



**CHRIST**  
UNIVERSITY  
BENGALURU, INDIA

Declared as Deemed to be University under Section 3 of UGC Act 1956

# CHRISTITE VIBES



**CENTRE FOR COUNSELLING AND HEALTH SERVICES**

[cchs@christuniversity.in](mailto:cchs@christuniversity.in)

## Christite Vibes 1

VISION: MAKE LEMONADE OUT OF LIFE'S LEMONS AND  
GET FUTURE READY!

MISSION: TO CHANNEL OUR POSITIVE ENERGY,  
(CO)RE (V)ALUES (I)N (D)ISTANCING - 2020

- ✓ Give yourself a makeover. Exercise!!
  - ✓ Eat right; Eat healthy.
  - ✓ Be a social butterfly... e-connect
- ✓ Catch the worms hidden inside your bookshelf;  
Read or e-read.
  - ✓ Quit an undesirable habit.
  - ✓ Focus on everything that is going right.
- ✓ Focus on your blessings; air, water, food and shelter to begin with.
- ✓ Focus on the now and the here, appreciate your environment, the flora, fauna and the tiny elements ushering peace and joy to our lives.
  - ✓ Meditate; Love thyself, and to thyself be true.
  - ✓ Declutter: From within and without.
  - ✓ Be grateful, practise gratitude.

## *Christite Vibes 2*

When an unexpected, 'uncalled for' event occurs most of us roller-coaster through different emotions and phases, one may or may not lead to the other.

- ♥ Denial - It is happening to the rest of the world, but this cannot affect me or my loved one's. So, I need not worry.
- ♥ Anger/Fear - No proper planning. Look at all the social media updates, let me forward these to my contacts. Play the blame game.
- ♥ Dejection - How could this have happened? This is not right!
- ♥ Bargaining - Probably I don't have to follow the rules entirely. I can work my way around this. For e.g. still party with my friends or go for a spin on my bike.
- ♥ Grounding-Evaluating Information and not broadcasting something false. "I let go of things I cannot control."
- ♥ Acceptance - This is the current reality of life and we are all in it together. Let us practise patience, creativity and bonding." I will root myself firm in the present and focus on the future."

The mission is to identify which phase we are in and which phase we eventually want to be. "I will do whatever is necessary to be joyful and to spread hope and joy. I will do everything in my capacity to help others and make myself useful. I will practise gratitude and look out for the minutest of instances to express gratitude ..." I embrace **ACCEPTANCE!** What about you?



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### Christite Vibes 3

What do we do when something sudden and unforeseen pounces on us; Shoves us out of comfort zones? We are unique in how we respond and react to situations, each of us with our distinctive coping mechanisms.



The trick is to combine comfort and panic to create growth. Take tiny steps, not overwhelming jumps. **GROWTH** is not the final, but the first step towards limitless possibilities!

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20 April 2020



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### Christite Vibes 4

## "What we think about, and talk about, we bring about!"

Our thoughts love to monkey around and can be pleasant or unpleasant. Labelling and reframing our thoughts and feelings will shift them from being emotional and fidgety, to rational and calm. Let us guide our thoughts to acknowledge the goodness around us.

I am stuck at home. 😞  
-I am safe at home 😊.

I have lost my freedom. 😞  
-I am limiting my freedom for  
a common good. 😊

I feel so bored without my friends. 😞  
- I feel blessed that we are all safe! 😊

I miss the things I want. 😞  
- I am so grateful for the  
things I have. 😊

**POSITIVITY IS A CHOICE** that can immeasurably enhance the  
quality of our lives!

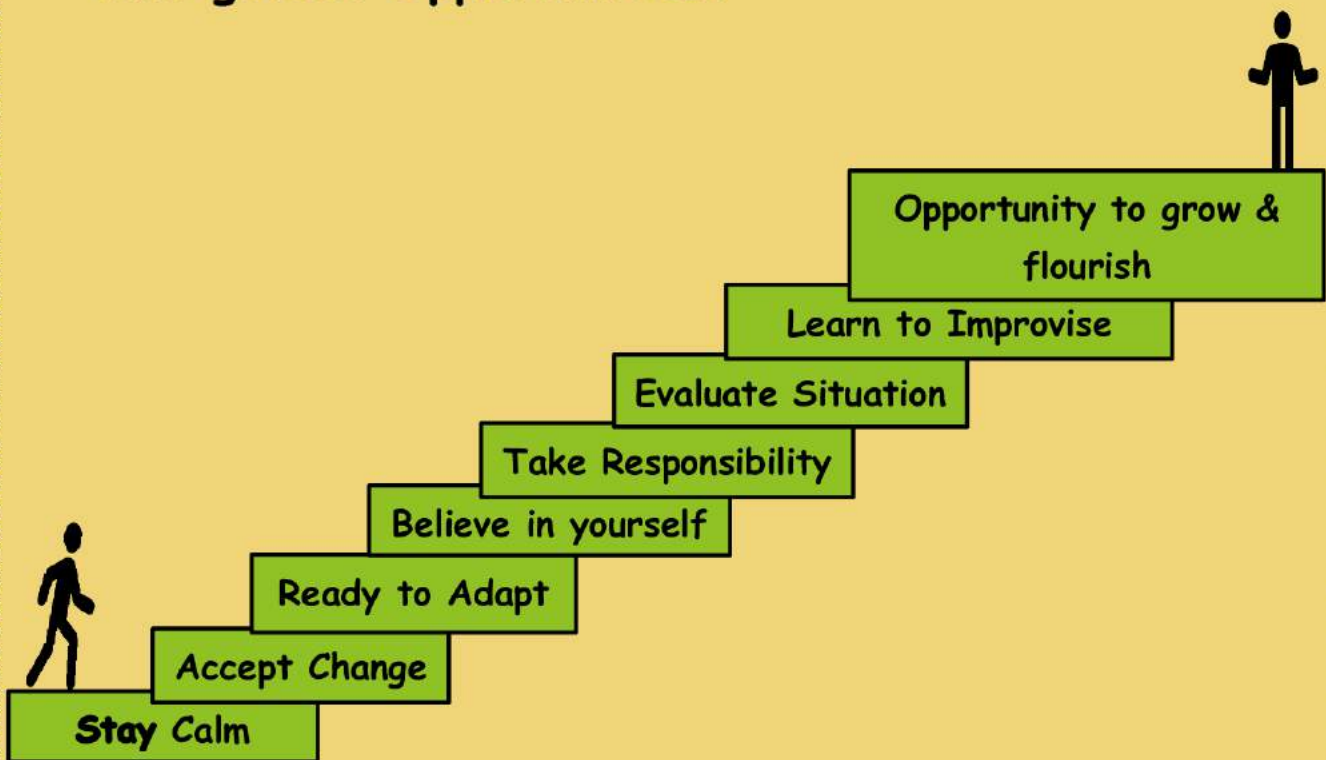
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27 April 2020

*Christite Vibe 5*

***"Inside of every Problem  
Lies an Opportunity"***

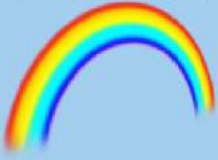
**We have all faced road blocks at one time or another. Let us explore a few tried and tested techniques to transform unexpected Obstacles into golden Opportunities!**



**If we can train our mind to look at these setbacks as a step forward, we will become far more adept at handling them, efficiently, effectively and with less stress.**

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**4 May 2020**



## *Christite Vibes 6*

**"The struggle ends, when GRATITUDE begins."**

Let us build a habit of counting our blessings by acknowledging everything that brings joy into our lives...


 It shifts our focus, from the unpleasant to the pleasant.

 It improves the quality of our lives

 It makes us feel happier

 It reduces our fears

 IT strengthens our faith in self

 It gives us peace of mind

 It emboldens us to reach for our goals



Let us pause to THANK people and take the time to APPRECIATE the present. Delve into what brought that tiny smile yesterday...Let us dig for and be grateful for those moments of joy, today, tomorrow and forever.



## Christite Vibes 7



"Set a GOAL that makes you want to jump out of bed in the morning!"



Ever wondered where the 'go getter' gets the energy and enthusiasm from? The secret to this sense of direction, focus and motivation is 'Goal Setting'.

🎯 Set a SMART Goal - Specific, Measurable, Attainable, Relevant, Time Bound



🎯 Write down the Goal to make it Real and Tangible.

🎯 Make an Action Plan

🎯 Keep Doable Deadlines

🎯 Reflect on Progress

🎯 Review Action Plan Regularly

🎯 Celebrate Accomplishments, Small or Big



Any planning we do, regardless of its magnitude, be it tidying our room or cracking the UPSC, account as Goals. With practise we become ready for more and more challenging Goals.

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18<sup>th</sup> May 2020





## Christite Vibes 8

*"Sow a thought, and you reap an act;  
Sow an act, and you reap a HABIT!"*

Healthy habits do us good not only in the here and now, but also into the future. Let us discuss some time-tested tips to foster desirable habits.

- 🍎 Identify a SMART goal.
- 🍎 Commit to a simple HABIT allied to the goal.
- 🍎 Anchor the HABIT to an established routine.
- 🍎 Keep it simple; One step at a time.
- 🍎 Track the Progress. 
- 🍎 Overcome the obstacles.
- 🍎 Get friends and loved ones involved.
- 🍎 Celebrate the milestones.

Let us make informed choices between the healthy and not so healthy habits. When we transform our HABITS, we transform our lives.



*Christite Vibes 9*  
**"SILENCE is the best Shield  
When used Wisely"**

Don't we often say something and instantly wish to take it back? Here is a checklist to help us stay smartly silent...

- 🙊 When we are in the heat of anger
- 🙊 When we don't have all the facts
- 🙊 When it is time to listen
- 🙊 If we would be ashamed of our words later
- 🙊 If our words convey the wrong impression
- 🙊 If the issue is none of our business
- 🙊 When we are tempted to tell an outright lie
- 🙊 If our words will harm another's reputation
- 🙊 If our words will damage a relationship
- 🙊 When we are feeling critical
- 🙊 If we can't say it without raising our voice
- 🙊 If we will have to eat our words later
- 🙊 If we have said it more than once

With constructive SILENCE, we learn to stop explaining things not worth explaining. We learn to let it be...

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## *Christite Vibes 10*

**"All good work is done the way ANTS do things:  
Little by little..."**

**And when we thought we knew it all, here comes the  
TINY ANTS, marching by, with valuable life lessons.**

-  **Prepare ahead**
-  **Teamwork triumphs**
-  **Adapt to surroundings**
-  **Hard work matters**
-  **Be brave**
-  **Mind one's own business**
-  **Sense of discipline**
-  **Ignore distractions**
-  **Spirit of sharing**

**Be like the AMAZING ANT, look ahead, never give  
up and do all you can; patiently, persistently...**

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**8 June 2020**



## *Christite Vibes 11*

### **A Bucketful of Kindness**

We all have invisible buckets that we carry around. When we help others, show kindness, exhibit patience, and be nice, we fill other's buckets. When we are mean, impatient, rude, or uncaring, we dip into their buckets. Some bucket fillers are:

- ♥ A Pleasant Greeting
- ♥ A Heartfelt Apology
- ♥ A Genuine Thank You
- ♥ A Return Call
- ♥ An Attentive Listening
- ♥ A Considerate Feedback
- ♥ An Earnest Appreciation
- ♥ A Sincere Support
- ♥ A Great Idea
- ♥ A Good Laugh

When our bucket is full, we are happy and when empty, we are sad. Acts of kindness help others and make us feel good too.

*"Ref.: Carol McCloud's book, Have You Filled a Bucket Today?"*  
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15 June 2020



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## *Christite Vibes 12*

**"The glory of life is not in never falling.  
The true glory consists in rising each time we fall."**

**RESILIENCE** is the ability to learn from setbacks and misjudgements, to turn them into opportunities, to look past them and focus on the brighter side.

- ✓ *A clear VISION helps maintain perspective when facing tough choices.*
- ✓ *COMPOSURE is to stay calm in the face of sudden life changes.*
- ✓ *REASONING is embracing a proactive approach, challenging our mindset.*
- ✓ *TENACITY is persistence, realistic optimism and bouncing back.*
- ✓ *COLLABORATION is building a supportive network, staying connected, talking things over, being kind and making a difference.*
- ✓ *Stay HEALTHY, mentally and physically, exercise, respect yourself, take a moment to breathe.*

**Remember "A HERO IS AN ORDINARY INDIVIDUAL WHO FINDS THE STRENGTH TO PERSEVERE and ENDURE IN SPITE OF OVERWHELMING OBSTACLES."**

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22 June 2020



## Christite Vibes 14

" PLEASURE may come from illusion,  
But HAPPINESS can come only of reality."

Are PLEASURE and HAPPINESS the same? Though both give enjoyment and a good feeling, we cannot equate them. Let's look at what differentiates them?

PLEASURE is a physical sensation of excitement.	HAPPINESS is an inner sensation of contentment.
Is momentary. Like enjoying an ice cream or binge watching a series.	Is lasting. Like cracking an exam or running a marathon.
Achieved by taking in; seeing, smelling, hearing, tasting, touching. Like chocolate, PUBG.	Achieved by giving. Like Volunteering, A kind deed.
Extremes of PLEASURE lead to addiction, whether they be substances or behaviours.	There is no such thing as being addicted to too much HAPPINESS.
PLEASURE in excess eventually loses its charm.	HAPPINESS, in leaps and bounds, is vital to long term wellness.



**"HAPPINESS is PLEASURE without regret!"**










## Christite Vibes 15

**"It's up to us to save the world for tomorrow.  
It's up to you and up to me."**

Stephen Covey's '7 Habits of Highly Effective People' is a landmark guide with powerful lessons in personal change. In the upcoming weeks, we make a humble attempt to bring each of the habits to you, a refresher for some, a new concept to explore for others.

### **Habit # 1: BE PROACTIVE**

-  I will embrace a 'can-do' attitude and always put the best effort into everything I do.
-  I will take charge of myself, my thoughts, words and deeds.
-  I will choose my attitudes and moods and don't blame others when things go wrong.
-  I will show the courage to take risks, accept new challenges and **PROACTIVELY** move things forward in a positive and purposeful direction.
-  I will Focus on my Circle of Influence - Things I Can Change.

**" I am not a product of my circumstances.  
I am a product of my decisions."**

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13 July 2020





## Christite Vibes 16

THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE  
by Stephen Covey (continued...)

" Your Most Important Work is  
Always Ahead of You, Never Behind You."

Habit #2: BEGIN WITH THE END IN MIND

- ↑ Develop a Personal Mission Statement.
- ↑ Visualise our ultimate Destination.
- ↑ Plan our Success.
- ↑ Take Responsibility of what we want to do and want to be in our lives.
- ↑ We are the Programmer (Habit#1: BE PROACTIVE).
- ↑ We write the Program (Habit#2: BEGIN WITH THE END IN MIND).



"If our ladder is not leaning against the right wall,  
Every step we take gets us to the wrong place faster."





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## Christite Vibes 17

### THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE by Stephen Covey (continued...)

"Do what you have to do, as quickly as you can, so you can do what you want to do, as long as you can."

#### Habit #3: PUT FIRST THINGS FIRST



- # Prioritize the most important.
- # Do the toughest part first.
- # Establish a time schedule and follow the plan.
- # It's alright to say NO when necessary.
- # We are the Programmer. (Habit #1: BE PROACTIVE)
- # We write the Program. (Habit #2: BEGIN WITH THE END IN MIND)
- # We run the Program. (Habit #3: PUT FIRST THINGS FIRST)

"The key is not to prioritize what is on your schedule, but to schedule your priorities."

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27 July 2020



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## Christite Vibes 18

### THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

by Stephen Covey (continued...)

**"Strong people don't put others down,  
they lift them up."**

#### Habit #4: THINK WIN-WIN

- ✓ In WIN-WIN we maintain a balance for getting what we want with a cooperative consideration for what others want.
- ✓ In WIN-WIN we become a problem solver when an issue comes up with another person.
- ✓ In WIN-WIN we look for a third alternative, seeking mutual benefit when conflicts arise.
- ✓ In WIN-WIN we develop abundance mentality, where we believe there is plenty for everyone.

**"We both get to eat the pie,  
And it tastes pretty darn good!  
I Win, You Win, We Win!"**



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3 August 2020



## Christite Vibes 19

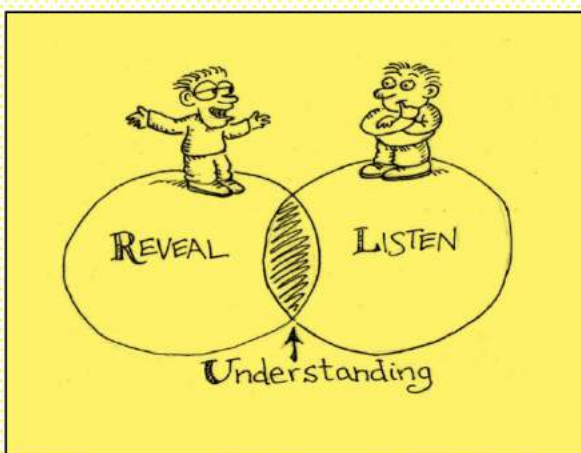
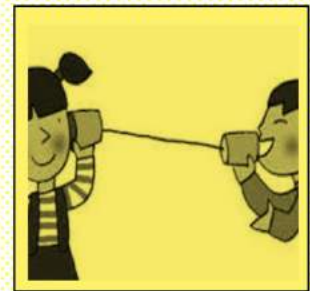
### THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

by Stephen Covey (continued...)

"To Really Understand, We Have to Drop Our Own Story,  
And Hear Their Story."

#### Habit #5: SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD

- ✓ Apply Empathetic Listening-to understand the point of view of the speaker.
- ✓ Take Time to Understand-the other person's frame of reference.
- ✓ People Trust and Open Up-based on the depth of our understanding of them.
- ✓ Take Effort-to present a worthy, logical and rational explanation.
- ✓ When We Take a Genuine Interest to Understand-we have more chance of being Understood.



"Most People Do Not Listen With the Intent to Understand; They Listen With The Intent to Reply."



## Christite Vibes 20

*THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE*  
by Stephen Covey (continued...)

**"Synergy Is Better Than My Way or Your Way,  
It Is Our Way."**

**Habit #6: SYNERGIZE-The Habit of Creative Cooperation**

- ✓ Innovate and Problem Solve-with those who have a different point of view.
- ✓ Value Differences-as strengths, not weaknesses.
- ✓ Discover Jointly-things we are much less likely to discover by ourselves.
- ✓ Find New Solutions to Old Problems-through teamwork and open-minded discussion.
- ✓ End up with an Idea or a Result-that is better than what either of you started with (3rd Alternative).



**Sync Energy:**  
**"Alone We Can Do So Little,  
Together We Can Do So Much."**

**Christite Vibes 21**

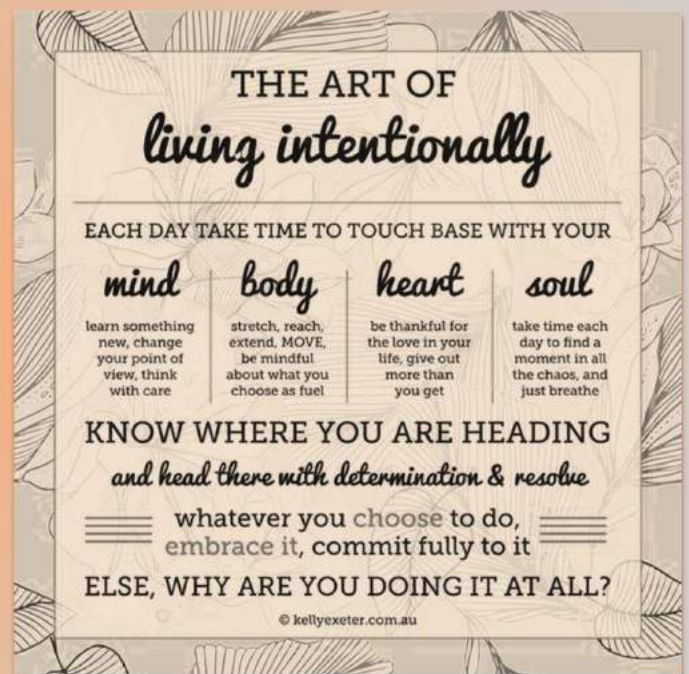
*THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE*  
by Stephen Covey (continued...)

**"Never get too busy making a living  
that you forget to make a life."**

**Habit #7: SHARPEN THE SAW:  
Balance Feels Best.**

***When we 'Sharpen the Saw' we are regularly  
renewing and strengthening the key dimensions  
of our life, preserving and enhancing the  
greatest asset we have-OURSELVES.***

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**THE ART OF**  
*living intentionally*

EACH DAY TAKE TIME TO TOUCH BASE WITH YOUR

<i>mind</i>	<i>body</i>	<i>heart</i>	<i>soul</i>
learn something new, change your point of view, think with care	stretch, reach, extend, MOVE, be mindful about what you choose as fuel	be thankful for the love in your life, give out more than you get	take time each day to find a moment in all the chaos, and just breathe

**KNOW WHERE YOU ARE HEADING**  
*and head there with determination & resolve*

≡≡≡ whatever you choose to do, ≡≡≡  
embrace it, commit fully to it

**ELSE, WHY ARE YOU DOING IT AT ALL?**

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## Christite Vibes 22

The 7 Habits Of Highly Effective People  
by Stephen Covey (Recap)

### START WITH SELF!



#### Habit #1

I Am In Charge Of Me-SELF RESPONSIBILITY



#### Habit #2

Have A Plan-SELF VISION



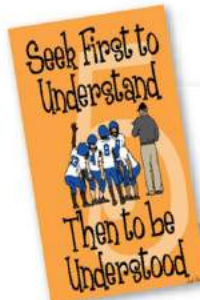
#### Habit #3

Focus On What Is Important-SELF DISCIPLINE

### CONNECT WITH OTHERS!

#### Habit #4

Seek Mutual Benefit-CO-OPERATION



#### Habit #5

Listen Before You Talk-EMPATHY

#### Habit #6

Together Is Better-TEAM WORK



### RENEW YOURSELF!



#### Habit #7

Preserve And Enhance-SELF CARE

"Your Most Important Work Is Always Ahead Of You, Never Behind You!"

Christite Vibes 23



## The Eighth Habit By Stephen Covey

FROM EFFECTIVENESS TO GREATNESS

"Find Your Voice And Inspire Others To Find Theirs."

❖ First Find Our Voice By Effectively Using  
Our First Gift of 'FREEDOM OF CHOICE'

- ♥ Passion
- ♥ Need
- ♥ Conscience
- ♥ Talent



Image courtesy : <https://blog.vantagecircle.com/team-leader-skills/>

Image courtesy : <https://blog.vantagecircle.com/team-leader-skills/>

❖ Then Inspire Others To Find Their Voice Using  
Our Second Gift of 'PRINCIPLES'



- ♥ Fairness
- ♥ Kindness
- ♥ Respect
- ♥ Honesty
- ♥ Integrity
- ♥ Service
- ♥ Contribution

Interdependence Is A Higher Value Than Independence."

## Christite Vibes 24

**"No One Can Make You Feel Inferior Without Your Consent."**

**Pillars of SELF-ESTEEM, a person's Overall Sense of Self-Worth or Personal Value.**

- ♥ **Living Consciously**-focus on what is happening now, and stop thinking about the past and the future.
- ♥ **Self-Acceptance**-accept ourselves unconditionally.
- ♥ **Self-Responsibility**-recognizing that we're in charge of our own choices and actions.
- ♥ **Self-Assertiveness**-honoring our own needs and interests.
- ♥ **Living Purposefully**-set goals and make plans that will allow us to reach them.
- ♥ **Personal Integrity**-keep our behaviour in line with our self values and beliefs.



**"The Future Belongs To Those Who Believe In The Beauty Of Their Dreams."**





## Christite Vibes 25

"Before You Say Something,  
Think How You Would Feel,  
If Someone Said It To You!"

Speech Filters: Having Mindful Communication

What Am I  
Saying?

Is There A  
Better Way  
Of Saying  
This?

**THINK**  
BEFORE YOU SPEAK!

Why Am I  
Saying This?

Is it **TRUE** ?

Do I Have  
To Say  
This?

Is it **HELPFUL** ?

Is it **INSPIRING** ?

Is it **NECESSARY** ?

Did I Listen  
To Him/ Her  
attentively?

Is it **KIND** ?

Am I  
Jumping Into  
A Conclusion?

A Smart Person Knows What To Say,  
A Wise Person Knows Whether To Say It, Or Not!



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## Christite Vibes 26

**INTEGRITY is Choosing Courage Over Comfort;  
Choosing What is Right Over What is Fun, Fast, Easy;  
And Choosing to Practice Our Values  
Rather than Simply Professing Them.**

**Be Reliable.**

**Be Honest**

**Be Sincere.**

**Be Truthful**

**Be Respectful**

**Be Fair**

**Be Trustworthy**

**"INTEGRITY Is Doing The Right Thing,  
Even When No One Is Watching."**

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28<sup>th</sup> September 2020



## Christite Vibes 27

### THE PURSUIT OF SELFLESSNESS

<sup>18</sup> "When you make a habit of taking action to help others feel good, and make the world a better place, you'll see that being SELFLESS can actually make you Happier."

- ♥ Having a SELFLESS Mindset - Humble, Empathetic, Respectful
- ♥ Making SELFLESS Choices - Caring, Trusting, Just
- ♥ Taking SELFLESS Actions - Courageous, Generous, Volunteer

"SELFLESSNESS is not thinking less of yourself,  
It's thinking of yourself less!"



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## Christite Vibes 28

**"Accepting Complete RESPONSIBILITY for Your Life Means That You Refuse to Make Excuses or Blame Others For Anything in Your Life That You Are Not Happy About."**



### Attributes of RESPONSIBILITY

- ☞ **Reliable - Display Commitment**
- ☞ **Dedicated - Stay Loyal**
- ☞ **Intentional - Be Purposeful**
- ☞ **Self Disciplined - Stay On Track**
- ☞ **Future Focused - Long Term Goal**
- ☞ **Confident - Positive Outlook**

**"The Moment You Take RESPONSIBILITY For Everything in Your Life Is the Moment You Can Change Anything in Your Life."**





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## Christite Vibes 29

**"MENTAL HEALTH...Is Not A Destination, But A Process.  
It's About How You Drive, Not Where You Are Going."**

**Trigger The "RELAXATION RESPONSE"**

**Learn Relaxation Techniques - Good Breathing Habits**

**Set Realistic Goals - Learn To Say No**

**Exercise - Improve Self Esteem**

**Nurture Your Creative Self - Enjoy Me Time**

**Visualization - See Yourself Succeed**

**Maintain A Healthy Lifestyle - A Good Diet**

**Talk About It - Share Your Troubles**

**"Our Mind is Our Strongest Asset, Let's Look After it."**

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19 October 2020





## Chritstite Vibes 30

**"The Greatest Weapon Against Stress Is  
Our Ability to Choose One Thought Over Another."**

**DIVERT the Anxiety-DISTRACT the Stress-DEFLECT the Panic**

**A Quick Game With Oneself...**

**The 54321, GROUNDING METHOD**

**Start with Slow, Deep, Long Breaths**

**Now Identify and Name**

**5 things we can SEE**

**4 things we can FEEL**

**3 things we can HEAR**

**2 things we can SMELL**

**1 thing we can TASTE**



**This Exercise Can Be Useful to Ground Us in the Present,  
Amidst Various Anxious Thoughts, and as Our Mind Regains Focus;**

**We Feel a Sense of Comfort  
We Feel More in Control  
We Return to a Calmer State of Mind**

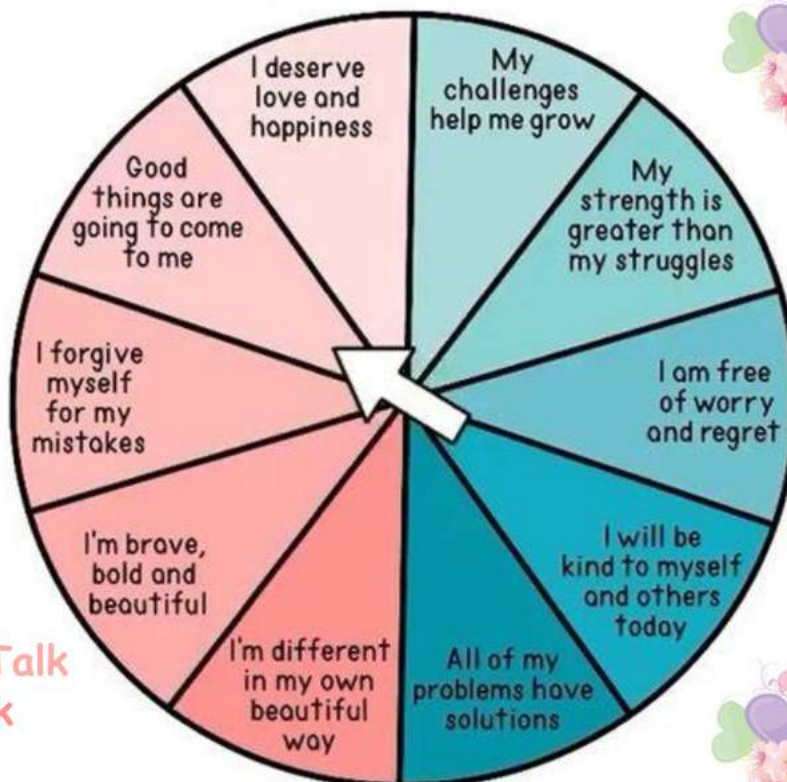


## Christite Vibes 31

"POSITIVE SELF TALK Is an Optimistic Voice in Our Head That Always Looks at the Brighter Side of Every Situation."

# Positive self-talk wheel

@what.is.mental.illness



## WHY?

- #Refines Attitude
- #Builds Confidence
- #Encourages Motivation
- #Improves Productivity
- #Increases Satisfaction
- #Enhances Wellbeing

## HOW?

- # Monitor Our Self Talk
- # Challenge The Negative Talk
- # Rephrase To Positive Talk



"Be Very Careful What You Say To Yourself Because Someone Very Important Is Listening . . . YOU!"

## Christite Vibes 32

Empathy  
Warriors

"EMPATHY Is Listening to Someone's Pain With All the Five A's:  
Attention, Acceptance, Appreciation, Affection, and Allowing."

Nurture Our **EMPATHY** 'To Understand Better'

Be Self Aware

Observe Body Language

Pick Up Non Verbal  
Cues

Be A Good Listener

Suspend Judgement  
And Disbelief

Reflect

Lay Aside Our Own  
Views and Values



©Elise Gravel

"See the Light in Each Other, Be the Light for Each Other"



## Christite Vibes 33

Everyone  
Is  
Welcome

**"INCLUSIVE EDUCATION** Is a Learning Environment That Promotes the Full Personal, Academic and Professional Development of All Learners Irrespective of Race, Class, Colour, Gender, Disability, Sexual Preference, Learning Styles and Language."

### INCLUSIVE EDUCATION:

Fosters a Sense of Belonging

Ensures Better Learning Opportunities

Allows Students to Work on Individual Goals

Encourages the Involvement of Parents

Nurtures a Culture of Respect and Acceptance

An Environment to Develop Healthy Friendships

Focuses on Future Readiness

Appreciate  
Support  
Involve



**"Any Time You Have a More Inclusive Environment, You Are Able to See Fresher Ideas, Broaden Your Perspective and Get the Best Version of People."**



## Christite Vibes 34



**"I Don't Love Studying, I Hate Studying.  
I Like Learning, Learning Is Beautiful."**

### Learning - Memory - Retention

- ① Focus Our Attention - Get Rid of Distractions
- ① Avoid Cramming - Study Regularly
- ① Structure and Organize - Group Similar Concepts
- ① Elaborate and Rehearse - Read Detailed Description
- ① Visualize Concepts - Use Highlighters or Pens in Different Colours
- ① Relate New Information to Things You Already Know - Establish Relationships Between New Ideas and What You Already Know
- ① Read Out Loud - Teach New Concepts to Others
- ① Pay Attention to Difficult Information - Devote Some Extra Time
- ① Vary Your Study Routine - Add an Element of Novelty
- ① Get Some Sleep - Taking a Nap After Learning Something New Can Help Learn Faster and Remember Better.

**"The More That You Read, The More Things You Will Know.  
The More That You Learn, The More Places You'll Go."**



## Christite Vibes 36

"The Art Of SELF COMPASSION...  
Finding The Friend Within!"



### Elements Of SELF COMPASSION:

- ☀ Self Kindness vs. Self Judgment -  
Be Tolerant Of Our Own Shortcomings
- ☀ Common Humanity vs. Isolation -  
Accept That We Are Not Alone In Being  
Imperfect Or Feeling Hurt
- ☀ Mindfulness vs. Over Identification  
Acknowledge Our Feelings And Emotions,  
Both Positive And Negative

### Myths Of SELF COMPASSION:

- ☀ Self Compassion Is Selfish -  
✓ It Is Self Care
- ☀ Self Compassion Will Make Me  
Complacent -  
✓ It Will Keep Me Motivated
- ☀ Self Compassion Is Self Pity -  
✓ It Is Self Awareness

CHEER YOURSELF ON	SET ASIDE TIME TO DO NOTHING AND JUST BE	PRACTICE ACCEPTING YOURSELF
NOURISH YOUR MIND WITH POSITIVE CONTENT	FORGIVE YOURSELF FOR ANY MISTAKES	GO OUTSIDE AND FEEL THE SUN ON YOUR FACE
SPEND TIME DOING SOMETHING YOU LOVE	GIVE YOURSELF A HUG	COOK A MEAL THAT MAKES YOU FEEL GOOD

**"SELF COMPASSION Is To Accept Ourselves As We Are,  
Means To Value Our Imperfections As Much As Our Perfections."**

### Christite Vibes 37

**"SELF SABOTAGE Is When We Say We Want Something  
And Then Go About Making Sure It Doesn't Happen."**

**"DON'T STAND IN YOUR OWN WAY!!!"**

- ★ Understand Self Sabotage -  
A Way To Safeguard And Defend Oneself From Taking Any Risk
- ★ Recognize Self Sabotaging Habits -  
Procrastination/Negative Self Talk/Perfectionism
- ★ Identify Root Causes -  
Fear Of Failure
- ★ Take Time For Self Reflection -  
Learn From What Worked Or Failed
- ★ Find Our Positive Inner Voice -  
Create An Affirmative, Confident Self Talk
- ★ Change Our Pattern Of Behaviour -  
Avoid Triggers That Hold Us Back From Our True Potential
- ★ Make Small, Meaningful Changes -  
Slowly Build To Create Larger Transformations
- ★ Set Goals And Make Plans -  
Take Control Of Our Thoughts, Words And Actions



**"Replace SELF SABOTAGE With Self Acceptance, Forgiveness And Love!"**

**CHRISTITE VIBES 38**  
**"I AM BECAUSE WE ARE!"**

**UBUNTU – Compassion, Kindness and Humanity**

☀ **Inter Connectedness -**

**Know the Inherent Value of Other People in Our Lives**

☀ **Explore Others' Perspectives -**

**Understand Their Circumstances Even if We Disagree**

☀ **Hope vs. Optimism -**

**Hang On to Hope ,Even if We Are Less Optimistic After a Failed Attempt**

☀ **Forgiveness -**

**Rather Than Hanging Onto the Past and Reliving the Pain, Forgive Others by Acknowledging Their Humanity**

☀ **Embrace the Diversity -**

**Accepting a Person for Who They Are and Where They Are From**

**"A PERSON IS A PERSON THROUGH OTHER PEOPLE!"**

*It's Not about You.  
It's Not about Me.  
It's about "WE"  
Working Together  
As One.*

**CHRISTITE VIBES 39**



A **FIXED MINDSET** to a **GROWTH MINDSET**...

**When We Change Our Words,  
We Change Our Mindset.**

<b>FIXED MINDSET</b>	<b>GROWTH MINDSET</b>	<b>INSTEAD OF.....</b>	<b>TRY THINKING....</b>
<b>ABILITY IS STATIC</b>	<b>ABILITY IS DEVELOPED</b>	I'm not good at this	What am I missing?
<b>Avoids Challenges</b>	<b>Embrace Challenges</b>	I give up	I'll use a different strategy
<b>Gives Up Easily</b>	<b>Persists Despite Obstacles</b>	It's good enough	Is this really my best work?
<b>Sees Effort as Fruitless</b>	<b>Sees Effort as Necessary</b>	I can't make this any better	I can always improve
<b>Ignores Useful Feedback</b>	<b>Learns from Criticism</b>	This is too hard	This may take some time
<b>Threatened By Others Success</b>	<b>Inspired by Others Success</b>	I made a mistake	Mistakes help me to learn
		I just can't do this	I am going to train my brain
		I'll never be that smart	I will learn how to do this
		Plan A didn't work	There's always Plan B
		My friend can do it	I will learn from them

**Fixed Mindset Has Limiting Beliefs;  
Growth Mindset Has Limitless Possibilities!!!**

## CHRISTITE VIBES 40

“ **EMOTIONAL CONTAGION** Is One Person's Emotions and Behaviours Directly Triggering Similar Emotions and Behaviours in Other People.”

### TIPS and TRICKS

**Fortify Your Emotional Defences: Take Care of Yourself. Get Ample Rest, Eat Regularly, Exercise Often, and Create a Sense of Purpose.**

**Get Some Perspective: Check-In With Others to Whom You Are Close.**

**See if You Usually Have a More Down or Negative Tone to Your Conversations.**



**Shelf It: If You Find Yourself Often Being Cynical or Grumpy, Consciously Make an Effort to Put It Into a Metal Box on a Shelf That You Can Revisit Later.**

**Impose a TEMPORARY Quarantine: If Your Grumpiness Is at an All-Time High, Take a Step Back for That Day.**



**Get Some Positive Vibes Flowing: Think of Ways to Positively Affect the Moods of Those in Your Life. Playing Upbeat Songs? Telling a Silly Joke? The Possibilities Are Endless.**

**What Type of Emotional Contagion Would You Be? A POSITIVE Contagion or Negative ? The CHOICE is YOURS...**



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# CHRISTITE VIBES 41

#BackToCampus



Keep  
going







## CHRISTITE VIBES 47

**"When You React, You Are Giving Away Your Power,  
When You Respond, You Are Staying in Control of Yourself."**

\* **REACTING** is acting from either memory or old habits.

\* **Pause and allow our initial emotional reaction to pass**

\* **Never make important decisions when we are anxious**

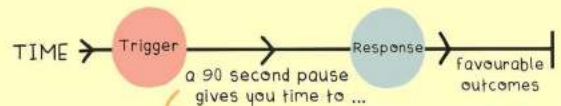
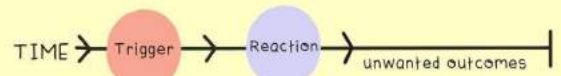
\* **Physical activity helps release the anxious energy**

\* **RESPONDING** is observing with keen intensity and awareness.

**"Reacting in the Same Way to New Experiences Won't Get Us  
Where We Want to Be Personally or Professionally. Instead,  
Respond to Each Challenge with Fresh Eyes."**

A 90 second pause is the  
difference between a  
reaction and a response

@doodledwellness



**"The Wise Respond. The Foolish React.  
The Wise Think and Then Act. The Foolish Act and Then Regret."**



## CHRISTITE VIBES 48

**“TOXIC POSITIVITY Is an Overgeneralization of a Happy, Optimistic State that Results in the Denial, Minimization, and Invalidation of the Authentic Human Emotional Experience.”**

Toxic Positivity	Validation and Hope
Everything will be fine.	Is there anything I can do for you ?
Stay positive!	I am here for you , if you want to talk.
Delete Negativity.	You are not alone.
Everything happens for a reason.	It's ok to feel bad sometimes.
Always look on the bright side of the situation	It is difficult to see the good in this situation, but we will make sense of it when we can.



**If 'TOXIC POSITIVITY' Is Telling Someone to Just 'look at the Bright Side',  
'Support' Is Putting Yourself in Someone's Shoes,  
and Accepting Their Feelings for what They Are.  
The Choice Is Yours!!!**

## CHRISTITE VIBES 49

Validating Our Emotions:  
Let the Magic Happen...

"EMOTIONS are Just EMOTIONS-They aren't Good or Bad.  
Its How We Express Them that can be Positive or Negative"

Anger Is Neither Good nor Bad,

Becoming Defensive or Yelling & Getting Frustrated With

Others Is. Instead Process the Anger We Feel and

Use It to Motivate Effective Change.

EMOTIONS AREN'T "GOOD" OR "BAD"

EXAMPLES

**STRESS**

"I need to slow down. I need self-care."

**SAD**

"It's okay. I need love & to look for joy & gratitude."

**ANXIOUS**

"I need calm & grounding. I can remind myself I am safe & can manage this."



They are SIGNALS to us...

our body bringing our attention to something → Maybe letting you know that something is 'off-kilter' or out of balance.

ASK YOURSELF:

"WHAT IS THIS FEELING TRYING TO TELL ME?"

Happiness Is Not Good or Bad,

We Could Become Very Arrogant and Boastful.

Instead, We Could Feel Proud of Our

Accomplishment, More Fulfilled and Motivated.

**EMOTIONS...**

Are Normal.

Are a Hidden Signal.

Inspire Action.

Allow Us to Live Wholeheartedly.

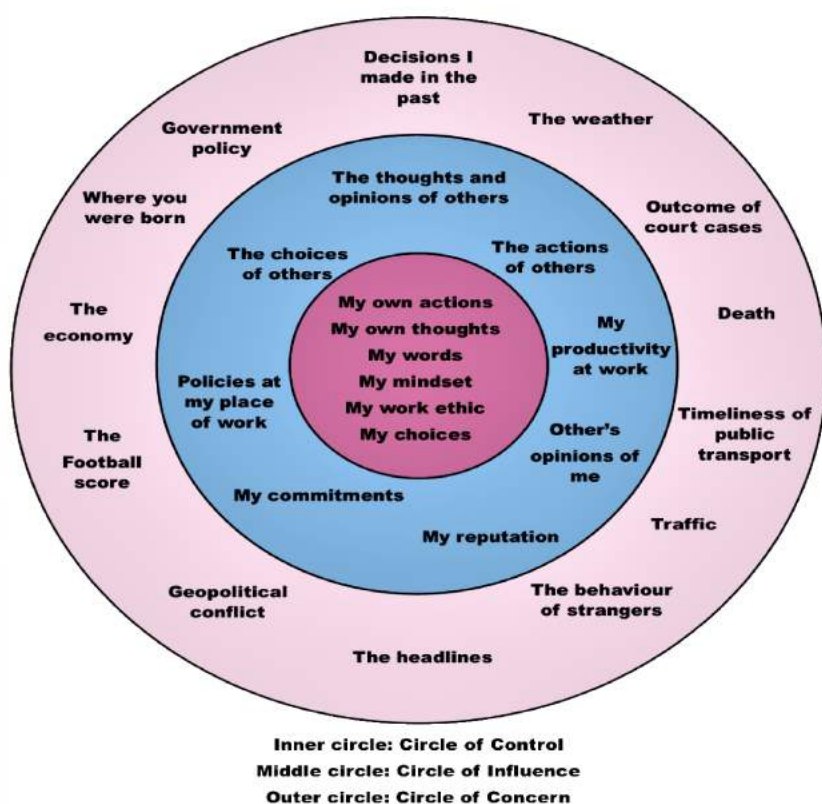
Provide Release.

They Build Resilience.

"When You Bring Awareness to an Emotion, You Bring Power to Your Life."

## Christite Vibes 50

"Focus On What We Can Control, And Don't Waste Energy On the Things That We Cannot."



### Circle of Concern – ( I, We, It)

Wide Range of Concerns We Have-  
Work, Our Relationships, Ourselves, Economy,  
Environment, Current Pandemic etc.

### Circle of Influence - (We)

The Things Within Our Circle of Concern  
That We Cannot Do Much About Directly  
Like Economy, Climate, Pandemic etc,  
But We Can Influence Indirectly  
by Taking Responsibility  
Over Our Personal Finances, Social Awareness etc

### Circle of Control – (I)

The Things Within Our Circle of Concern  
That We Can Directly Control –  
Thoughts, Words, Actions, Effort etc

"Grant Me The Serenity To Accept The Things I Cannot Change,  
The Courage To Change The Things I Can, And The Wisdom To Know The Difference."



Welcome ...

A  
New Journey  
Begins...

Christite Vibes 51

*"Mindfulness is  
Simply Being Aware of  
what is happening Right Now  
without wishing it were different;  
Enjoying the Pleasant  
without holding on when it changes  
(which it will);  
being with the unpleasant  
without fearing it will always be this way  
(which it won't)."*

*- James Baraz*

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