Featured Articles

Importance of Play



What comes to mind when you think of play? Small children running around playgrounds or playing with toys? Play is often seen as something limited to childhood, but it is actually a lifelong need. It doesn't have to mean games or toys—it can be any activity done for enjoyment and joy, a time to be curious or creative without pressure to perform.

For children, play is how they learn about the world and themselves. It gives them space to express emotions before they have words for them, build social skills and self-confidence, and develop problem-solving abilities.

For adults, play might look like dancing, cooking for fun, playing a sport, making art, or simply being silly with people they trust. In a world that constantly values productivity, play gives the nervous system a break. It reduces stress and fatigue, helps us feel more present, improves mood, and strengthens relationships. It allows the mind and body to rest—something especially important in today's fast-paced environments.

Play brings joy, and joy doesn't have to be limited to childhood.

Mental Health Bingo

Tick the things you found yourself doing in 2025!

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| <p>Didn't let a "Rishtedaar" comment on your weight/career/marriage status ruin your day.</p> | <p>Forgave yourself for a mistake you made a long time ago (it was time).</p> | <p>Set a boundary with a friend or boss.</p> | <p>Unfollowed accounts that made you feel "not enough."</p> |
| <p>Spent 10 minutes in the sun without checking your phone.</p> | <p>Ate a home-cooked meal without staring at a screen.</p> | <p>Tried therapy or finally booked that first "Discovery Call."</p> | <p>Cried in the bathroom/car and then went back to work like a pro.</p> |
| <p>Finally started that hobby you had been wanting to (and it's okay if you're not "perfect" at it!).</p> | <p>Resisted the urge to "Doomscroll" at 2:00 AM.</p> | <p>Drank water instead of a third cup of your favourite caffeinated beverage.</p> | <p>Said "No" to an outing because you genuinely just wanted to stay home in your pyjamas.</p> |
| <p>Identified one thing you are actually proud of this year.</p> | <p>You asked for help even though it was hard.</p> | <p>Survived a 30-minute commute in traffic without losing your cool.</p> | <p>Didn't judge yourself for feelings you wouldn't judge a friend for.</p> |

PsychEd News

Month in Review

Compassion in Action: The Heart of Teachers' Well-being 22 November 2025 | Navrachana School, Sama (Baroda) | 150 Teachers

Teachers reflected on emotional load and burnout, strengthened emotion regulation and boundaries, and explored compassionate responses to student distress while nurturing their own well-being and resilience.



This is what the experience was like for the teachers:
<https://www.facebook.com/share/1Cef9pDT9m/?mibextid=wwXlfr>

Unlocking Your Focus: Rewiring Your Brain for Real Life 10 December 2025 | Parul University | 60+ University Students

Students gained insight into overthinking and stress patterns, examined the impact of screen use and social media, and practiced practical tools to improve focus, emotional regulation, and self-awareness.

PsychEd News

Month in Review



Participants reported feeling empowered and hopeful, acknowledging that they did not realise simple tools exist for managing screen time.

Unlocking Your Focus: Rewiring Your Brain for Real Life

December 2025 | RKC, Rajkot | 11th Grade Students

The session highlighted the stress–thought–behavior connection, helped students recognize anxiety patterns, and equipped them with realistic coping strategies, boundary-setting skills, and focus-building practices.



PsychEd News

Month in Review

**Collaboration with Gati Shakti Vidyalyaya University
and Navrachana University Baroda for counselling
services and workshops**



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Gati Shakti Vishwavidyalaya



**NAVRACHANA
UNIVERSITY**

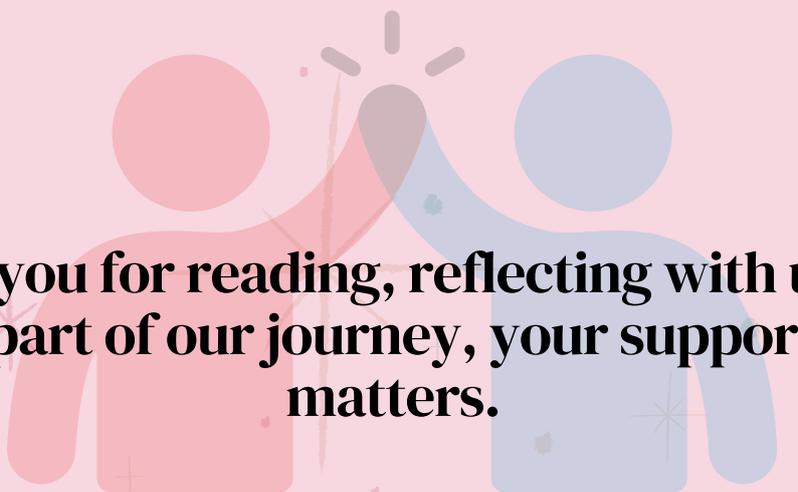
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PsychEd News

The Road Ahead

In the coming year, PsychEd will deepen its work with students and educational institutions by expanding structured, multi-session programs focused on emotional regulation, stress management, identity, and resilience. Building on our work with schools, universities, and teachers, we aim to strengthen campus-based counseling collaborations, normalize help-seeking, and support educators through advanced capacity-building and reflective well-being spaces—moving beyond one-time workshops toward sustained impact.

Alongside this, PsychEd will expand into corporate mental health and well-being, partnering with organizations to address burnout, emotional fatigue, and work-life boundaries. Our focus will be on building psychologically informed workplaces through evidence-based programs that support employee well-being, resilience, and long-term mental health integration.



Thank you for reading, reflecting with us, and being part of our journey, your support truly matters.