

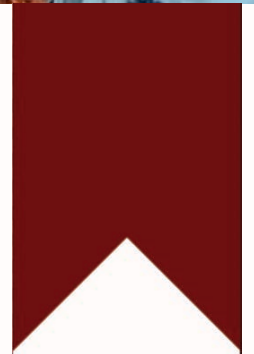
# The Winch-being Bulletin

The official Well-being Newsletter of The Winchester School,  
Jebel Ali



## *You are not Alone*

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# Event Spotlight:

## *Induction Day Well-being Webinar*

Over the course of reintergrating into the school climate, and taking into account the gravity COVID-19, communication is vital when attempting to decipher & manage one's mental, physical & social well-being. Whether that be a child, parent, or a member of our faculty, collapsing the barrier between a lack of knowledge & genuine awareness, is indeed a necessity needed to be taken seriously. That is exactly what the webinar stood for, and seemingly, conveyed effectively.

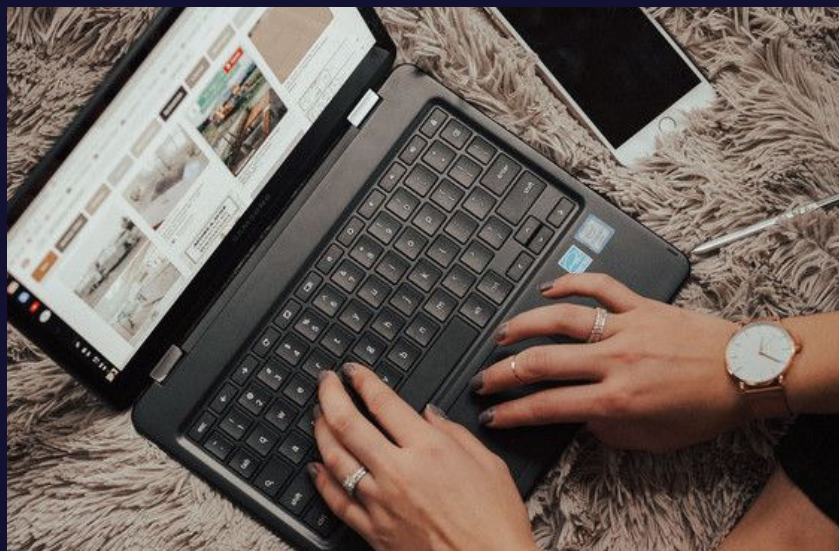


The well-being segment of the webinar was hosted by Ms. Debbiejo Miranda, Head of Well-being. The accentuation of the importance, components & strategies of well-being were heavily emphasized, and so were the logistics of our Student Government. To further reiterate a crucial element of the Well-being segment, was the strategy, "Engage, Relate, Shine.":

- The ability to work beyond comfort zones is fundamental. Thereby, we strive to develop a heightened level of confidence and positive risk-taking, building resilience and understanding the place of failure in the learning process.

Hence we should also consider:

- Positive relationships are conduits to identity in terms of values, ethic and beliefs; a sense of identity that is developed through cognitive and emotional sense, thus maximizing the likelihood for success in a complex social environment.
- We recognise the importance for celebration as a means to recapture joy in learning, promote significant values and experiences, acknowledge effort and achievement, and show gratitude.



# To be or Not to be?

*Advika Daryani, 10B*

It's warming to envisage that our society has come a long way to fragment the stigma of mental health, the past few years. This generation's alacrity towards wanting to acquire a significant amount of knowledge about mental health, is an assurance for the people suffering silently, as well as the people who want to work towards the betterment of society. Unfortunately, keeping in mind the world changing at a synthetic rate, as



well as the influence of media, negligence, and heavy expectations, we often find ourselves suffocated under a pit. Feeling both overwhelmed and lost. However, with the right people, positive attention, communication, & self-assurance, many of us are able to overcome this phase and slowly learn to accept ourselves & our insecurities, whether they may be physical or emotional. For some of us, its hard to overcome these feelings and its more than just a temporary phase. Not having the correct emotional support can open way to a plethora of mental illnesses and disorders like anxiety, depression and eating disorders, to name a few.

A person's mental health implicitly seems to define them and their behaviors. Depression, anxiety, Eating disorder or OCD, are all engines to eventually self-harm. Experiences are a definite motivation leading us to the development of disorders, and sometimes we might feel so depressed or so anxious, that it accumulates to the point where self-harm becomes an outlet for that. It's usually the result of another diagnosis. There are various reasons we self-harm and it can be different for everyone; however, these are a few common reasons:

## The Different Reasonings:

- "If we try to insulate ourselves from all pain, we become numb" therefore we self-harm, self-wound or inflict pain on ourselves, just to feel something. Pain is the primary goal.
- An act of anger. We use self-harming as a way to feel anger inward, when we're really angry out.
- When we hurt ourselves, our body releases adrenaline, and endorphins, so the pain isn't that bad. For some of us, self-harm is an act of self-medication, to have that temporary feel-good moment.

- As a way to cope with traumatic experiences in the past, or when we were younger. Because of the pain and the endorphins, we will disassociate.
- The secondary gain. Some of us self-harm as a way to show others how much we're hurting. For example: self-harming in a place where someone could easily see it and not covering up or trying to hide it because we want people to know. Its like silent screaming and there's absolutely nothing wrong with that.

## The Signs to Look out for:



- Low self esteem.
- Sluggishness/Lack of animation.
- Spending more time alone.
- Not interacting much with friends or family.
- The decrease in initiative: of wanting to do things they liked to do.
- Headaches.
- Loss in appetite.
- Issues with sleeping.
- Physical ailments.

- Poor Academic Performance.
- Getting into trouble.
- Conversing about death or suicide: No matter the stance.
- Not caring about appearance.
- Constantly wearing long-sleeved garments, wristbands, full-length trousers, etc.

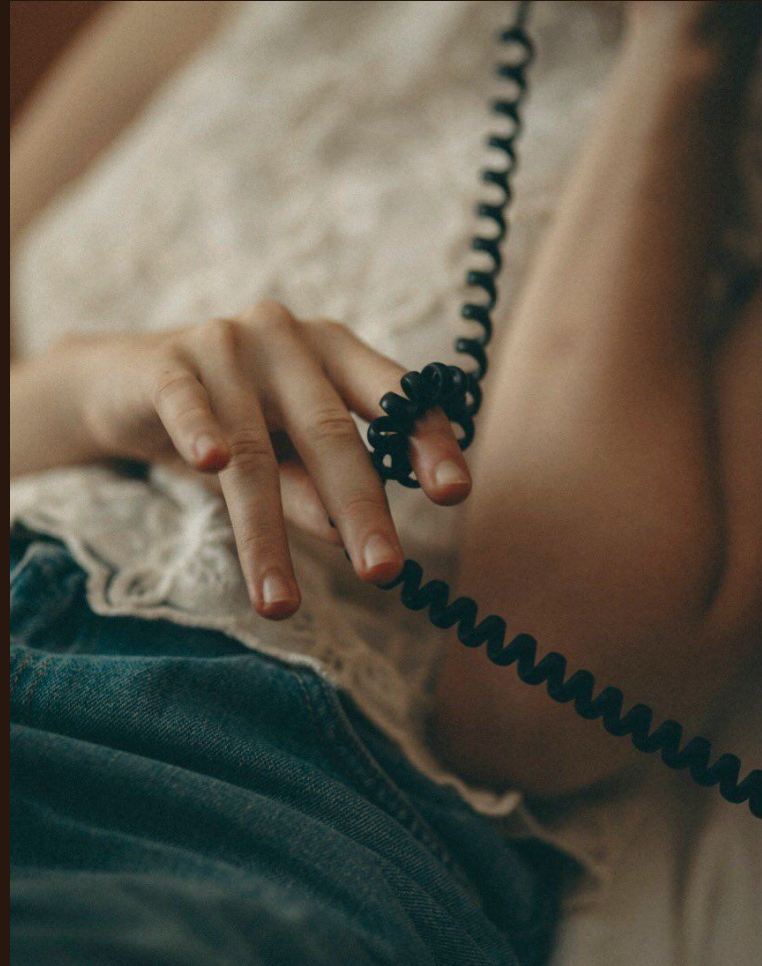
## The Actions You can Adopt to Ensure one is Safe:

- **Encourage them to talk and open up about their feelings.** It may not always be easy because they may feel embarrassed or guilty but assure them that's not the case and be willing to hear them out.
- **Be respectful and don't overreact towards details.** This will make the person feel worse and more unwilling to talk about it.
- **Be patient,** because it can be hard to talk to share exactly how you're feeling.
- **Try encouraging them to seek professional treatment,** so they can get qualified advice, advice which would unearth the substance they've been missing this entire time.



- **Don't be judgemental towards the person or make statements like:** “you have so much to live for”, “things could be worse” pain is not a competition. Instead ask questions like “ what is making you feel this way?”, “what would make you feel better?”
- **Never promise to keep someone's suicidal feelings a secret.** Be understanding, but explain that you may not be able to keep such a promise if you think the person's life is in danger. At that point, you have to get help.

Change is predominantly an ever-evolving reality of all of our lives. Recently we all encountered one of the biggest changes, that had deterred our sight of the future and has led us astray from our paths. While many of us are learning to adapt and adjust, learning to retrace and retract, learning to explore and evolve along the road; its simply not that apparent for everyone. The pandemic has left some of us feeling more isolated from the rest of the world, on an emotional scale. The stress, anxiety and depression levels spiked during the outbreak of the virus, which makes it so much more imperative for us to be aware and look out for the people in our lives.



## **Winchester Facilities You could Always Approach:**

- Our Student Counsellor: Ms.Ritushi
- The Upcoming Student Support Group

- Voice your Heart: Anonymous Submission Platform
- Any Winchester Student, Student Government Leader, Teacher, or Member of Faculty you feel most comfortable with.



**We are a reservoir of support you could always tap into, no strings attached.**

# We Care about your Well-being

*Inaya Danish Zaidi, 61*



**A**t this challenging time of pandemic, it is very important to take care of our well-being. Taking care of your mental health is not something we should just do if we are struggling or feeling sad, it is something we should take care of in our daily routine, the

same way we take care of our physical health. Having good mental health can benefit us greatly, as it can help us feel better, allow us to do our everyday activities with a positive burst of energy, and help us to have a better connection with our family and friends. If we have positive mental health, we can also deal future problems a lot better. Good mental well being does not mean you are always happy and unaffected by the surrounding problems, but with poor mental well being, not only you will be affected with your problems, you won't be able to deal with them. There are few steps we can take to maintain our well being.

## **1. Stay connected:**

Maintaining good relationships with your family members and friends for your good well being.

## **2. Stay around nature:**

Studies shows that spending time in nature can uplift your mood

## **3. Lend a helping hand:**

Helping others can pass your time and make you feel better.

## **4. Talk to someone:**

This is a difficult time for everyone and sharing how you are feeling and the things you are doing to cope with family and friends can help.



# Manipulating Your Oppressive Train of Thought

*Vania Chanelle Gomes, 10F*

Delve into how you can referee your oppressive thought process into a mode acceptance & sociability, and simply, how to deal with this source of bane.



The gyrating motion of loud, incessant thoughts & triggers, seems to all provoke this continual plague that goes by the name of anxiety & self harm. Deterring us from pursuing not only our dreams & ambitions, but the basic laws of human needs. Despite these thoughts being a complete fallacy, it seems to utterly crucify our thought process, actions & relationships. Even worse so, it sometimes seems as though this continuous source of misery, is invisible to the naked eye of our peers, despite that simply not being the case. With that being said, here are a few methods to help deal with your anxiety, whenever the time calfor it.

## 1) Call your thought pattern into question.

Convincing yourself that everyone in a room is just waiting for you to fail, or constantly, irrationally questioning your humour in a conversation, or realising that nobody cares about your opinions & inputs; are all examples of negative thoughts that can take root in your mind, distorting the actual severity of the situation. There are actually many, many ways to effectively detain these thoughts for good, and the few effective ways of doing that are:

- **Ask someone with inputs you trust, whether these fallacies are actually true.** Getting another realistic take on things could finally heave all that stress off of your shoulders.



## 2) Deep Breathing & Meditation: Hear me out here.

For most, the idea that this routine of breathing in & out, something we do every waking moment of our lives, simply does not change the inevitability of anxiety. However, science continues to prove that, deep breathing helps you to avoid the "fight-or-flight" response to stressful situations. In these situations, your body's automatic systems are on high alert and signal your heart to beat faster and breathing rate to increase, lowering the risk of anxiety, or panic attack.

- **Try breathing in for 4 counts and breathing out for 4 counts for 5 minutes total.** By evening out your breath, you'll slow your heart rate which should help calm you down.



## 3) Identify Your Triggers & File them an Eviction Notice.

Admittedly, cutting off all of your triggers might not be the most practical solution, as some of these vermins are routines you simply have to face if you want to make it in this system. However the more buried you are from these realities, the more suffocated you will end up being. Although, in the rarest of occasions, if you can cut these triggers, diffuse them! Otherwise, you are bound to detonate.

**Triggers you can cut from your life are:**

- Venomous Acquaintances
- Caffeine
- Alcohol/Drugs

## 4) Adopt the mindset that, 'Exercise & Fitness, does not only serve a Vanity purpose'.

This notion that exercise & fitness only serves a vanity purpose, is not at all backed up by scientific evidence. What science does prove is that exercising, in any channel preferred, releases feel-good endorphins, natural cannabis-like brain chemicals (endogenous cannabinoids), and other natural brain chemicals that can enhance your mode of sustaining happiness & care-free. Undoubtedly it also pivots your mind of worries, tailoring yourself away from the cycle of negative thoughts, a breeding ground for anxiety. Cope in a healthy way, by practicing something positive to manage anxiety is a healthy coping strategy.



Therefore despite these thoughts being a complete fallacy, only vivid and just within the perimeter of our logic, it seems to utterly crucify our thought process, actions & relationships. However, just know that even though at times it might seem as though this continuous source of misery is invisible to the naked eye of our peers, we notice & care, and if given the right, this continual hike will definitely be at ease.

With the above tips in mind, please feel free to approach any Well-being representative, our school counsellor, or simply a Winchester comrade you place your trust in if you need someone to simply have a conversation with.

We're a reservoir of support you could always tap into, no strings attached.



# Join the Team!

## In Search of:

- Prolific, Passionate Writers who specialise in Creative Writing.
- Applicable to all Winchester students
- Willing to commit to this column for the rest of the Academic Year.

## *Cliffhanger Interludes*

With the help of the selected writers' collective creativity & originality, they would get to band together to create a story of 10 chapters, where each chapter would be uploaded every consecutive month, along with the rest of the newsletter.

The story created would delve into a reality of imagination, whilst misdirection. It would be suffused with original characters we'd all end up falling in love with, peculiar settings & themes entranced with marvel, a plot where neither the audience nor the author knows what's going to happen next, an accumulating treasure mounted against Winchester History.



We have received a couple of submissions, but we are still looking for more:

**If you are interested, please fill in this application form consisting of the following:**

- Name & Class
- Qualifications
- Skills
- Evidence(s) of your work

### ***Application Form:***

[https://docs.google.com/forms/d/e/1FAIpQLSewJaGT55OTKPrk5kZPevv0eRRxp58oiugVMUaNmeT8mo\\_6sA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSewJaGT55OTKPrk5kZPevv0eRRxp58oiugVMUaNmeT8mo_6sA/viewform?usp=sf_link)

**Application Deadline:** 24th September, 2020

**Confirmation of Application:** 25th September, 2020

**Initial Meeting for the Selected Writers:**

26th September 2020

# Join the *WINRADIO* Team!



WIN RADIO 2020

## AUDITIONS OPEN FOR RADIO JOCKEYS!

COME BE A PART OF THE SCHOOL RADIO!  
GRADES 10 AND UP!

SEND US A 1 MINUTE MONOLOGUE ON THE TOPIC  
'DAYDREAMING'

BY

THURSDAY 24TH SEPTEMBER, 2020

Email us - [winradio2020@gmail.com](mailto:winradio2020@gmail.com)



# *Paperback Poetry*

## **Looking for:**

- Original, Insightful pieces of poetry.
- Applicable to Grades FS1-Year 13
- Under any Poetic Form.
- Designed through any medium preferred:  
PDF, Procreate, Picture of a HardCopy, Word Doc; Sky's the Limit!



*Next Month's  
Motion:  
Women Empowerment &  
Women Sticking to their  
Word  
Breast Cancer  
Awareness Month  
Deadline:  
10th October, 2020*

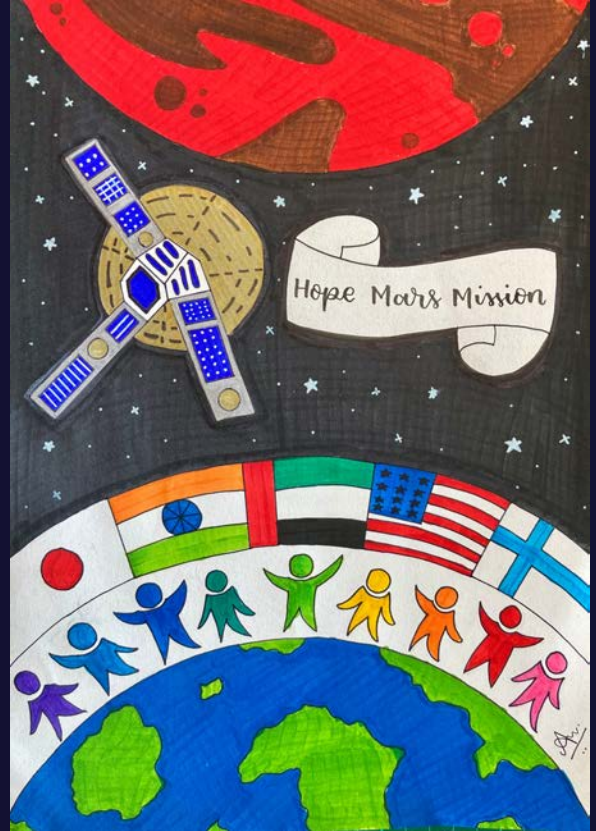
# Sidewalk Sketches



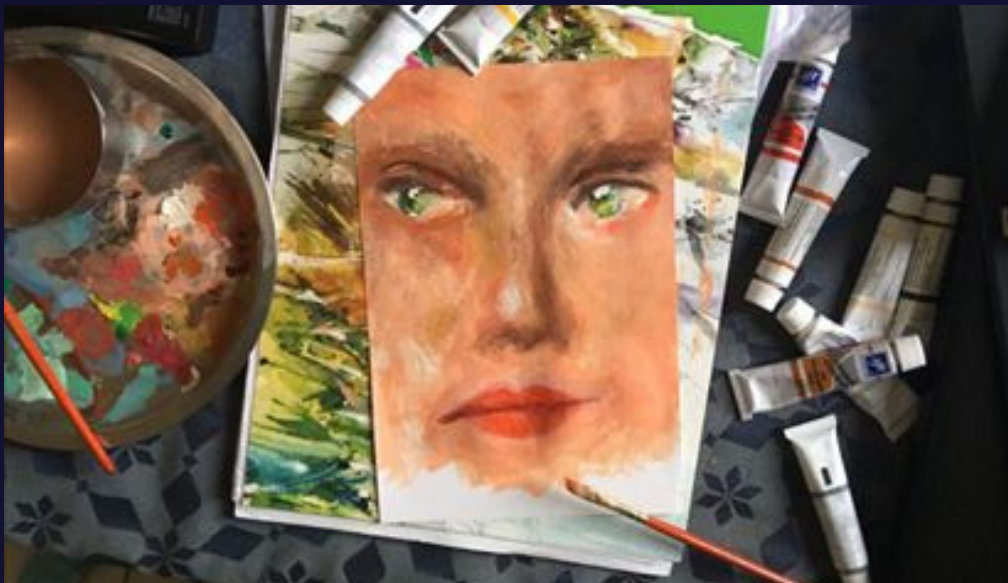
**Pigmented Providence**

Leisha Bathija, 10F

**Hope Probe Mars Mission**  
Aditi Gandhi, 8B



**Practice Portrait**  
Medhavi Mahesh, 11A



**Double, Double Toil  
& Trouble**  
Amalyn Ashhab, 8C

# *Sidewalk Sketches*

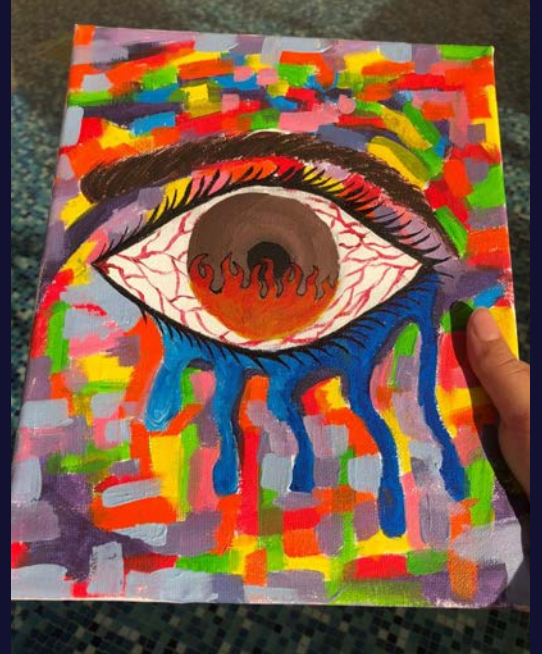


**Buddha**  
Sanika Padekar, 6G

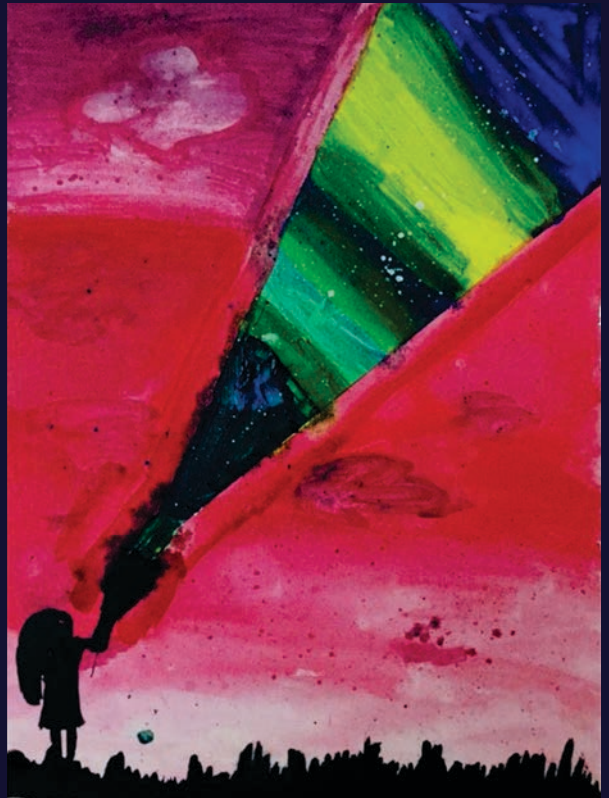
**An Autumn Tree**  
Nael Usman, 5F



**Finding the Balance**  
Aanya Thomas, 10



**Hope**  
Xainab Usman, 6I



**Walking Through Dusk**  
Prateek Suresh, 10A



# *Playlist Digest: Sep Edition*

This Month's theme: Self-Harm Impulses

## *September Playlist: Make a Fool of Skeletons*



@sistiny007

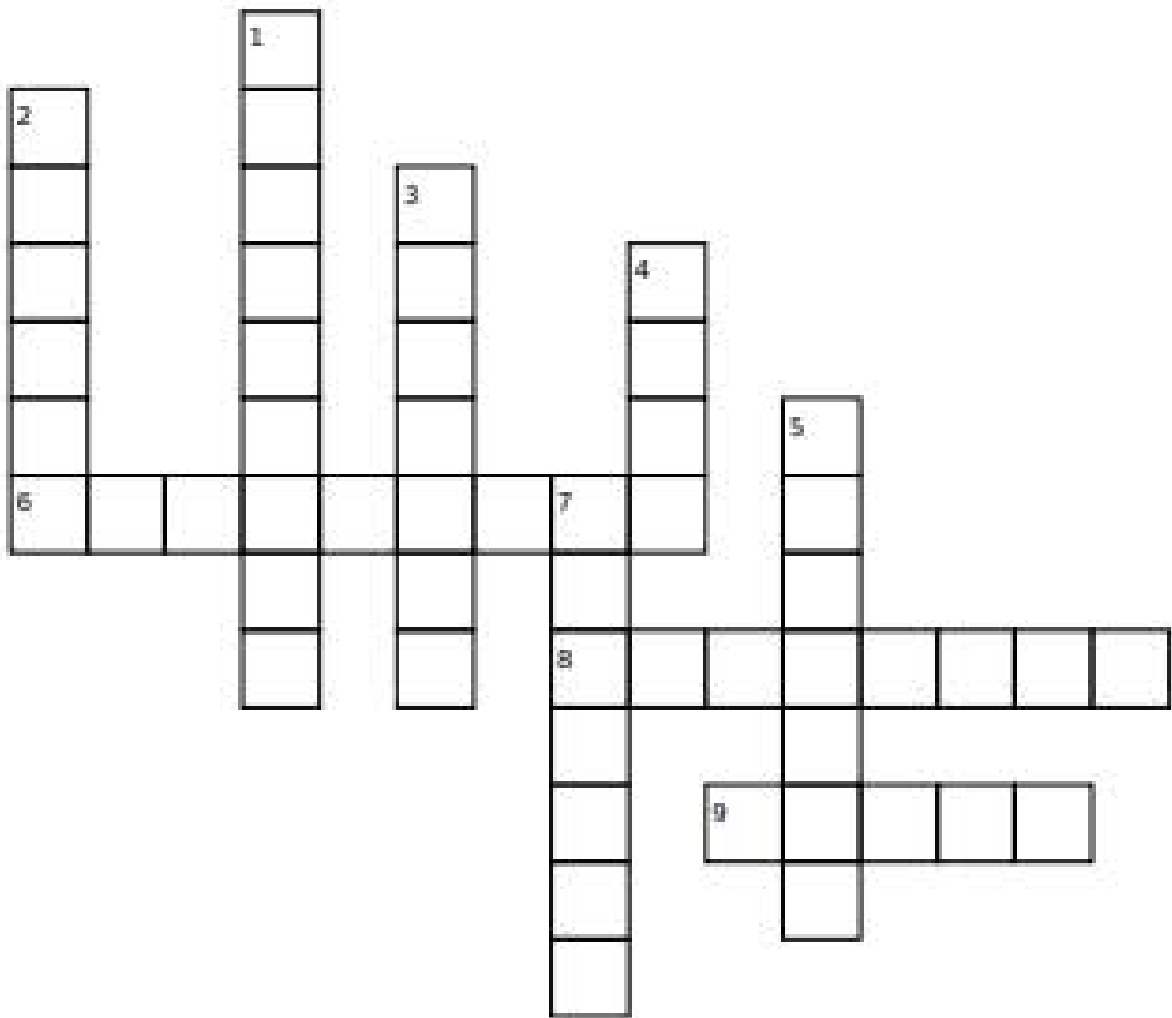
<https://open.spotify.com/playlist/4cEWRALFsugo39S86dT4AJ?si=b3IXWcO-TYGQvErKbqyDow>

### **Featured Artists:**



# The Bulletin Crossword

*Manipulate the clues given into a series of words that have more worth than merely being an answer in a crossword puzzle.*



## Down:

1. provides a sense of purpose and belonging
2. a gluten-free plant high in both protein and all the 9 amino acids.
3. medical treatment used to alleviate mental dilemmas
4. a healthier alternative to butter originated from ancient India
5. a toasted mixture of rolled oats, nuts & fruits
7. \_\_\_\_\_ the flag: a fun family game that can be played within the comfort & perimeter of your own home

## *Up=*

6. excessive \_\_\_\_\_ : a major symptom of anxiety disorders.
8. a distressing activity with the inclusion of textures and colors
9. an isometric ab exercise



# *Credits*

*Edited & Designed by:*

Vania Chanelle Gomes, 10F

*Primary Editor:*

Inaya Vishal Danish, 6I

*Playlist Digest by:*

Kanchan Kumar Palakode 12C &

Vania Chanelle Gomes, 10F

## *Article Submissions:*

**Email us on:**

**[winchwellbeingpost@gmail.com](mailto:winchwellbeingpost@gmail.com)**

**[@fieldnotesofmentality](https://www.instagram.com/fieldnotesofmentality) on Instagram**

The articles must environ the theme of, 'Breast Cancer Awareness & Women Empowerment'.

STAY TUNED!

**Next Issue:  
15th October 2020**