

CURAMIND
LIFESTYLE & RESILIENCE



If you can get the inside right,
the outside will fall into place.

-Eckhart Tolle

Psychological Well-being
STUDIO

www.curamind.in



We at **Curamind** believe in a holistic & integrative way of dealing with psychological issues faced by clients. Keeping the client at the center of the healing process, our team of doctors & mental health professionals pave a way for the client to empower themselves, thrive, & achieve their potential. Our goal is to help the client lead a healthy, happy & resilient lifestyle.

Dimensions of Well-being





Physical Well-being

Interplay between mind & body regulates your healing, health & happiness.

Psychological Well-being

Psychological & emotional well-being not only help you prevent mental disorders but can also help you realize your potential

Social Well-being

Forming engaging and healthy relationships & contributing to society drives mental well-being

Spiritual Well-being

A strong sense of meaning and purpose in life, including our connection to culture, community, spirituality and/or religiosity can contribute to well-being

Others Factors

Other well-being factors such as financial, environmental, occupational, intellectual, etc. also play a crucial role in individual & societal health.

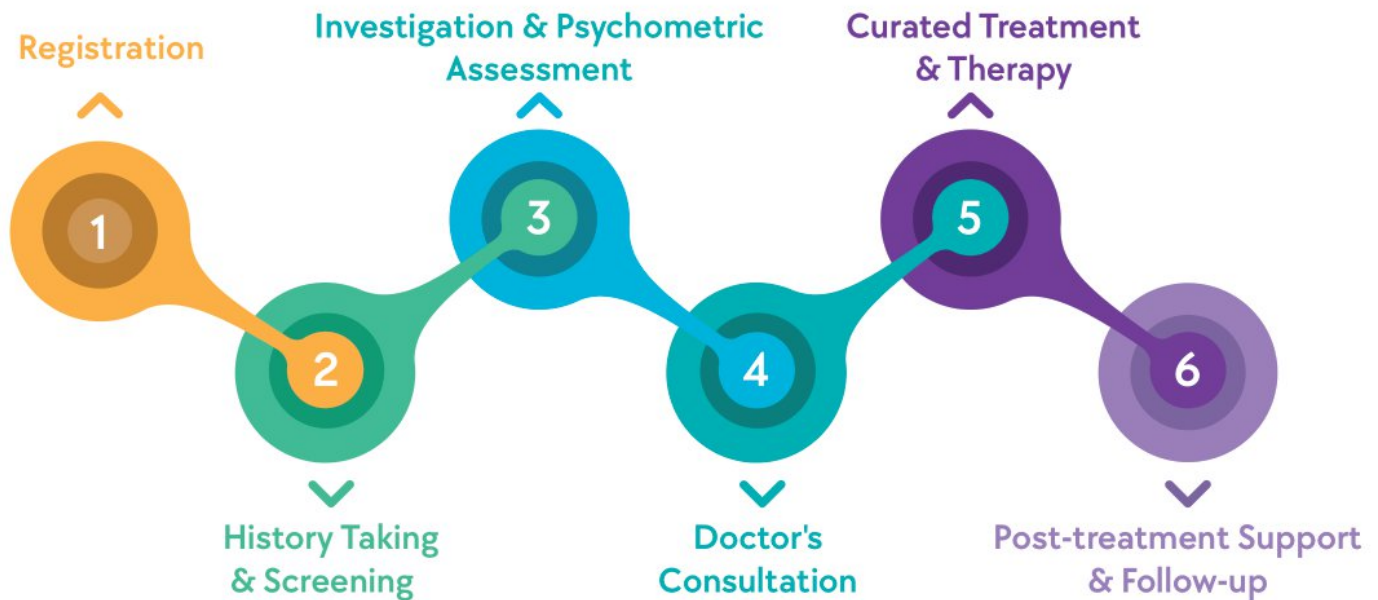


"Mental Health is crucial in today's fast-paced world, & awareness of mental health issues is only half the battle. Our vision is to resolve these psychological challenges & further assist the individual to embark on a journey of the optimal and dynamic state of psychological well-being."

-Dr. Pranavjeet Kaldate



Therapeutic Pathway



Aspects of Good Psychological Health

- The most important is the absence of mental disorders like depression, anxiety, or other mental illnesses.
- Ability to realize one's own potential, manage stress, be resilient & make healthy lifestyle choices.
- Ability to form meaningful & healthy relationships.
- A sense of self-sufficiency, self-esteem & self-worth.
- Ability to put one's trust in others.
- The ability to forgive others & oneself.
- Ability to examine oneself & consider a change or adapt.
- The ability to learn from experience.
- The ability to tolerate uncertainty & take a calculated risk.
- The ability to thrive and contribute to society.



Tools for Preventive Health & Positive Well-being

Physical Exercise - Daily 30 mins of physical activity can improve mood, reduce stress, improve sleep & has other health benefits

Nutrition - Foods rich in Vit C, Vit B12, Vit E, protein, selenium, and omega fatty acids have a direct impact on your physical & mental health



Meditation & Mindfulness - Practicing meditation & mindfulness can help you regulate your thoughts, emotions & behaviour



Yoga - Can reduce stress, anxiety & can help regulate the mind & body

Practicing Gratitude - Can help you manage negative emotions & bring fulfillment and happiness

Practicing Kindness - Can give you a sense of purpose, help you thrive & bring feelings of well-being

Building Resilience - Helps you turn adversity into opportunity



Thought Log

Maintain a thought log to determine how you can cope with negative thoughts:



- Negative thought: _____
- Emotions felt (how were you affected): _____
- Restructure into a positive & realistic thought: _____

- **Eg:** My friend canceled our plans because they don't like me.

Emotions felt: Sad, lonely & self-critical

Restructured thought: My friend canceled our plans because they were probably busy or not in the mood to go out. This has nothing to do with me.

Daily Self-Affirmations

- I have much to offer.
- I am capable of anything I put my mind to.
- I am proud of myself.
- Today is going to be a great day!
- I am grateful for everything I have.
- I am in control of my feelings.
- It's okay if I messed up. Failure is not final.
- I only compare myself with myself.
- I don't know it all and it's okay.
- I add value to every environment I grace with my presence.

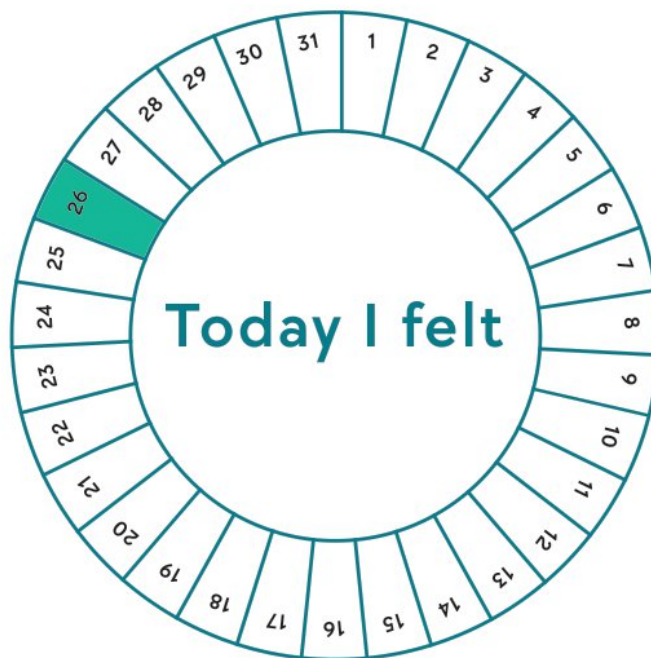




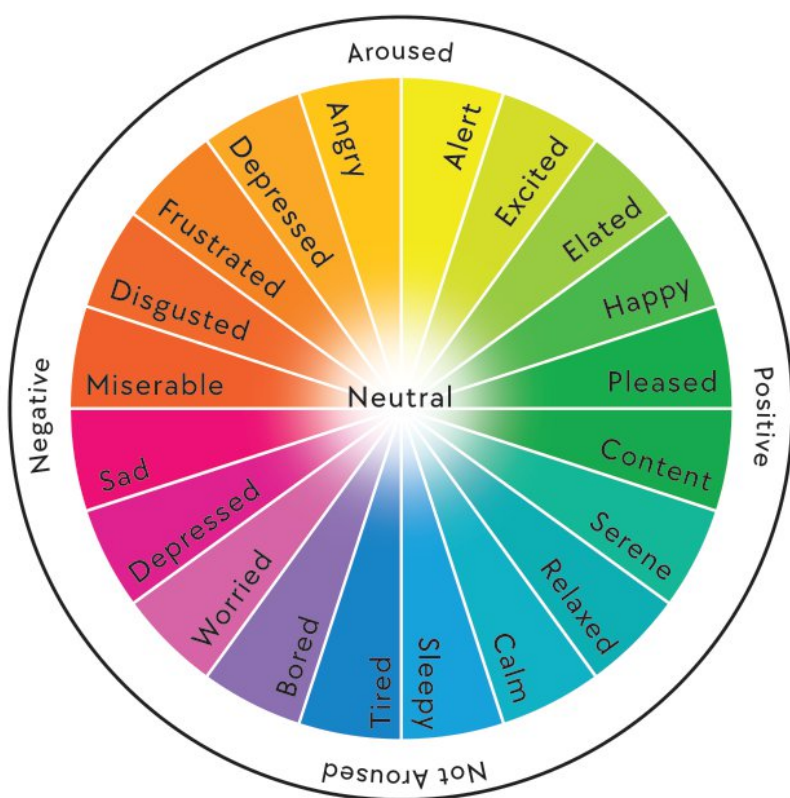
Mood Tracker

Month: _____

Instructions: Fill the colour in the wheel according to the emotions you are feeling today.



Mood Chart





Behaviour Activation (Self-Care)

You can give feel-good hormones a natural boost with some simple activities.

Chose five Self-Care activities to do weekly that are bound to improve your mood.

Some examples may include:

1. Listen to music (or make some)
2. Play with your pet/a stray dog or cat
3. Watch your favourite movie or TV show
4. Spend time outdoors (preferably in sunlight)
5. Eat and/or cook something delicious
6. Meditate
7. Cultivate optimism
8. Express gratitude
9. Avoid overthinking and social comparison
10. Practice random acts of kindness
11. Nurture relationships
12. Develop healthy strategies for coping
13. Learn to forgive
14. Do more activities that truly engage you (paint/draw)
15. Savour life
16. Commit to your goals
17. Practice religion and spirituality
18. Take care of your body
19. Connect with nature
20. Journal





M	T	W	TH	F	SA	S

My daily goals:

1. _____
2. _____
3. _____
4. _____
5. _____

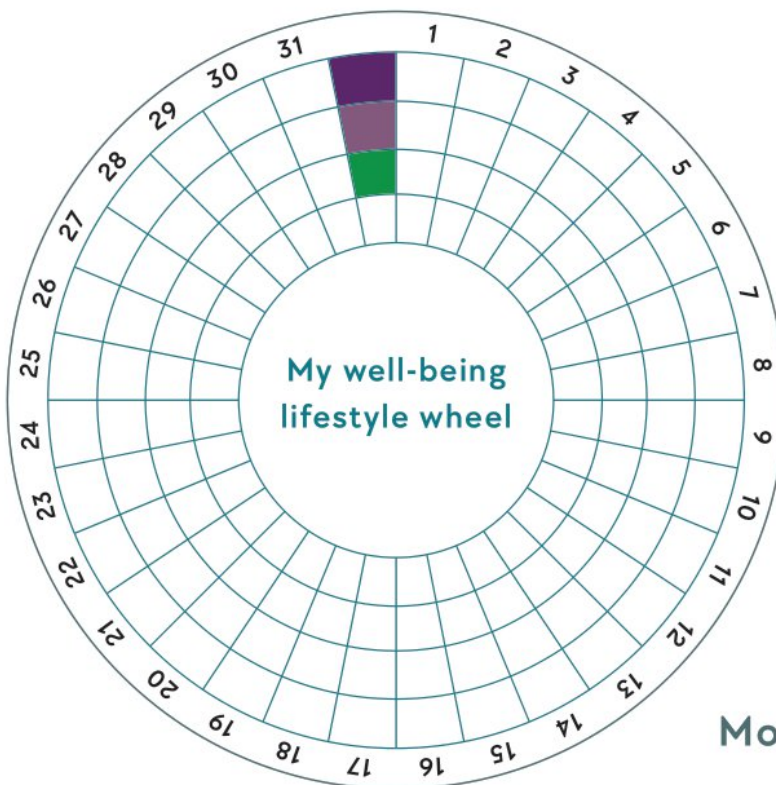
The challenges in my week:

The highlights of my week:



Well-being Lifestyle Wheel

Instructions: complete 3 to 4 of these activities per day to enhance your well-being. Track your monthly lifestyle by colouring in a square with the corresponding colour of the activity completed.



Month: _____



Affirmations



Gratitude



Nutrition



Meditation



Exercise



Self-Care



Kindness





Flourishing Scale - Score Your Well-being

This scale attempts to address the many variables proposed to coexist with human flourishing (for example, positive relationships, competence, & meaning).

Directions:

Below are eight statements with which you may agree or disagree.

- Strongly agree =7 ➤ Agree =6 ➤ Slightly agree =5
➤ Mixed or neither agree nor disagree =4 ➤ Slightly disagree =3
➤ Disagree =2 ➤ Strongly disagree =1

- 01 I lead a purposeful and meaningful life.
- 02 My social relationships are supportive and rewarding.
- 03 I am engaged and interested in my daily activities.
- 04 I actively contribute to the happiness and well-being of others.
- 05 I am competent and capable in the activities that are important to me.
- 06 I am a good person and live a good life.
- 07 I am optimistic about my future.
- 08 People respect me.

Scoring:

Add the responses, varying from 1 to 7, for all eight items.

Interpretation:

The possible range of scores are from 8 (lowest possible) to 56 (highest possible). A high score represents a person with many psychological resources and strengths.

We Are Here To Help You Thrive & Are Committed To Your Wellbeing



CURAMIND

LIFESTYLE & RESILIENCE

Our Services

Psychiatric Consultation
Counseling & Therapy
Psychometric Testing
Complementary & Integrative Medicine
Nutrition & Diet
Art-Based Therapy
Meditation & Mindfulness
Neuromodulation
Psychosexual Wellness
Relationship Counseling
Well-Being Workshop & Training

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