

ESC "Mind full, or mindful?"

# Mindfulness

(DĖMESINGAS ĮSISĄMONINIMAS)

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# Mental health social media campaign : #bekindtoyourmind

With the help of different psychologists on our team, we decided to create the campaign with the hashtag #bekindtoyourmind

This campaign aims to promote healthy habits that help us take care of our mental and physical health in different areas of our lives.

In this E-magazine, you will find more in-depth information about some of the posts, with explanations and recommendations.

these are tips and curiosities to have a better quality of life. if you GO through a difficult situation, please contact and go to a mental health specialist.

We hope you find it helpful!





# Don't be guilty take responsibility

Nowadays we meet new people every day, people who come in, people who stay and leave our lives. Every relationship is different, and so is every person. That is why we need to communicate, to be aware of how each person is living the relationship and what is the common ground where both people feel comfortable. Being effectively responsible requires a. firstly taking care of ourselves, and b. it is secondly taking time to care for others.

**We will meet an estimated 5,000 people in our lifetime.**

So... what are the building blocks of the affective responsibility puzzle?

**Respect:** not judging and showing empathy for another person's needs.

**Communication:** expressing our needs with assertiveness

**Emotional expression:** assuming my feelings and taking responsibility for how I express them.

**Sincerity:** sincerely expressing my intentions and desires in the relationship.

**Boundaries:** defined by mutual agreement.

**Responsibility:** being aware of the bonds I create with others and how they experience it.





# How can YOGA improve our mental health?



**reduces  
stress**

**enhances  
our mood**

**improves  
sleep quality**

**improves sexual  
satisfaction**

**improves  
concentration**

**prevents  
degenerative  
diseases**

All sports help us to lead healthier lives physically and mentally. There are as many types of sports as there are people, and within yoga, there are also different practices with different impacts.

All practices help us improve our concentration, take time to care for ourselves, and connect with our bodies. And depending on the type of practice, the physical effort and breathing speed may vary. So if you tried yoga and thought it wasn't for you, there is probably another type of yoga that does suit your needs.

In addition, yoga helps us take care of our muscles and relieve muscle tension.

Integrate yoga or any sport in your routine to have a healthy and active life.

# The secrets of sleeping beauty

Sometimes our rhythm of life makes us neglect essential parts of our routine such as food, physical activity, and rest. Sleeping occupies 1/3 of our life, and it does not settle for pleasure but because it is necessary for our body.

While sleeping, the body relaxes, accelerates growth and regeneration, and stamps new memories.

Fun fact: you can die from not sleeping just as you can die from not eating or not drinking water.

In this image, we leave you some tips on how you can improve your sleeping routines. But if you are going through an episode of insomnia by excess or defect of more than two weeks, do not fail to consult a professional!

- + set a bedtime and wake-up schedule
- + eat dinner at least 2 hours before going to bed, do not eat heavy meals or drink caffeine
- + do sports during the day but not just before going to sleep
- + use the bed ONLY for sleeping, associate this space with rest
- + do not work, study, watch TV, or eat in bed.
- + avoid screens before going to sleep
- + keep the same routine before bedtime
- + extra points if you can meditate a little before going to sleep
- + do not abuse sedatives, anxiolytics, or hypnotics.

# Don't let your computer turn into a lion



There are two types of stress: a. Adaptive stress, which helps us to focus our energy on what we do, and b. Maladaptive stress occurs when it is unnecessary and is prolonged over time.

Maladaptive stress reduces our health in the present moment and dramatically impacts our epigenetics and future quality of life.

When we were animals and had to run away from other predators, the body redirected all its resources to run and run as fast as possible. Doing this accelerates defecation, urination, and sweating, thus releasing body weight. It stops digestion, growth hormones, and some cognitive resources redirecting everything to running. This was adaptive at the time, primarily when that energy was utilized, and we saved our lives.

Today many people experience their homework, work, and family problems as a constant lion. And when the lion appears, it is challenging to calm down because our body activates this defense system 20 times faster than the time it takes to return to its normal state, which stresses people even more because they feel they cannot control what happens to them.

Therefore, it is essential that we try to control our environment as much as possible, that we healthily reorganize our priorities, and that if that lion has already appeared in our life, we seek help to reformulate it.

**Note: if we notice that our body generates this excess of energy due to stress, we should go running, jumping, shouting, dancing... It has been seen that using that shot of power in a controlled manner alleviates stress's impact on the body.**



# Summer ~~operation~~ has arrived

Body dissatisfaction is present all year, but the insecurity is more accentuated in summer.

Commercials marketed to us with operation bikini and miraculous products. It seems that everything focuses on our bodies.

Our body image is only a part of us. All of us have felt insecure at one time or another about a part of our body.

Having a non-normative body is not a failure.

all bodies are  
beautiful

respect and do  
not judge any  
body

embrace  
your body

Remember: whatever body you have, you have the right to enjoy your summer, don't let any prototype steal your happiness.

# Don't you know that you're toxic?

Toxicity can appear in couple relationships and friendships. Sometimes it isn't easy to detect in companies.

Toxic relationships can be challenging to detect when we are the ones involved. If we recognize poisonous attitudes, we should raise them with our friends and set limits to protect our mental health.

## Test to recognize a toxic behaviour

- ✗ you don't say what you think for fear of their reaction.
- ✗ invalidates your feelings.
- ✗ the relationship is not reciprocal.
- ✗ you feel that your opinion is not respected.
- ✗ uses lies or blackmail.
- ✗ makes you feel guilty.
- ✗ constantly seeks the limelight in the conversation.

Keep in mind that someone who loves you will take care of you. If that person attacks your self-esteem and security, something is wrong in the relationship. Communicating, being assertive, and negotiating come first, but if the person does not change, you cannot be responsible for their change at the expense of your well-being.



**If you see a friend going through this situation, help them see it and remind them that they can also count on you.**

**The social network is the most critical factor in getting out of a toxic relationship, whether it is a friendship or a relationship.**

