

# STRESS



## MANAGEMENT

[www.emotionjar.com](http://www.emotionjar.com)

COVER BY  
SARVESH AYUSH SRIVASTAVA

issue #1

# WELCOME TO YOUR JAR OF EMOTIONS!

*The abysmal depths of our mind leave us baffled by the plethora of occurrences and reactions we invest in, in our everyday lives.*

*From snippets of our conscious memories to the infinite, unknown and uncharted realm of our unconscious, we often fail to gather our thoughts amidst all the chaos and often forget who we are. In this battle of time, ethics and desires we are trapped for eternity.*

*Often under this mounting conflict of who we are and who we would like to be, comes waves of uncertainty, self-doubt and strain. To tame these mountainous waves and to help you unleash your emotions we have compiled a few important aspects of how stress can be managed.*

*Embark on a journey every month as we explore few of the intricate and mystifying facets of our mind and plunge deeper into self to decode who we are!*

*It's not about just popping a pill and feel about unleashing your emotions.....*



EMOJAR  
unleash your emotions



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**WORDS**

**FROM**

**OUR**

**LEADS**





## **ROSHMIJA BISWAS** **CREATIVE HEAD - EMOJAR**

I believe in being true to one's self is the greatest thing one can achieve in life. Being true to yourself starts with knowing who you are, accepting yourself, knowing your strengths, passion, weaknesses and purpose in life and then living that way all the time, holding onto your ideals faithfully. You come to know yourself only with time while finding what works for you. More precisely, what makes you who you are as a whole. Don't let anyone tell you anything else, we don't have to be chained down by society's expectations and rules. Be you, show what you are capable of and you will automatically stand out and be in harmony with everything.



## **ATRI DAS** **EDITOR IN CHIEF - EMOJAR**

I think one of the most profound things in this world is seeing people fight their own battles everyday. Each individual, dealing with their own demons while trying to act basic intrigues me wholeheartedly. I believe generalising acceptance for all sexes and providing the needy with mental and physical assistance is the least we can do in the name of Altruism. Advocating counteractive habits to eliminate social evils like hatred, discrimination and jealousy should be announced as a part of adaptation. Along with that incorporating a minimalistic lifestyle would largely contribute to our spiritual empowerment and Self actualisation. I hope and pray that, may this world find peace and may you be in peace.



## **TISTA BANERJEE** **CHIEF CO EDITOR - EMOJAR**

My message to the society aims at admiring the inner beauty of every person while being zero judgemental about their appearance. Being accepting and open to all spectrums of individuals while cherishing their differences can cause serious shifts. The need to normalise mental health in our society is increasing rapidly every day and every second.

It is as essential as being physically fit. By accepting and celebrating people around us as who they are we create a safe space for all shapes, sizes, colours and sexualities.





When we are unable to cope with the specific demands and events of our lives which pose as a threat, danger or challenge to our physical and psychological well being, an automatic response whereby the body is flooded with hormones either to evade (flight) or confront (fight) the situation.

Higher levels of adrenaline, cortisol ('stress hormone'), epinephrine and norepinephrine trigger certain bodily reactions like increased heartbeat and blood circulation, nausea, sweating, alertness, aches and pains, etc.

Therefore, the psychological perception of pressure accompanied by different changes directed towards altering or accommodating the challenging event is known as stress. Stressors are situations or events causing stress. These events include noises, unhealthy relationships, late night work calls which lead to tense shoulders, a racing mind and a crushing sense of overwhelm. Although stress can be motivating, empowering and emboldening if utilised correctly but too many stressors at a given point of time can become unhealthy.

### Why stress, why?

Have you ever had a week, maybe before you exam or your job deadline, where you felt that everything around you was creating exhaustion?

Stress is considered to be a silent killer and excessive amount of it can cause burnout. It arises from overwhelming work amidst short deadlines, made even shorter by personal procrastination.

Conflict (family, school, vocational dissatisfaction and economic conditions), frustration, major life changes can be the external causes of frustration.

Conflict is a state of tension brought about by the presence of two or more opposing desires in the individual. On the other hand different social, personal, emotional barriers can lead to frustration. Rigid thinking, lack of flexibility, negative self-talk, uncertainty and unrealistic expectations are a few internal causes of stress.

WRITTEN BY - RUPAL SORKHEL  
EDITED BY - ATRI DAS  
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SRIVASTAVA



## INCOGNITO MODE ON



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### What does it do to you?

Stress causes physical and emotional disequilibrium wreaking havoc on our immune system. The excessive release of stress hormones lead to memory impairment, faulty decision making, overthinking and overall malfunctioning.

Prolonged arousal can have harmful consequences:

**Physical** - heart ailments, diabetes, nervous twitches, sweating, body aches, muscle spasms, fainting, skin diseases, etc.

**Psychological** - anxiety, depression, anger, burnout, fatigue, insecurity, restlessness, irritability, forgetfulness, PTSD, etc.

**Behavioural** - food cravings (eating too much or too less), drug and alcohol misuse, social withdrawal, sudden outbursts, frequent crying, dysfunctional relationships, etc.

### How do you tackle it ?

Sustainable stress management is essential for a happier, healthier and more productive life. It's very important to be able to distinguish the stressors from the stress, track them and change them. In spite of providing temporary relief, unhealthy coping mechanisms like alcohol, drugs, compulsive coping behaviours increases the gravity of the damage.

Practicing the fours A's of stress management also prove helpful - **avoiding** unnecessary stress, **altering** the stressful situation, **adapting** to the stressor and finally **accepting** that you can't control everything and hence certain things can't be changed.

Stress is inevitable but so is the effort to manage it. Self care is the ultimate care. The Covid-19 pandemic has had a terribly stressful impact on the entire world. Our lives have gone through massive changes emotionally, financially, and physically, almost overnight.

Almost everyone is working from home incessantly with kids having online classes and adults being on their gadgets all day. The uncertainty is overwhelming and the inability to cope with pressure can be scary but we need to work on ourselves to lead a healthy and positive life.



# STRESS MANAGEMENT TECHNIQUES.

## Create Healthy Boundaries.

Boundaries are internal guidelines we establish for ourselves. Set straight your priorities and be clear and effective in stating them to others. Express your personal boundaries to others to protect your own peace. Inform them about the safe and permissible limit which you permit.

## Practice Genuine Acceptance.

All our emotions are a part of us and it is absolutely normal to feel the way we do at certain times. Denial or suppression of unpleasant emotions for the sake of thinking positively doesn't aid in mitigating stress. Instead, think of them as the ebb and flow of tide, give space for them to come and go but do not allow them to affect you instead try channelising them in a positive way. Authentic acceptance of these emotions will be a step forward.



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## Rejuvenate.

Give yourself at least a 7-8 hour sleep after a long day at work, school or just managing a home. This will benefit you in reviving those tired sleep-deprived eyes and help them set on important tasks ahead. Taking proper rest is an essential to be consistently productive. Keep your hands off all gadgets, grab a book and read yourself to sleep. After all, a rested mind is a healthy mind.



# STRESS MANAGEMENT TECHNIQUES.



## Develop Assertiveness.

Prioritize yourself before fulfilling the needs of others. Develop the courage to decline a task because you do not have the time to do it. Do this in a firm and gentle manner accompanied with feelings of empathy

## Become Active.

Be energetic and moving. Engage in activities that signal those “feel good” hormones to kick in. It can be anything that helps you revive those “shattered” dopamine receptors - hitting the park for a 10 min walk with your favourite music, a brief yoga session, or something as simple as doing household chores

## Go Incognito.

Switch off from the noise of the world. Take your eyes off the screen and take them to explore the beauty of the world. Go on an aesthetic adventure. Try doing something alone and embrace it.

## Cultivate Creativity.

Engaging in creative activities helps you to keep aside the negativity and makes room for your talents and skills to grow. Explore and discover your creative side. Grab that paintbrush and fill your life's canvas with the colours of joy. Ignite your passion by finding delight in something you enjoy doing - painting, writing, designing, cooking - anything that brings out the unique you!

## Establish Daily

### Affirmations

Tell yourself each day that you're awesome and you can do anything you set your mind on. Cultivate positivity by chucking out negative thought patterns and replacing them with positive, encouraging ones. Reverse that “I cannot do it” with “I can certainly do it”! Keep repeating these to yourself as a reminder that you're valuable and you have a goal to accomplish.

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WORDS BY - ARHAMA SHAMS SHEIKH  
EDITED BY - ATRI DAS  
ILLUSTRATIONS - NIVEDITA TRIPATHI AND  
ANUSHA KUNDU



# 4 EXPERIMENTS WHICH BLEW OUR MINDS!

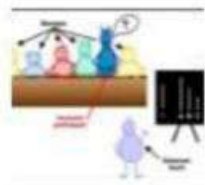
## The Little Albert Experiment



Watson and his associate wanted to study a learning process called classical conditioning which involves learning involuntary behaviors via association. He selected a nine-month old child for the experiment, named Albert. He was made to play with a white furry object which caused him great joy initially.

Later, as he played with the object a loud noise would be made to frighten him. With a number of trials, Albert was conditioned to be afraid whenever he saw a white furry object. The findings of the study claimed that fear or joy can be conditioned into human beings. This study possessed groundbreaking explanation for why people have irrational fears and how they are developed earlier in their life.

## Asch Conformity Study



The Polish-American social psychologist wanted to study the extent to which social pressure would affect an individual to conform, even if the individual knew it was wrong. The study was conducted on a group of 50 male college students who were told to participate in a 'vision test'. The participants had to determine which of the lines on a card was longer.

However, in each group only one person was a true participant while others were mere actors with scripts who sometimes decided beforehand to give the wrong answer. It was found out that the true participant agreed with the majority most of the time knowingly that they were wrong. The results of this experiment were vital in determining social interactions among individuals. It showed that people conform to fit in.

## Stanford Prison Experiment



A Stanford professor wanted to learn how people conform to societal roles. He assigned 24 college students to be either a prisoner or a guard. The prisoners were held at the basement of Stanford's Psychology Department as a set-up prison. The guards were on an eight-hour shift and were asked to treat the prisoners exactly like that in real life.

Zimbardo quickly found out that the prisoners and the guards took their roles quite seriously and after six days he had to shut down the experiment as it became quite dangerous. He himself confessed that he began to think of himself as a police superintendent instead of a psychologist. The findings concluded that individuals conform to societal roles that they are expected to play, mostly the stereotyped ones such as that of a prison guard.

BY ANUSHA MITRA

EDITED BY - TISTA BANERJEE  
IMAGE SOURCE - GOOGLE IMAGES



## THE BOBO DOLL EXPERIMENT

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Bandura wanted to put the social learning theory into test. As per his theory, he wanted to see whether people acquire new behavior through direct experience or by observing others. He used a bobo doll to determine whether children who witness acts of aggression would copy them or not.

He and his colleagues took 36 girls and 36 boys between ages of 3 and 6 and distributed them into three groups evenly. One group watched adults behaving aggressively toward the bobo doll, another group watched adults behaving in a non-aggressive manner and finally the last group was just shown a bobo doll without any model.

After that, the children were taken to a room where there was a bobo doll to monitor their behavior around it. It was found that children who watched the adults behaving aggressively towards the doll imitated their aggressive response. The results of the study showed that children often learn to behave a certain way through observing other individuals.



# TRIVIA

MEMORIES GET DISTORTED OVER TIME. THE AVERAGE HUMAN HAS AT LEAST ONE FALSE PIECE OF MEMORY.

DEPRESSION IS THE RESULT OF OVER THINKING. THE MIND CREATES PROBLEMS THAT DIDN'T EVEN EXIST.

ANY FRIENDSHIP THAT WAS BORN IN THE PERIOD BETWEEN 16 AND 28 YEARS OF AGE IS MORE LIKELY TO BE ROBUST AND LONG LASTING.

BEING WITH HAPPY PEOPLE MAKES YOU HAPPIER.

IF YOU CAN'T STOP YOUR STREAM OF THOUGHTS AT NIGHT, GET UP AND WRITE THEM DOWN. THIS WILL SET YOUR MIND AT EASE SO YOU CAN SLEEP.

THE PEOPLE WHO GIVE THE BEST ADVICE ARE USUALLY THE ONES WITH THE MOST PROBLEMS.

SHY PEOPLE TALK LITTLE ABOUT THEMSELVES, BUT THEY DO THIS IN A WAY THAT MAKES OTHER PEOPLE FEEL THAT THEY KNOW THEM VERY WELL.

BY - SAYANTAN TALAPATRA  
ILLUSTRATION - AMOGHA PATHAK

# FACTS AND TRIVIAS



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## DID YOU KNOW ?

- Phobias may be memories passed down through generations in DNA, according to a new research.
- Human behavioral studies suggest that a person who loses their cell phone experiences a panic similar to a near death experience.
- People are more honest when physically tired. This is why people confess things during late night conversations.
- Being alone for a long time is as bad for your health as smoking 15 cigarettes a day.
- People look more attractive when they speak about the things they are really interested in.

# NEWS AND RESEARCH

BY - PAYEL SANYAL AND TUSITA BHATIA

## RECENT RESEARCHES

One of the recent Emergency Department study in California found out that people with deliberate self harm and suicidal ideations had suicide rates prominently higher than those of demographically similar natives.

One of the researches at the University of Texa, Health Science Centre at Houston studied that childrens who suffered from a concussion have more behavioral problems and symptoms comprises of headache, ringing in the ears, nausea, vomiting, fatigue, drowsiness and blurry vision. The study revealed that around 18.1 percent of male athletes have experienced a concussion in the comparison with 14.5 percent of female athletes.

At the Nanyang Technological University, Singapore, researchers have discovered that impulsive behaviour is triggered when the brain signalling chemical Dopamine is passed to an unexpected area of their brains, as it has been said that Amygdala serves as a key staging post in the Dopamine pathway that triggers impulsive behaviours and confirms the role Dopamine plays in regulating impulsivity.

## NEWS TO EASE YOUR ANXIETY

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A brave six year old boy in Wyoming risked his own life to save his little sister from a dog attack.

An off duty police officer in Florida didn't hesitate to rush into the water and pull a young boy from approaching shark.

A Georgia sheriff's office has praised three inmates that helped saved life of a deputy who collapsed and suffered a head injury.



# HOW CAN WE COPE WITH STRESS?

ARTICLE BY - MAHIMA DAS  
EDITED BY - TISTA BANNERJEE  
ILLUSTRATIONS BY - ROSHIJA BISWAS

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Everyone of us irrespective of any differences experience stress. Stress can be positive (eustress) or negative (distress). To learn healthy ways for coping stress and getting the right care and support is very important! Some coping techniques are given below-

**Physiological Coping Technique-** One of the most effective procedures is learning to reduce the tension in our own muscles through progressive relaxation. Relaxation procedures are effective in reducing emotional as well as physical tension. Meditation is also effective in achieving relaxed state.

**Behavioural Coping Technique-** We often overload our schedules with too many responsibilities and then we procrastinate which often adds up to stress. One method is time management: adhering to a well-planned schedule can help us make more efficient use of our time and eliminate behaviours that interfere with our main goals.



**Cognitive coping technique-** We don't always have control over all the stressors in our lives. We can, however, gain some control over our cognitive reactions to them. The process of replacing negative appraisals of stressors with more positive ones is called cognitive restructuring (Meichenbaum,1977). To use this technique, we have to begin by monitoring what we have to say to ourselves during periods of stress.



Daily life stress and anxiety wearies us and we often become frustrated and also it's not always possible to seek professional help so here are some tips we can use at home to relieve from stress -

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**Breathe-** Deep inhalation and exhalation can help oxygenate our blood and thus clear our mind. Mindful meditation and breathing exercises are effective ways of relieving stress.

**Take a walk -**A brisk short walk can ease our stress and lift up our mood immediately. The fresh air acts as an essential factor in upliftment of our mood.

**Laugh out loud-** A good loud laugh is good for our heart and it is often seen to reduce stress causing hormones.

**Listen to music-** Music is an effective way of relieve stress. Any kind of music, be it any genre which is our favourite keep us engaged







# DEALING WITH COVID STRESS

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ARTICLE BY - DEVANSH AGARWAL  
EDITED BY - ATRI DAS  
ILLUSTRATION BY - ANUSHA KUNDU

It's been quite long since coronavirus hit the country. There have been mass-layoffs, interruption in education at all levels, and countless fatalities. Amidst all the tension created by the current scenario, there is another bag full of stress—"what next?". The atmosphere has stressed students who have completed their education about their next move. It has shut educational institutions across the country.

Undergraduates, in their last year of studies, are tensed about their job. The middle-class household is worrying about making both ends meet. Everyone has a plight. This pandemic has left no stones unturned to fill people's life with grief and sorrows but every cloud has a silver lining! Even amidst these trying times, we should not lose hope. As this too shall pass. Optimism is the key to pass through the toughest times. We must understand the importance of financial planning and stress management.

A stressed mind will end up making the wrong decisions. A relaxed mind will let you think pragmatically and take wise decisions. Whether you are a student, a working professional, or someone who is experiencing stress for any reason, you must learn the art of stress management. There are various techniques that can help you manage stress. You need to understand that you cannot control everything. Therefore, you need to learn to let go of things.

A healthy mind lives in a healthy body. Keeping your body fit is a good way to tackle stress. Embrace a daily workout routine or start with a morning meditation ritual. Yoga is a wonderful alternative too. It's all about the mindset. Having a positive mindset is essential. Being psychologically proactive and adaptable to the changing environment is paramount. Therefore, in a nutshell, a positive outlook towards life and adaptability to changes are the key metrics to deal with stress both at an interpersonal and intrapersonal level.



# GENDER ROLES, ILLNESS AND STRESS

ARTICLE BY - RINKU BHATTACHARYA  
EDITED BY - ATRI DAS  
ILLUSTRATION - NIVEDITA TRIPATHI

"It was found that women who work, compared to those who do not, face less physical and mental health problems"

Providing care, particularly to family members negatively impacts both physical and mental health (the "caregiver health effect").

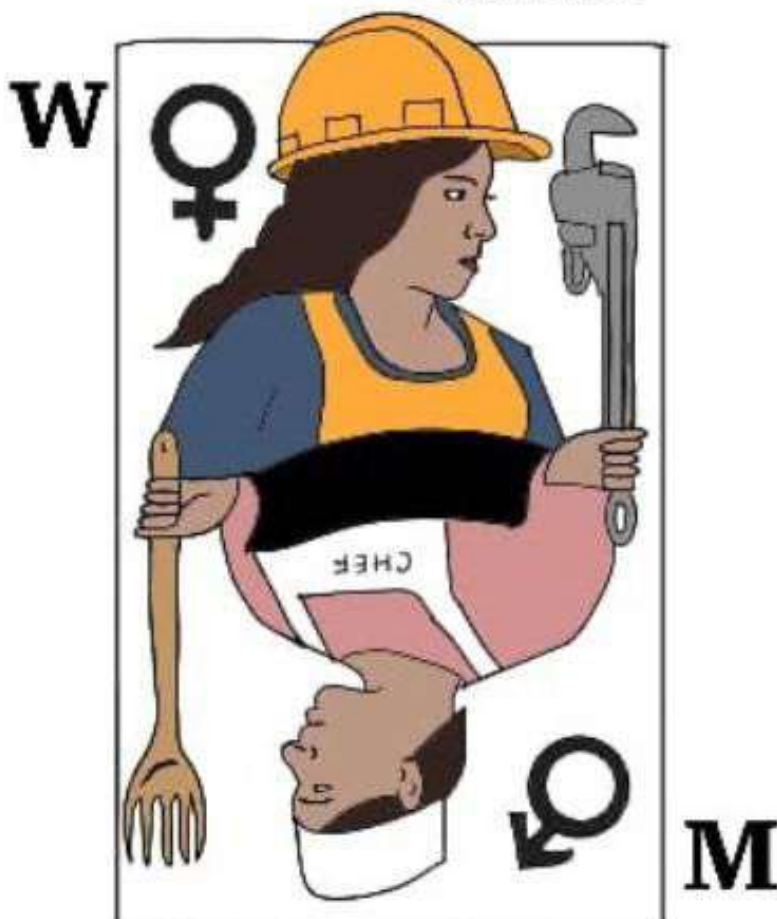
This is related to the higher number of stressors affecting caregivers, compared to non-caregivers and as women are more often seen as caregivers than men hence their risk of exposure to such strain is higher, which impacts their health adversely.

As the participation of women in the workforce has increased remarkably over the years, stress differences between women and men have evidently decreased. Women often also occupy clerical positions, whereas men occupy leadership positions more often than women.

High-status individuals have more control, which leads to less experienced stress, whereas lower-status individuals experience more stress and use less efficient coping strategies.

When working under similar conditions, women and men do not differ in their release of stress hormones, heart rate and experience of stress though the excess of occupational stress affecting women compared to men disappears when age, education, and marital status are accounted. With the increased similarity in the gender roles over the years, women's physiological responses have become more similar to those of men. Men usually perform less health-related behaviours than women hence they are less at risk to contract a large majority of health conditions. Socialization, particularly depending on gender roles and gender traits, has been related to the stress process, the experience of stress, and to the health of individuals in recent studies. It has been concluded that gender traits have implications with regard to the way stressors are dealt with, and their morbidity. In particular, it can be concluded that gender traits are related to the appraisals of stressors (such as threats or challenges), which play an important role in health.

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# DECODING STRESS

WRITTEN BY - DISHA HALDER  
EDITED BY - DR. RIA DAS  
ILLUSTRATION - ROSHMIJA  
BISWAS

The most awful injustice one can do to oneself is just to sit back and do nothing. Being a 21st century 'Human' the most inseparable parts of our lives are food, water, oxygen and stress. Stress is not a rare experience; it is now a part of our circadian.

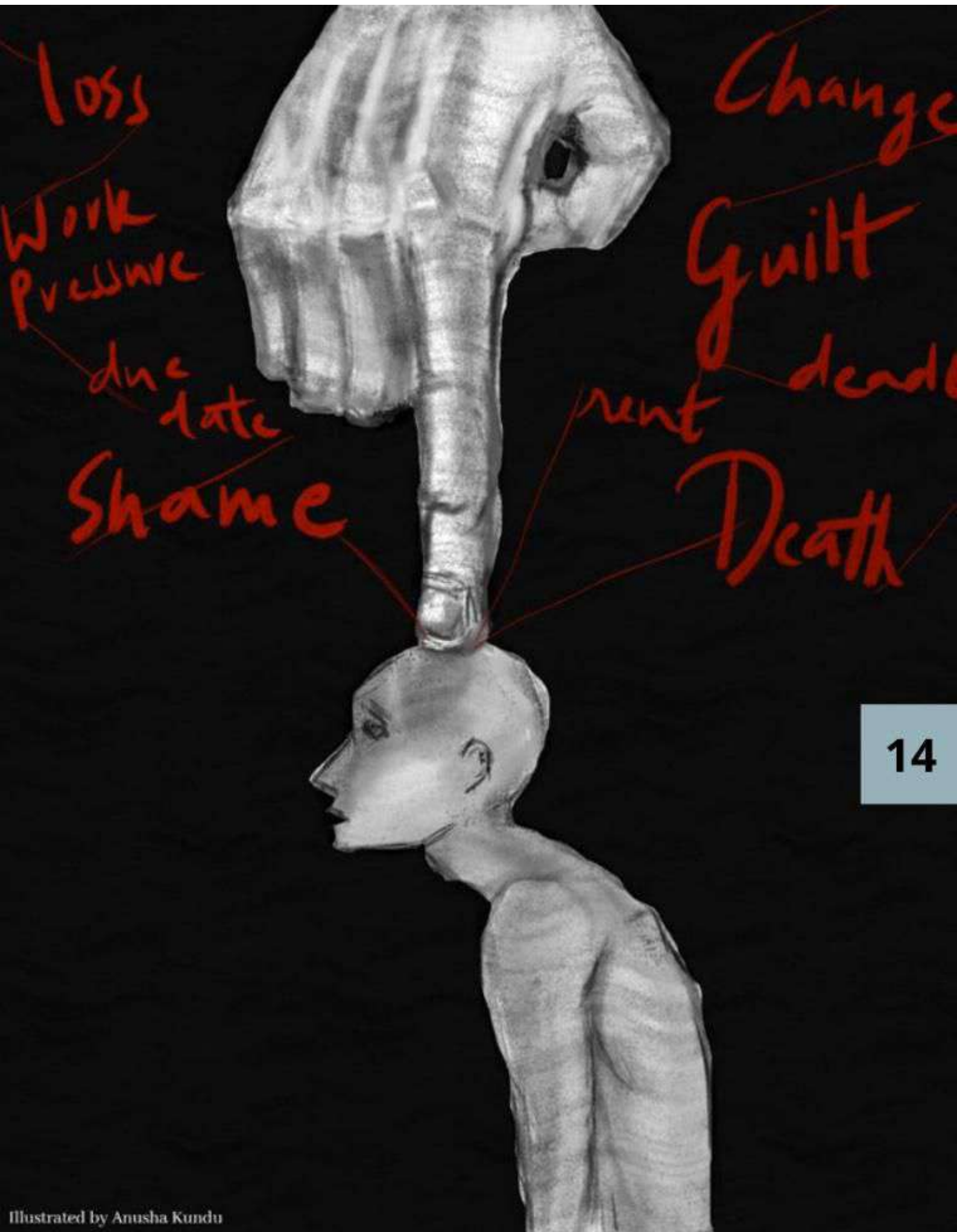
The first question which comes to our mind is 'What stress is?'. To define it from psychological point of view; "Stress is the physical, emotional, cognitive and behavioral responses to events that are appraised as threatening or challenging". To decode the stress fabricating threats and challenges we can easily consider the whole spectrum of our life events.

A simple dilemma of 'what to wear to the weekend brunch?' can be a challenge to someone, while 'driving the kid to school before the assembly starts' can also act as a challenge. On the other hand, a serious accident, death of a family member or a muddling social incident can cause serious threat and a humungous amount of threat.

It is pellucid by now that stress can result from more or less everything. That leads us to the point about types of stress. 'Distress' is the effect of undesirable, displeasing and irksome stressors. And 'Eustress' is the outcome of positive events or the minimal aggregate of stress we need to promote health and well-being.

To sum up the most effective ones and incorporating them in our day-to-day life is when we will take an active charge on our problems and surely, we can surpass today's climate of stress.

"In life, there's always a solution to a problem." - Prof. Cary Cooper







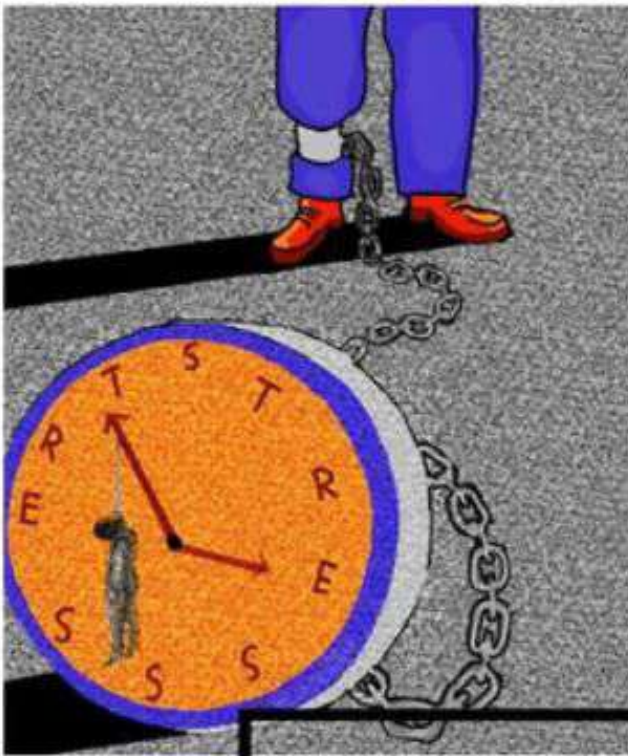
# EFFECTS OF STRESS

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ILLUSTRATED BY -  
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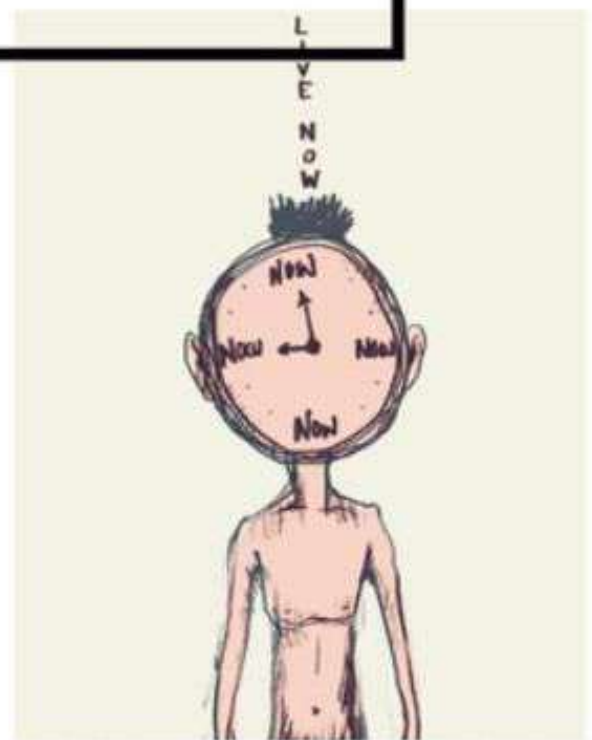


# STRESS OVERLOAD

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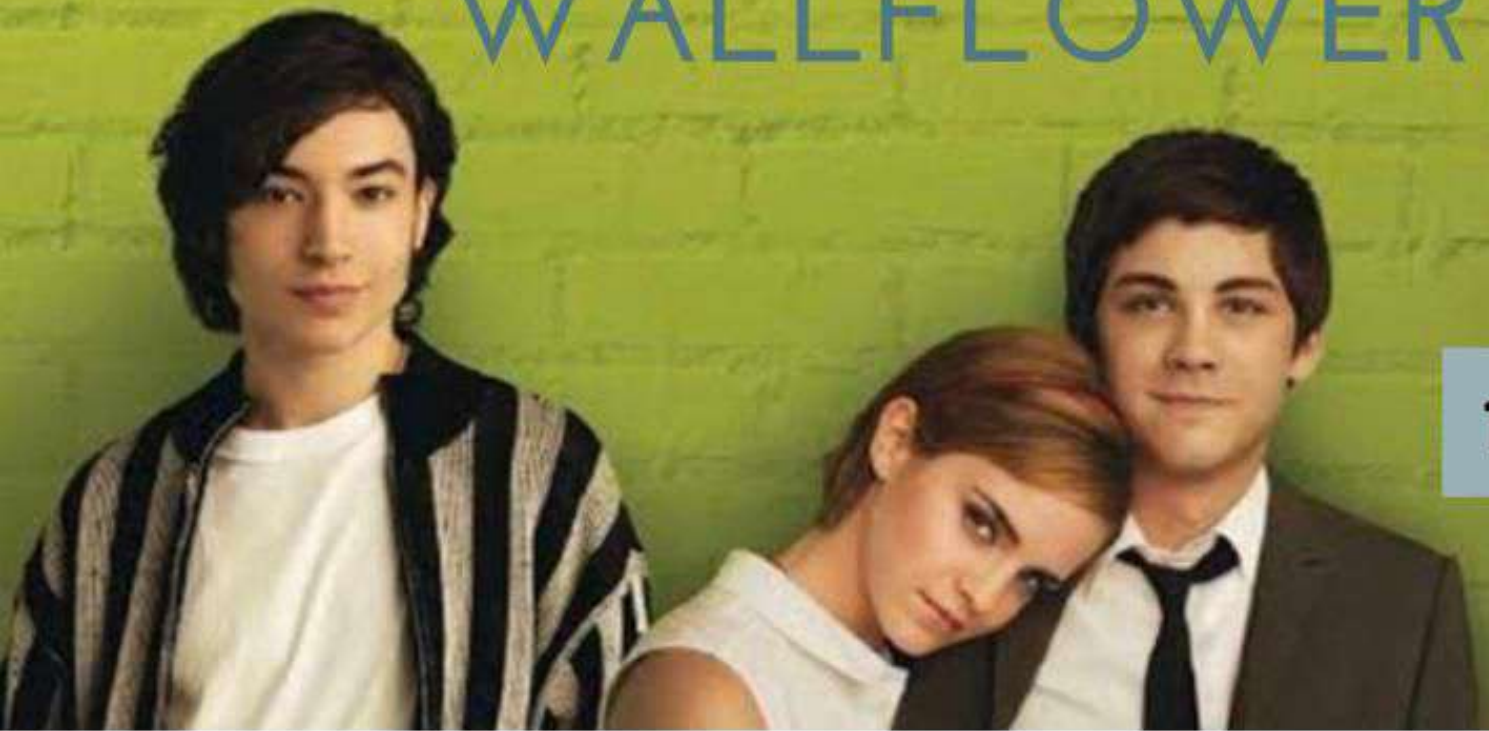
-NIVEDITA TRIPATHI



-SARVESH AYUSH SRIVASTAVA



# THE PERKS OF BEING A WALLFLOWER



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Written and directed by Stephen Chbosky, this narrative is narrated by a teenage boy named Charlie (Logan Lerman) who communicates to the readers through his series of letters where he mentions "the friend" to whom he is writing these letters will understand him as he was told. Charlie is the wallflower who sits in a group and observes everyone, he certainly had a troubled past which included, him losing his most dear Aunt Helen and then losing his best friend in the last year of his middle school. The stress that he faces is the sheer trauma of losing his aunt as he calls it "a bad state" and in such a state he often "sees things". Though the unexpected and surprising entry of Sam (Emma Watson) and Patrick (Ezra Miller) do wonders by making him live his life in truest sense. This was well portrayed by performing activities which he wouldn't have done otherwise. Soon he starts developing romantic feelings and goes through all the truest emotions a teenager would feel regarding why people we love not always reciprocate.

The evolution of Charlie through friendship to a misfired romantic relationship and back to friendship is the truest phase in the life of the teenager and its where most get stressed out. Going through the rollercoaster of emotions, the story unfolds at the end to the most unexpected climax and that's where all of it makes real sense. As he states in the end that all these moments will be photographs one day, hence living in the moment, while considering oneself not just a being but 'infinity' should be practised by everyone. We often get stressed and want to run away or give up on people we love or the work we do or even our own lives but the moment we are experiencing now, is not forever, we need to find that one thing that will keep us going like Charlie found his friends, no matter how trivial it is, if it means something to you, it matters.

REVIEW BY - MAHIMA DAS

# R I D D L E S

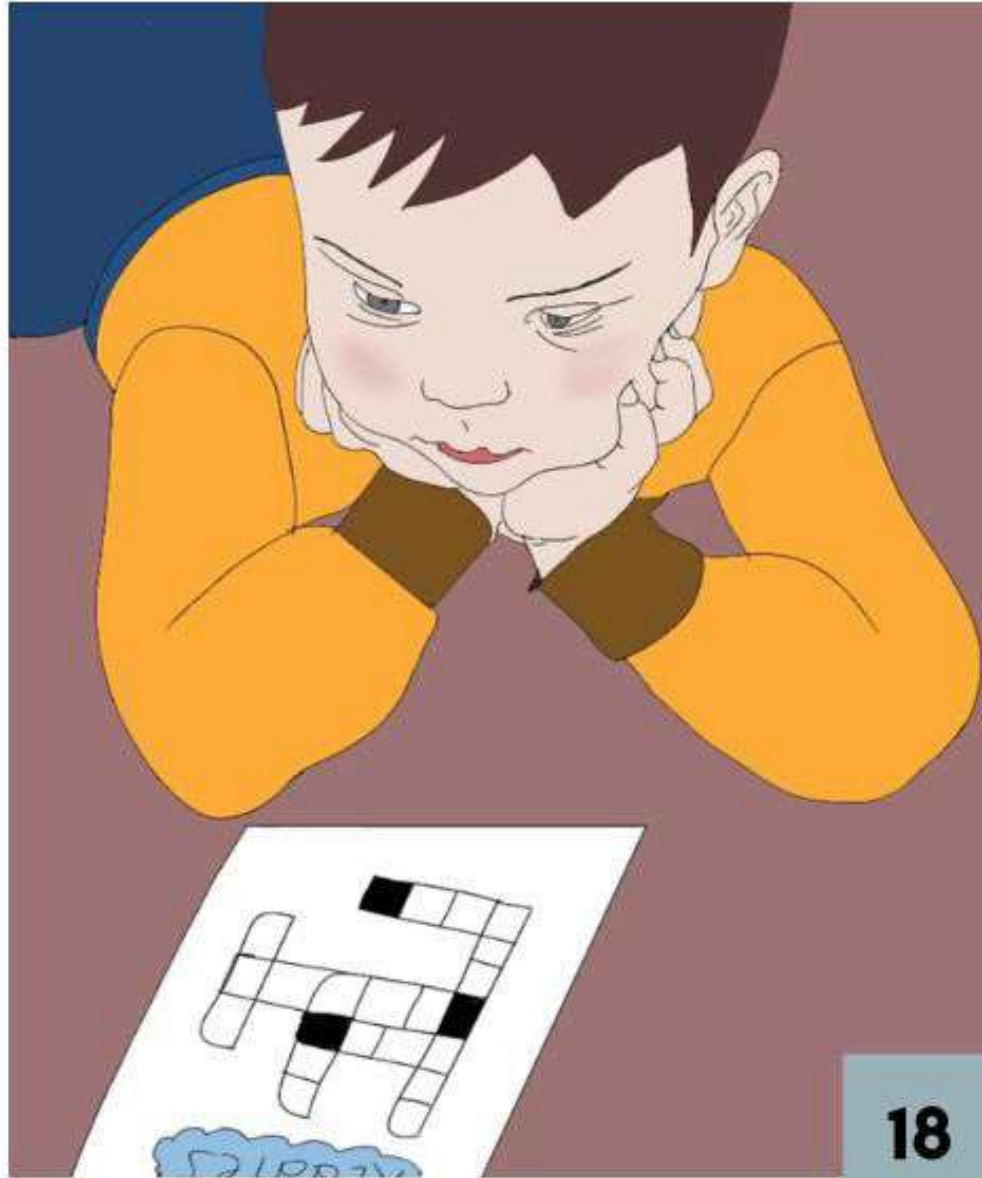
1. I am like a charger to you; you need me whenever you are tired. Without me you can't function

2. I am sometimes difficult to express, but with better communication I am easier to explain

3. I am a loop of habit that cannot break but all you have to do is replace the ache.

4. The more you use, the better I get. You can use me whenever you want and I am responsible for forgetting the answers the moment you enter the exam hall.

5. If you have me, I give you feelings of choking, palpitations, sudden urge of intense fear or fear of losing control or dying



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## ANSWERS

- |    |            |    |              |
|----|------------|----|--------------|
| 1. | SLEEP      | 4. | MEMORY       |
| 2. | EMOTIONS   | 5. | PANIC ATTACK |
| 3. | ADDICTIONS |    |              |



# YOU QUESTIONED WE ANSWERED!

## How to survive/resist gaslighting?

If you're with a gaslighter, be very aware of what they are saying about you. You would know what's true so stick to it, because that person will make you question your perception. If this behaviour of gaining control over you is persistent, it's not healthy at all. Develop your own support system with your trusted ones and rebuild your self esteem. Moreover think about it yourself whether that is worth it or not.

## How to deal the situation where you don't feel like talking to anybody, can't sleep and get angry

Escape for a while, be with yourself. Avoid getting involved with technology, listen to music, do meditation. This not only helps you to calm down but also makes you think about the situations which are making you feel like this clearly. Talking it out with closed ones help too. Take a deep breath!

## HOW CAN A PERSON LIVE HIS /HER LIFE AT ITS FULLEST?

Like the saying "live everyday like it's your last", don't get scared of anything, take risks and follow your passion all the time! Moreover be conscious of the choices you make and decisions you take. That's it you're good to go!

## Why is depression more prevalent in women than men

Biologically, hormones play a huge role. Estrogen and progesterone in women tend to affect the neurotransmitters resulting in depressive episodes. Another major reason is gender differences in society. Girls are usually generalised to be more nurturing and sensitive to the opinions of others, while boys are rather encouraged to develop a greater sense of independence and toughness in their lives. This socialization of gender traits has been associated with how well people cope with stress. Studies have even found that such socialization actually benefits men !



# OUR TEAM

EMOJAR  
*unleash your emotions*



We at EmoJar aim to bring to you a wide range of enlightening and creative content about mental health that is both relatable and informative.

This E-magazine is a small step towards reaching people with various mental health facts and breaking the stigma. And lastly, let's break the chain of stereotyping and normalise mental health problems.

Stay tuned for some impressive articles and trivia coming your way!

- RESEARCH ASSISTANTS

As bloggers, it is our duty to make people know that they are not alone in feeling or experiencing whatever they are facing and EmoJar allows us to do just that. It has helped us make a bigger impact than the one we could have made on our own.

The E-magazine is just another step towards that same goal. With all of its relatable content and helpful tips, it promises to be a 'book's worth reading and a treat for the eyes and the mind. So brace yourself for this adventure and we hope that you have as much fun reading it as we had writing it!

- BLOG WRITERS



# OUR TEAM

EMOJAR  
*unleash your emotions*



The pen is mightier than the sword, and at EmoJar, we wield our paintbrushes and styluses to create visual images that illustrate concepts of mental health and Psychology.

Working at Emotion Jar has not only allowed us to harness our skills but also made our work fun and something that we look forward to. We can unleash our emotions and present them in various dimensions to the people all over.

- ILLUSTRATORS

EmoJar, is one of the very few social media awareness website/organisation working effortlessly towards improving mental health by its various services like counseling sessions, E-magazines, psychology related information and daily dose of positivity.

We, the social media interns at EmoJar try to identify, conceptualize, design and execute campaigns to boost engagement while educating and informing the audience about positivity and mental health. We feel lucky to be a part of this constructive organisation.

- SOCIAL MEDIA

# Our Team

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# Stress

Stress is inevitable in all our lives. There is no single definition of stress that everyone can agree on. What might be stressful for one person might be of little effect on others. Each one of us react to stress differently. There are certain negative life events that can affect us significantly and change our social world.

In such times, we often end up regulating our emotions in the form of **Maladaptive coping** strategies; such as,

- blaming ourselves for the negative event
- Repeatedly thinking about the thoughts & feelings associated with the event
- Focusing on how terrible the event was
- Blaming others for what has happened...

Maladaptive coping strategies are detrimental to our physical & mental health. Instead, we can start practicing **Adaptive coping** strategies which will minimize our stress and help us cope with the situation in a much better way.

These are

- **Acceptance of the situation; resigning to what has happened.**
- **Positive refocusing; directing our thoughts to pleasant matters.**
- **Refocusing on planning; thinking of the actions that can help deal with the negative event.**
- **Putting things into perspective; diminishing the meaning of the event.**
- **Positive Reappraisal; finding a positive side of the negative event**





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