



PsychoBabble!

Psycho-babble: derived from two of our favourite words, we not sure if you will actually find this word in the dictionary. So we will go ahead and give you our interpretation of what this newsletter is going to be about!

The human mind is so complex, so vast and such an interesting study that all of us are constantly trying to learn more about it!

So, we the Psychology Club will search high and low for articles that would entertain and enlighten you! For this we have chosen Psycho-Babble as a platform!

"Happy reading !

Happy thinking !"



Did you experience the Joy of Giving this Christmas!? Santa Claus is not only a fictional character who brings gifts for kids, he is a message to all, which is, feel the joy in giving!

We all know how great it feels to receive gifts. However, the joy of getting is short-lived. Our lives are richer when we share, and that great inner joy comes from helping others to better their lives. Truly giving from the heart fills your life with joy and nourishes your soul. Giving provides an intrinsic reward that's far more valuable than the gift.

As Mahatma Gandhi said, "To find yourself, lose yourself in the service of others." So its not only about giving gifts, but giving all that you can to bring a smile on somebody's face, so what if it's just giving sometime of yours for your mother.

Why give?

When people are asked why they give, the readiest answers include: God wants me to; I feel better about myself; others need, and I have; I want to share; it's only right. The question to be asked is how did you feel? Imagine you felt very pleased with yourself and happy inside. It has been experienced by many that when you're focused on giving to others you're less likely to become consumed by your own concerns and challenges.

Giving provides an opportunity to look beyond our own world and see the bigger picture. A great perspective can be achieved by stepping out of our own world and venturing into the world of other people. Your worries and challenges may not seem as significant when compared to other people's situations.

The act of giving kindles self-esteem and brings happiness. It has been discovered that happiness is related to how much gratitude you show. But don't rely on researches,—try it out for yourself.

The power of giving

Giving is one of the best investments you can make towards achieving genuine happiness. True giving comes from the heart, with no expectation of reciprocation. You'll find that the more you give, the more you'll receive. The power of giving is manifested in the kindness and generosity that you bestow on someone else. When you give to another unselfishly, the vibrational energy emitting from



your subconscious is at its strongest.

The power of giving, according to neuroscience, is that it feels good. A Chinese proverb says: “If you always give, you will always have.” A famous American author and management expert, Ken Blanchard, declared “The more I give away, the more comes back.”

If you find yourself feeling unhappy, try making someone else happy and see what happens. If you’re feeling empty and unfulfilled, try doing some meaningful and worthwhile work and see how you feel. The catch is that you must do this work with passion and enthusiasm.

It’s a rich experience.. You would want to have!

There are many organizations, institutions and people who are engaged in exemplary works of giving. Narayanan Krishnan is a management graduate from Madurai, India who gave up his career as chef with a five-star hotel when he saw a man so hungry that he was feeding on his own excreta. From there on Krishnan started his noble initiative to feed thousands of destitute and homeless people in his state—free of cost.

Another example of giving is Sanjit “Bunker” Roy, founder of the Barefoot College. Since graduating from college in 1965, Mr. Roy has committed his life to serve the poor and to help rural communities become self-sufficient. The Barefoot College education program encourages learning-by-doing, such as training grandmothers from Africa and the Himalayan region to be solar engineers so they could bring electricity to their remote villages.

It’s the joy and love that we extend to others that brings true happiness or union with God. When we give, we reap the joy of seeing a bright smile, laughter, tears of joy and gratitude for life. We know that if people give just a little more—of their time, skills, knowledge, wisdom, compassion, wealth and love—the world would be a more peaceful and healthier place.

The rewards of giving are priceless. If you want to have happiness, you need to give happiness. If you want love, you need to give love. It is only in giving that you receive. No matter what your circumstances in life, you have the ability to give. Look for opportunities where you can give and help others. The gift of joy will come to you when you give of yourself to others.

That’s what life is all about. Let’s practice in the joy of giving joy. Be a Santa to someone!



Website: <http://www.themindfulword.org/2014/joy-of-giving/>

She is wearing a red lipstick! She must be full of attitude!..

Un-Huh! Do Not Judge!



Despite our best efforts, we all judge others. It might be over small things, like a co-worker who took too long of a lunch break. Or it might be over bigger issues, such as a person who behaves selfishly or hurts our feelings.

But how can we become less Judgmental!?

Don't blame yourself. We are instinctively hard-wired for survival. When we see a dog (or a person) that might bite us (literally or metaphorically), of course we feel threatened. We go into fight-flight-freeze mode, and are unable to see the myriad possible reasons for another's behavior. We get tight and defensive. This is a normal first reaction. The key is to pause before we act out of this mode.

Be mindful. Although judgment is a natural instinct, try to catch yourself before you speak, or send that nasty email and do any potential harm. You can't get your words back. Pause. See if you can understand where the person may be coming from. Try to rephrase your critical internal thought into a positive one, or at least a neutral one. After all, we really don't know the reasons for someone's behavior.

Depersonalize. When someone disagrees with us or somehow makes our life difficult, remember that it's typically not about us. It may be about their pain or struggle. Why not give others the benefit of the doubt? "Never underestimate the pain of a person," Will Smith said, "because in all honesty, everyone is struggling. Some people are better at hiding it than others."



Look for basic goodness. This takes practice, as our minds naturally scan for the negative, but if we try, we can almost always find something good about another person.

Repeat the mantra, "Just like me." Remember, we are more alike than different. When I feel critical of someone, I try to remind myself that the other person loves their family just like I do, and wants to be happy and free of suffering, just like I do. Most important, that person makes mistakes, just like I do.

Reframe. When someone does something you don't like, perhaps think of it as they are simply solving a problem in a different way than you would. Or maybe they have a different timetable than you do. This may help you be more open-minded and accepting of their behavior. The Dalai Lama says: "People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost."



Look at your own behavior. Sometimes, we may be judging someone for something that we do ourselves, or have done. For example, the next time you find yourself yelling at someone while you're driving, ask yourself, "Have I ever driven poorly?" Of course, we all have.

Educate yourself. When people do things that are annoying, they may have a hidden disability. For example, some people with poor social skills may have Asperger's syndrome. So if someone's invading your personal space (as someone with Asperger's might), remember again, *it's not about you*. Albert Einstein said, "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

Give the person the benefit of the doubt. Someone once told me, no one wakes up in the morning and says, "I think I'm going to be a jerk today." Most of us do the best we can with the resources we have at the moment.

Feel good about you. Brene' Brown says: "If I feel good about my parenting, I have no interest in judging other people's choices. If I feel good about my body, I don't go around making fun of other people's weight or appearance. We're hard on each other because we are using each other as a launching pad out of our own perceived deficiency."

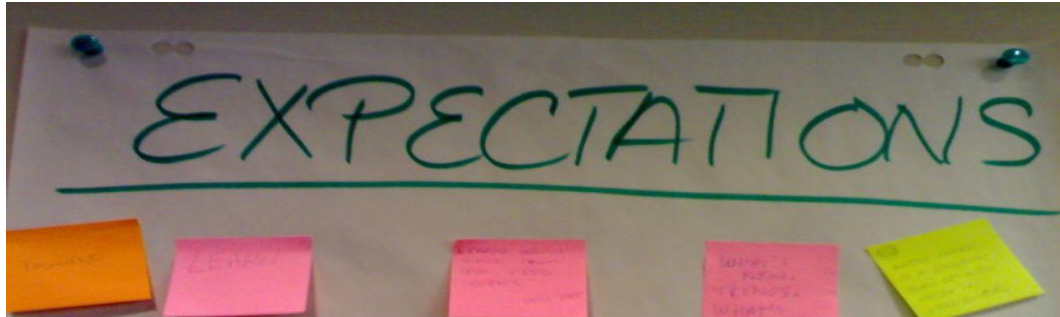
And finally, remember that judging a person does not define who *they* are, it defines who *you* are! So..don't judge, we are all under the same sky!



Website: <https://www.psychologytoday.com/blog/living-the-questions/201410/10-reasons-stop-judging-people>

As we grow, grow expectations! Don't you agree?

HIGH



We live our lives trying to fulfill expectations, both our own and others'. Sometimes, they can be daunting, but ignoring them won't make them go away. We need to learn how to deal with them, and rise to the challenge.

Don't Mistake Expectations for Reality

It's important to note that expectations aren't the same as targets. Your target might be to get straight A's or 10 clients this week, but don't let that also be your expectation. It's good to set goals and achieve them, but don't expect that achievement. In fact, as we have already said, learn to enjoy the process of achieving your goals.



Ignore Your Brain's Need to Expect the Same Thing Over and Over

To deal with internal expectations, you need to first identify where those expectations are coming from. Take something simple. You expect it to be cold once winter comes around. It's happened in the past, it's going to happen again, right? More often than not, past experiences dictate expectations.

Just knowing that and being mindful of it is the first step to managing internal expectations. Once you identify why you have a certain expectation, you are more prepared to be able to meet it or tone it down to a realistic degree.

Of course, doing that is easier said than done. Make a conscious effort to look for what's different in a situation the second time you come across it, so that you don't set expectations for the third time.

Keep Your Promises but Beware of Exceeding Them

Sometimes, we know the expectations others have of us, but in an effort to impress them, we try to exceed them and do more than we promised. Here's the problem though: exceeding expectations isn't necessarily better than meeting them.

For example, you know that your mom expects you to call every week. So you might try to do better and call her twice a week. When you can't do that, everyone is disappointed by the missed expectations. But studies have shown that exceeding your promise isn't rewarded any more than simply meeting it.

So rather than over-reaching, stick to what you have said you'll do and thus have created an expectation of fulfilling it; it's better to do that right than to strive harder.

Talk to Others to Clarify Their Expectations

Expectations are abstract. Too often, they are not clearly defined nor expressed. In fact, you might have vague expectations in your own head that you don't clarify, and thus end up disappointed. The easiest way to get around this is to talk to people to get some clarity.



Talk to someone outside the situation. Talking to someone outside the situation, like a friend, parent or counselor can be a great way to express your feelings. These people are also in a good position to help you identify expectations and help you work out strategies to deal with them.

Talk to the person setting the expectations. Sometimes a person who is setting unreasonable expectations might be unaware that he or she is putting unfair pressure on you. When

you talk to this person, it might be helpful to use a phrase like "When you treat me like this, then I feel..."

Harness the True Meaning Behind Expectations

While you can get bogged down by expectations, it's important to also realize why they are there in the first place. It's a sign that you are being held to a higher standard, that there is faith you can achieve more.

Expectations are just leftover praise. They are a blessing. If you didn't have the capability to meet them, they wouldn't exist.

When you realize expectations come from a good place, and that the people carrying those expectations are with you for the ride, it becomes easier to handle them. It shifts the burden from your shoulders alone to the idea of a unit or team of well-wishers upon whose behalf you are carrying out actions.

So, in the coming year, vow to take expectations on your shoulders and fulfill them to help you!



Website: <http://lifehacker.com/how-to-deal-with-high-expectations-1619268340>