



# PUREMIND

*JANUARY Newsletter*

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## START YOUR YEAR STRONG!



We see it every single year.

### **Resolutions!**

Every single year, we are bombarded with content telling us we need to make new, super cool resolutions so that, by the end of the year, we are this shiny, new person. Having too many things on your to-do list will only make it seem like that list is neverending.



And even though setting new goals for yourself can be something positive it can easily become overwhelming and, ultimately, detrimental for your mental health. Here are some tips to make healthy New Year's resolutions and actually keep them. Choose one area you want to improve this will allow you to keep your focus.

- **Break down your main goal into small, actionable steps when your focus is on one thing, you can write down the small steps that will take you on your successful resolutions journey**
- Do a monthly check in Keep a journal and write down what you have accomplished but also how you have felt during your journey.
- **Make sure the journey is making you feel good along the way.**



Make the necessary changes in order to align your experience with your mental health needs remember, you don't need to become another person, you are just working on a better version of yourself!

**Written by: Laura Buades  
Volunteer, Spain**



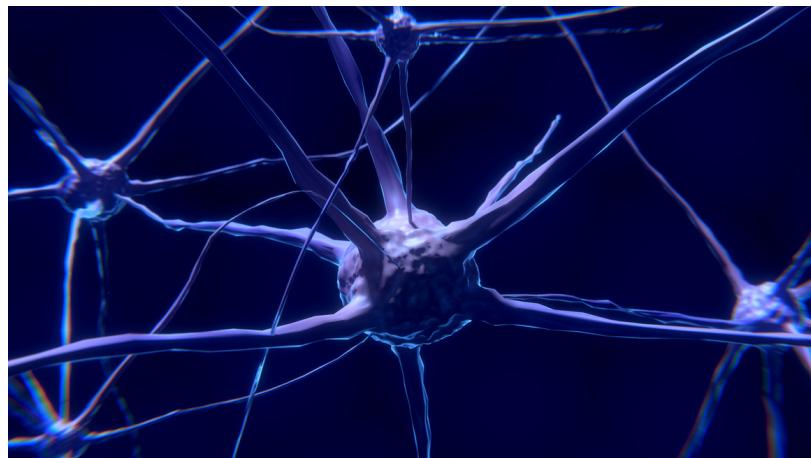
# MENTAL HEALTH AWARENESS !



A common misconception and stigma in our society today is that mental disorders and mental health issues are rare and irregular.

This leaves many people diagnosed with mental disorders with the feeling that they are the only ones going through their trials and mental-health-associated problems when in reality, ***they (or you) are not alone!***

Struggles with mental health are very common. As of 2017, more than one in ten people globally had a mental health disorder, according to the Institute of Health Metrics and Evaluation. In the same study, it was collected that 10.7% of the world population have a mental disorder, and that makes 792 million people.



In an article published by NAMI, they wrote that “...living with mental illness is not easy. It’s a consistent problem without a clear solution”, then continued to note that as “medication and psychotherapy are incredibly helpful”, there are a couple of self-help routines they also suggest to help the mental health of anyone struggling with a mental disorder, or just mentally overall. NAMI suggests :

- **deep breathing (in for 5 seconds, holding for 3 and out for 7) to calm down and relax the body and mind.**
- **becoming aware of your five senses to “ground you through a crisis”.**
- This entails, as NAMI depicts it, “run[ning] through what each of your senses is experiencing at that moment”. This could mean feeling the ground beneath you, looking at your surroundings, or paying attention to scents in your environment.



**By Sydney Tipton  
Youth Volunteer , Georgia**



# INSPIRE

## **Book Recommendation from our VOLUNTEER !**

Christie Tate At 26 years old Christie Tate was thriving in her studies. Being top of her Law School class and working toward a successful career as a lawyer, that is what anyone on the outside would have thought. However, Christie was struggling with serious mental health issues.

With a past of disordered eating and past traumatic experiences she found herself having very dark thoughts and unable to find any healthy relationships. In her book **"Group: How One Therapist and a Circle of Strangers Saved My Life"** Christie narrates her full mental health journey from beginning to end. She tells her own story in the most honest and raw way that anyone can imagine. The biggest takeaway from her story is that no matter how helpless you feel, there is always a solution out there. Someone to talk to, someone to guide you. A therapy that can work for you. What matters is that you never give up on yourself.

**-By Laura Baudes**

- Breathe in, and exhale,
- Get on all fours, with arms and knees on the ground, Inhale while raising the right foot towards the ceiling, with still a bend at the knee,
- Look up and forward,
- Slowly bring the foot down to the first position while exhaling.
- Repeat the process three times with each leg



## **YOGA POSE OF THE MONTH**



### **TIGER POSE**

*"The Tiger Pose, or "Vyaghrasana" in Sanskrit, is comparable to that of a tiger stretching it's body when it wakes up. This pose stretches the spine to the maximum, working the hips and thighs. This pose is done of fours, and requires some balancing act to get it correctly:*

## Benefits

- Strengthening the muscles in the arm, the core, hips, knees and the quadriceps,
- Burns fat around the hips and thighs
- helps with toning,
- Relieves Stress around the lower-back region etc.

## Contraindications

This pose can have harmful effects on people with Sciatica, Slipped disc injury, or with knee, hip, wrist or shoulder injury. Pregnant women should also so require guidance and support while attempting this pose, and should take caution."

**-By Surya Narukullapati  
Youth Volunteer ,Florida**

## Upcoming *EVENTS!*

**1. Free Meditation Class January  
31st, 10 AM to 11 AM EST**

**[Register Here!](#)**

**2.Yoga Classes Every Week**

*A portion of funds will go as donations to  
PureMind*

To register :  
Contact: [puremindnonprofit@gmail.com](mailto:puremindnonprofit@gmail.com)  
or  
[shailakomar@gmail.com](mailto:shailakomar@gmail.com)  
or call at  
[+1 6095051718](tel:+16095051718)

***Thank You to All The Volunteers who contributed to  
our First Newsletter!***

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