

TAKE CHARGE

MENTORSHIP

LEADERSHIP PROGRAMME FOR
CATHOLIC YOUTH

Newsletter

September 2021

TC 4 - 05

LET'S TALK...

Mentoring & Mental Health

Dear reader,

I would like to take this opportunity to thank all of our mentors for your **commitment** to Take Charge Mentorship and mentoring. One of the main focus areas of the core team is to find new ways to support our mentors and mentees to **enhance** their mentoring **relationships**.

Since **we are at the halfway mark**, we'd like to showcase the baseline and midline survey, which shows us our progress so far.

In this issue, we focus on our **mentoring relationships** and ideas on how we can take it to the **next level**. We share interviews with mentors on what they have done and what has helped them, what mentors wished their mentees knew and **what mentees can do too** and also, **the hats a Mentor dons**.

The 2nd wave of the pandemic was felt at close quarters. Many mentors, mentees, and their families have had **scary situations**, not all having **escaped lightly**. Realizing the toll it was having on our mentees we decided to help them, through the **Take Charge Cares Initiative**. We talk about this some more in this newsletter.

We helped their **mental well-being** with Dr Wilona's webinar, shedding light on ways to identify & cope with their feelings.

Taking this further, and wishing we were taught this in our schools, we've written an article to help us **identify our emotions** better and **find ways to deal** with them on a daily basis.

Please give us your feedback on the content we curate for you in these newsletters.

Is it inspiring? Does it spark ideas? We would love to hear from you.

We cannot
direct the wind
but we can
adjust the Sails

- Dolly Parton

Cheryl Pereira

[Director at Take Charge Mentorship and
Editorial Head]

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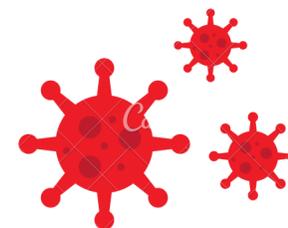
THE MIDLINE SURVEY

We've come a long way from where we begin. here's looking at the changes that the mentoring journey had influenced.

TAKE CHARGE CARES



... In the fight against the
Covid-19 Pandemic



With the second wave of the pandemic hitting us hard, the **Take Charge Cares Initiative** was formed by **Clint Misquitta** aided by **Asha Almeida** and other mentors and mentees, in order to **restore hope**. It focused on **improving mental wellness** and **spreading cheer** to all mentors and mentees and their families during these times. Take Charge Cares catered to them all; to the young and old, to the sick and the suffering, to all whose spirits needed a little upliftment.

The Music to Uplift sessions was **hosted by Take Charge's very own mentors and mentees**. Singing songs of praise and joy, they reached out through their voices and their instruments. We connected with the audience, engaging them with a relaxing evening.



Join us tomorrow, at **8:30 am** for...

MEDITATION

Day 1
Hosted by *Clint Misquitta*

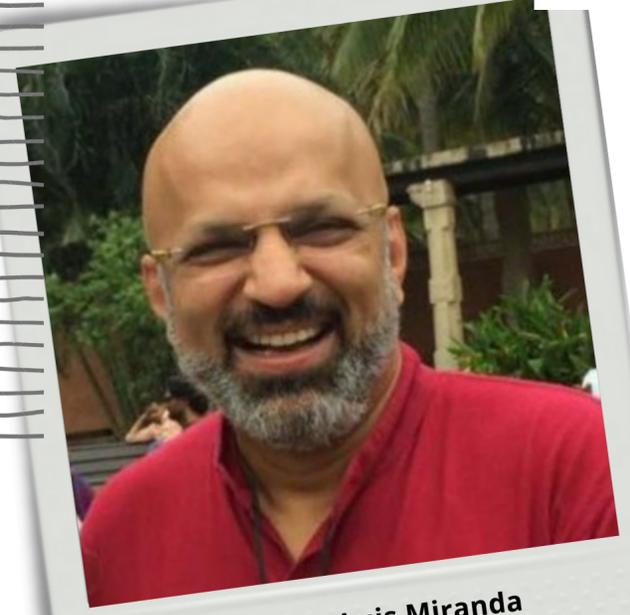


The meditations were soothing and relaxing sessions **hosted by professionals** who guided us appropriately with their expertise. It was a very energising and empowering start to the day. The focus was on effective breathing exercises while focusing on mental peace.

Both, The Music to Uplift and The meditation sessions, took place on the Zoom platform and were **premiered live on Youtube and on Facebook**.

Mentors Speak

An interview with Luis Miranda



Mentor - Luis Miranda
[Chairman - Center for Civil Society,
Co-Founder of Take Charge Mentoring programme]

“ *I am a mentor but I am also a Father, Friend,
Dot Connector and Inspirer.* ”

What is your most impactful achievement over the years?

It's the ability to build new institutions which have gone on to **change the lives of people positively**, and they have done great things.

What according to you is an important mentor quality?.

Listen to your mentee more instead of giving gyan. **Be available** for them.

Who was your mentor?

My parents were able to guide me. I didn't feel the need for an external person. I did whatever my Dad asked me to do and **I don't regret it**. I consider myself lucky to get his advice.

How would you tackle a roadblock situation in your mentoring?

Have a conversation with your mentee to understand the issue, if that is not helping, then look to get someone else involved, to help figure it out.

Work with the **Take Charge support teams**... fellows, buddy group. Reaching out and keeping our egos aside.

What change have you brought about in a mentee?

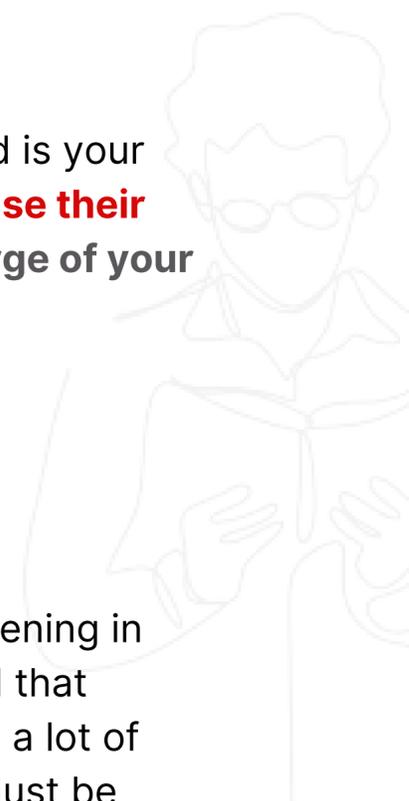
I have been mentoring for 20+ yrs...to look at life in a positive manner. The world is your stage and do what you want. What they do is up to them, but **making them realise their potential** and the opportunities available for them is what we can do. **Take Charge of your life. Don't give up.**

What have you learnt from your mentees?

To look at life **from their perspective**.

What do you think the younger generation is missing out on?

This is a very interesting phase in their life. They are more aware of what's happening in the world. They're not really missing out on anything but tend to get so engaged that sometimes they get stuck in the negativity around them. As a result, they create a lot of stress in their own lives. **The world is a much better place despite the Covid**. Must be more aware of the positive side of the world.

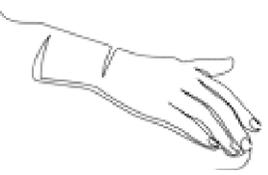


HATS A MENTOR DONS

Roles of a Mentor

THE CATALYST

They help you analyse things for yourself and help you find your own answers to your problems



THE LISTENER

They are great listeners and without judgement when you want to share something



THE CHEERLEADER

They want you to feel good. They'll be overjoyed at your success and celebrate your every accomplishment.



THE BUTTKICKER

They'll call you out when you're full of it. They are the ones who will challenge you to do more, to do better.



THE DEVIL'S ADVOCATE

They will play the Devil's advocate to make sure you have thought about the pros and cons of a situation and you are on the right path.



The Bridge Builder

An old man going a long highway
 Came in the evening cold and gray
 To a chasm vast and deep and wide.
 The old man crossed in the twilight dim,
 The sullen stream had no fears for him,
 But he stopped when safe on the other side
 And built a bridge to span the tide.

"Old man," said a fellow pilgrim near,
 "You are wasting your strength with building here;
 Your journey will end with the ending day,
 You never again will pass this way,
 You've crossed the chasm deep and wide,
 Why build you this bridge at evening tide?"

The builder lifted his old gray head,
 "Good friend, in the path I have come," he said,
 "There followeth after me today
 A youth whose feet must pass this way.
 This chasm which has been as naught to me
 To that fair-haired youth might a pitfall be,
 He, too, must cross in the twilight dim,
 Good friend, I am building the bridge for him."

- Will Allen Dromgoole

Mentors Speak

An interview with
Bertram D'souza



“ I am a mentor but I am also a husband, father, musician, tech enthusiast and Lego maniac. ”

I like playing music and teaching my children how to play. **I enjoy playing lego with my kids.** You need to balance your family and your creative hobbies. Make time for things important to you.

What inspired you to become a mentor?

Take Charge enables young adults to discover themselves and to live to their full potential. They just want somebody to ask them how they are doing and to understand that they have the answers within.

I helped a young adult to understand and gave him some different perspectives. It made me feel that **I could make a difference in someone's life**

What are the important qualities of a mentor?

Being able to push the mentee to think differently as we are just here to guide them.

Just ask them the right questions and help them think for themselves because if we give them advice they will resist it.

Listening sometimes when they just need a sounding board

Being honest with them. There are certain things that cannot be sugar-coated.

If your mentee is unable to make time for mentoring sessions, tell them what you are going through to schedule a meeting. And how you have to shift things around to make time for a mentoring session. You could ask them and might find that they are facing their own challenges.

What are the different roles you play?

Devils Advocate- At times mentees come to us to validate some things that are going on in their mind. And all you need to do is be honest with them, support them and try to understand where they are coming from.

Friend- Mentees need to feel valued and to feel safe. You have to be able to be vulnerable with them. Only then will they be able to feel comfortable with you and reach out to you whenever they need.

How did you overcome challenges in your mentoring

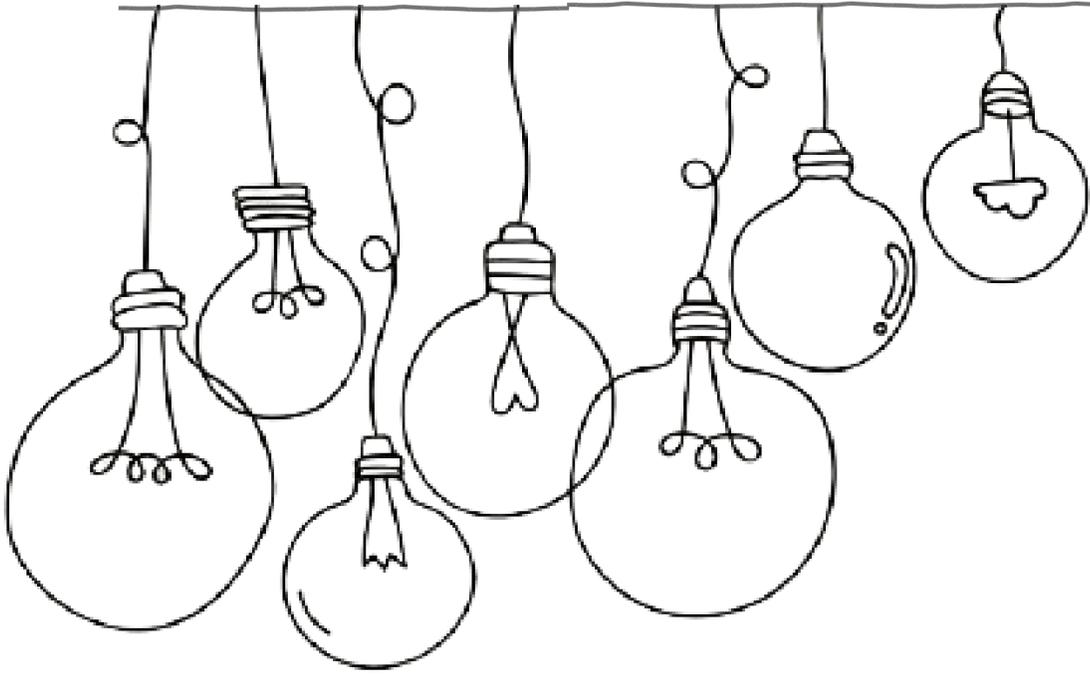
You need to be able to relate to your mentee. Enable them to think that what they are going through is normal and even you have been through similar instances in your life when you were their age. **Being vulnerable is an important factor.** Your mentee may have an image of you as a very successful person. When you talk about your hardships and what got you here it helps humanise you. Another important factor is trust.

What would prompt you to say that your mentoring relationship was great?

When your mentee initiates conversations and asks for time, where your mentee confides in you when they share personal information and are **not formal with you.**

Ask your Mentor these Questions

Get to know them better



How did you choose your career?

What are the obstacles you encountered?

How did it help you?

What's your professional motto?

What career accomplishments are you most proud of?

Do you have any regrets?

What do you see as my strengths?

What areas can I improve in?

Is this what you wanted to do?

How am I viewed by others?

Which courses helped you

Are there any books/conversations that impacted your life decisions?

COMPANIS

Clint Misquitta



*The book of mentoring is long and boring
No one can lift the damn thing
It's full of charts and facts, and figures
And instructions for dancing. ...*

An Adapted Excerpt from **'The Book of Life' - Peter Gabriel**

The book of mentoring has **2 main characters, The Mentor and the Mentee**. There are various others who play cameos, but these 2 main characters **commit to a relationship** that is based on compassion, growth and care. They are really - Companions! The com- in companion means "with." The second part comes from panis, the Latin word for bread or food.



Mentee - Brendan

Brendan and **Trisha** are my mentees with whom I have completed my formal mentoring journey through Take Charge. We will narrate our story of **'our breaking bread'** by sharing the points of view of the mentor and the mentee and bring out the moot point that stood out for us. We certainly enjoyed our journey and hope that this narrative gives each of you the reassurance that **the book of mentoring is a book of Love!**



Mentee - Trisha

BUILDING TRUST



What the mentor (Clint) is possibly?

Thinking: I want to add value to this person and share my experiences

Feeling: Nervous - hoping that the mentee will open up

Doing: Putting myself out there and trying to connect in spite of the differences in age/ point of view.



What the mentees (Trisha & Brendan) are possibly: Thinking

Trisha: How am I supposed to connect to a person older than me? Will I be able to open up?

Brendan: I want to **get a clear direction in my career** as well as build my network. Will the mentor be able to guide me correctly, in as much as giving me a different perspective or will it just be an extension of what my parents have already told me? Also, I know the mentor is doing this out of goodwill, will I be able to add value in some small way to his/her life?



Feeling

Trisha: Really terrified about how **I could be judged.**

Brendan: Nervous about opening up initially. The inherent fear of being judged, especially during the first meeting as I have never met the mentor before.

Doing:

Trisha: Just **going with the gut**, something amazing could happen in this journey.

Brendan: First having an introduction, getting comfortable and taking a leap of faith and sharing what was on my mind with the mentor, in the first meeting itself so that we both know **where we stand without any blind spot.**

What Happened:

It took Trisha and I, 6 months of meeting, smiling, small talk, goal setting until we really **decided we could be real** and then we never looked back from discussing careers, family to the challenges of work-life and painful managers.

With Brendan, our first meeting was about eating a salad and burger and once the bill was paid the meeting really started.

We stayed back another 45 min to really connect! And the journey went from there a 100 miles from NITIE, Parish meanderings and the first job with a retailing and hospitality MNC.



So what established that trust?

What Happened...

Trisha: Trust doesn't come easy to me. My mentor was always such an **open book to me** that I felt I could trust him. I don't recollect when but I recollect my mentor telling me about his anxiety. I could absolutely relate to this. On various occasions, he would give his own personal stories. This made me realise that he is just a human like me and I could relate to him.

Brendan:

I believe it was the reassurance from my mentor in the first meeting that all the things shared, would be kept confidential. Over subsequent meetings, **it was the effort taken by my mentor** to understand my background and my dreams and consequently suggest how I should go ahead from there, what steps I should take and whom I should connect with.

My mentor even shared personal details of his life that further strengthened the bond and built trust. So really...getting to know each other is really a must. I would surely ask you what you prefer to eat or drink if I had you over for a meal after all.



COURAGE TO BUILD BRIDGES



The Mentor:

Quieten down and follow your intuitive nudge and you will realise that you have the courage to ask the right questions, sit back and wait or confront with compassion.

I had the courage to stand back and **introduce my mentees to experts in their respective** fields. With Trisha, my reference was a stalwart in advertising. He was blunt and brought her to a place where she could put her goals in perspective.

With Brendan, one of my team members at work nudged him to NITIE, a business school that specialises in the field of Supply Chain and Operations. He did not know about this. He applied. He got through. He never looked back.

The Mentees:

I have a lot inside – should I tell him?

Trisha: I think you can't build a bridge from one side you both gotta meet halfway. Tell him what is going on in my head! No! That sounds so scary - what if judges me? What if my mentor thinks less of me?

When my mentor heard me patiently and was like ... **we will work on this together...** sometimes that's all you want to hear. I had major confidence issues when I joined Take Charge. Now, I can converse in a room filled with 100 people. Working it through after talking it out with your mentor helps. These small activities or drawing and mapping yourself with a SWOT analysis made me realize that I needed to work on myself and not care about what people think. The process of just sharing your flaws had become easier as time passed. Whatever you want to achieve is always plausible, some things take time. Set small goals and while you are at it just try to remember what makes you happy. There was this book that my mentor once gave me and it was The Last Lecture by Randy Pausch. A phrase from this book **"Sometimes, all you have to do is ask"** has become my life motto. So go ask the universe for what you want and work towards it.



Brendan: After understanding my background and ambitions, knowing that I was preparing for my MBA entrances, my mentor connected me with someone who had gone through the process a couple of years before me. This gave me a look into the latest understanding of Business School entrance processes in India and what they specialize in. There **were many things I did not know** about the interviews and other nuances specific to different B-Schools but a simple meeting gave me a fresh perspective.

It was my mentor's openness to introduce me to his network (because quite often when recommending someone you take a risk to your own reputation) that led me to strengthen the trust I had in him

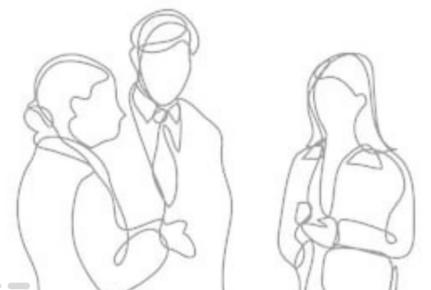


Mentor:

I Must say that people in my network played amazing cameos in this mentoring script.

Also, here I would like to acknowledge all parents, who have the courage to partner with mentors in bringing the best to their children. **It takes courage indeed!**

STUCK IN A MOMENT AND CELEBRATING GOOD TIMES!



I have been stuck on many occasions, with my own challenges, having to listen to another human being with full attention is a challenge. Yet, you see that everything is energy and everything is connected. **The moment you leave yourself behind and dissolve** - you can be available to be used by the universe in the lives of your mentees.

I've also seen myself years ago in the stories my mentees have shared with me and I almost always resist the temptation of giving advice. Their lives are unique and what worked for me will not necessarily work for them.

So join us in our humanness and celebrate this opportunity to know another human being and witness their lives, their pain, their joy.

2 millennia ago, a group of people sat around a table and shared a meal, broke some bread; they were mentors and mentees.

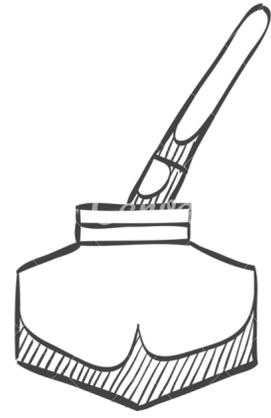
We are called to do the same and even greater!

So while you're sharing your meal ..break some Panini, will you!



CRAFT THE PERFECT RESUME

A webinar by
Luis Moniz



LinkedIn is a business and employment-oriented online service. The platform is mainly used for professional networking and allows job seekers to post their CVs and employers to post jobs.

It gives access to its members, to recruiter our youth at the start of their professional life, we organised a webinar to prep them on the little things that matter when it comes to interviews. The two major areas in today's world that serve as the first impression of a person's professionalism are their Resume and their LinkedIn profile.

Here's some do and don'ts to keep in mind while putting together your resume.

Your Name
PROFESSION HERE

12 Street, City/Country
00 999 123 456 789
info@yourname.com
www.domainname.com

WORK EXPERIENCE

2017 - 2019 • **JOB POSITION HERE**
Company Name / Location Here
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2017 - 2019 • **JOB POSITION HERE**
Company Name / Location Here
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2017 - 2019 • **JOB POSITION HERE**
Company Name / Location Here
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EDUCATION

2007 - 2010 • **ENTER YOUR DEGREE**
Department / University Name
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2004 - 2005 • **BACHELOR OF SCIENCE**
Department / College Name
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ABOUT ME

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SKILLS

PROFESSIONAL

- Wordpress ●●●●●
- HTML CSS ●●●●●
- Photoshop ●●●●●
- Jquery ●●●●●
- Joomla ●●●●●
- Indesign ●●●●●

PERSONAL

- Creativity ●●●●●
- Hard Work ●●●●●
- Team Work ●●●●●
- Flexibility ●●●●●

ACHIEVEMENT

NAME OF AWARD
Achievement / Company
Project Award 2017

NAME OF AWARD
Achievement / Company
Best Employee Award 2015

Facebook: @yourusername

Twitter: @yourusername

LinkedIn: @yourusername

Have a formal email address

Not necessary to mention home address, you can mention just the area.

Mention key learnings during internship stints.

Only mention significant extracurricular activities.

Showcase achievements instead of listing responsibility in job roles.

Include hobbies that showcase your uniqueness.

A photograph is not necessary on your CV.

Use PDF format files. Files should be saved as first name and last name.

Include your LinkedIn URL to your CV below your name.

List all your academic qualifications including online courses with dates and other information. Latest being on top.

Avoid listing generic stints.

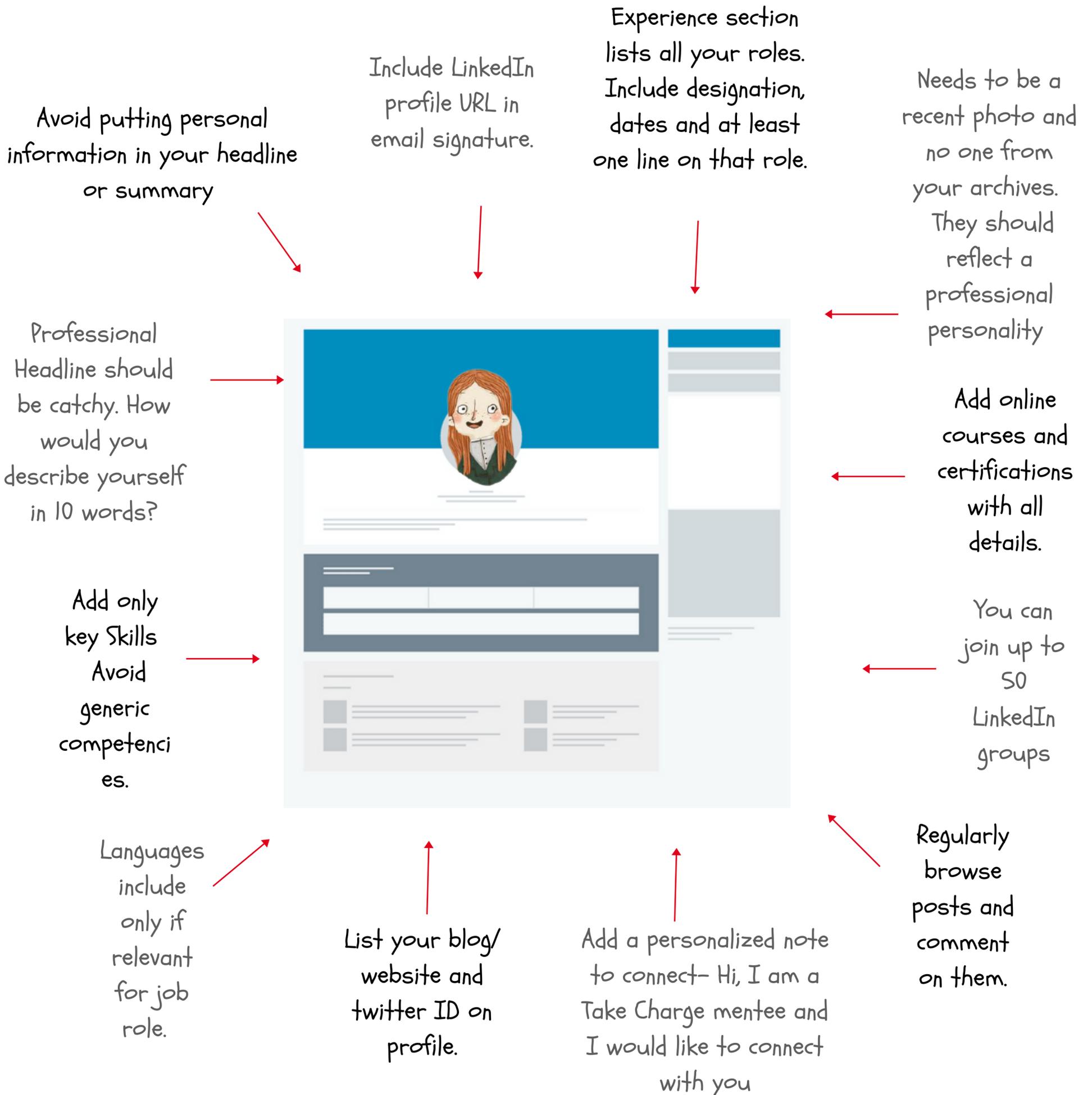
Languages not needed to be added unless it is relevant from job perspective

Avoid listing Nationality and Marital Status

Avoid acronyms, short forms and jargon.



LinkedIn is a global platform where you showcase your professional self. In this fast-paced world, it is the hum of business, with all companies and organisations. How you present yourself here matters. Here are some tips for your LinkedIn Profile.



Hope these points were relevant and helpful for you. there are the core aspects that creates a first impression, the rest of the deal rests in your potential. we wish you all the very best in your professional endeavours.

HORSES FOR COURSES: ROLE OF MENTORS

Brian Almeida

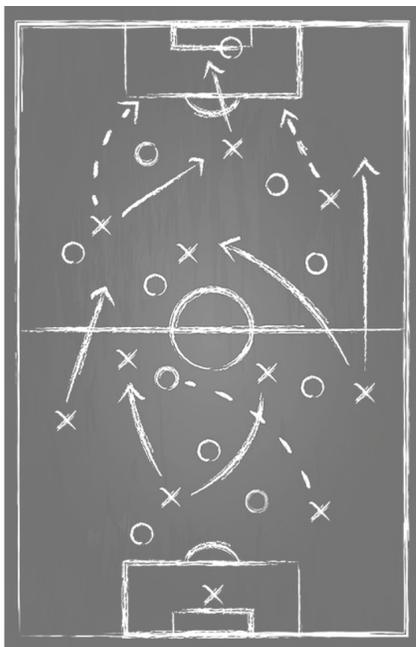
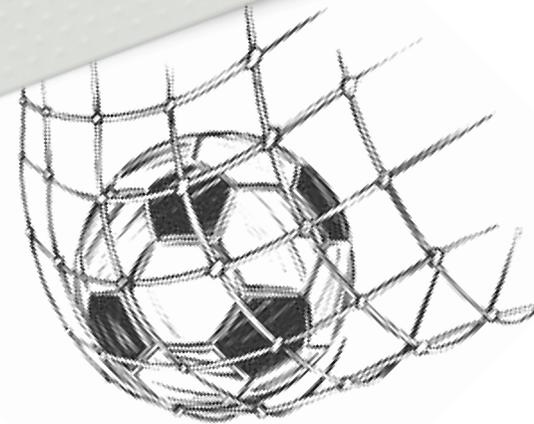


Mentor - Brian Almeida

As a lover of sports, I have always been intrigued about the learnings from the sports field and **its applications to everyday life experiences.**

Of the many people you come across in your life journey, it's always more enriching if you understand their role starting with immediate family, friends, teachers and mentors.

Each of these individuals that cross your path will leave you with learnings, some with moments of joy and happiness and some with moments of sadness.



Every interaction makes you what you are today,

but the choice of remaining happy and content remains solely with you and what you take from each of life's experiences. **This is easier said than done** and that is the reason we need many people in our life. Here are some reflections, whether you are a player, coach or mentor.

The reason why professional sports persons have different agents, coaches and mentors is because each one plays a different role.

A coach focuses on developing your skills, both hard and soft skills, for talent maximization, keeping in mind the group objectives and the role you are expected to play in the team. Sometimes this **may not be in your self-interest.**

Mentors help you keep your true north. Mentors understand the individual's values, objectives and provide the support that an individual needs when these are in conflict and help in making these difficult decisions.

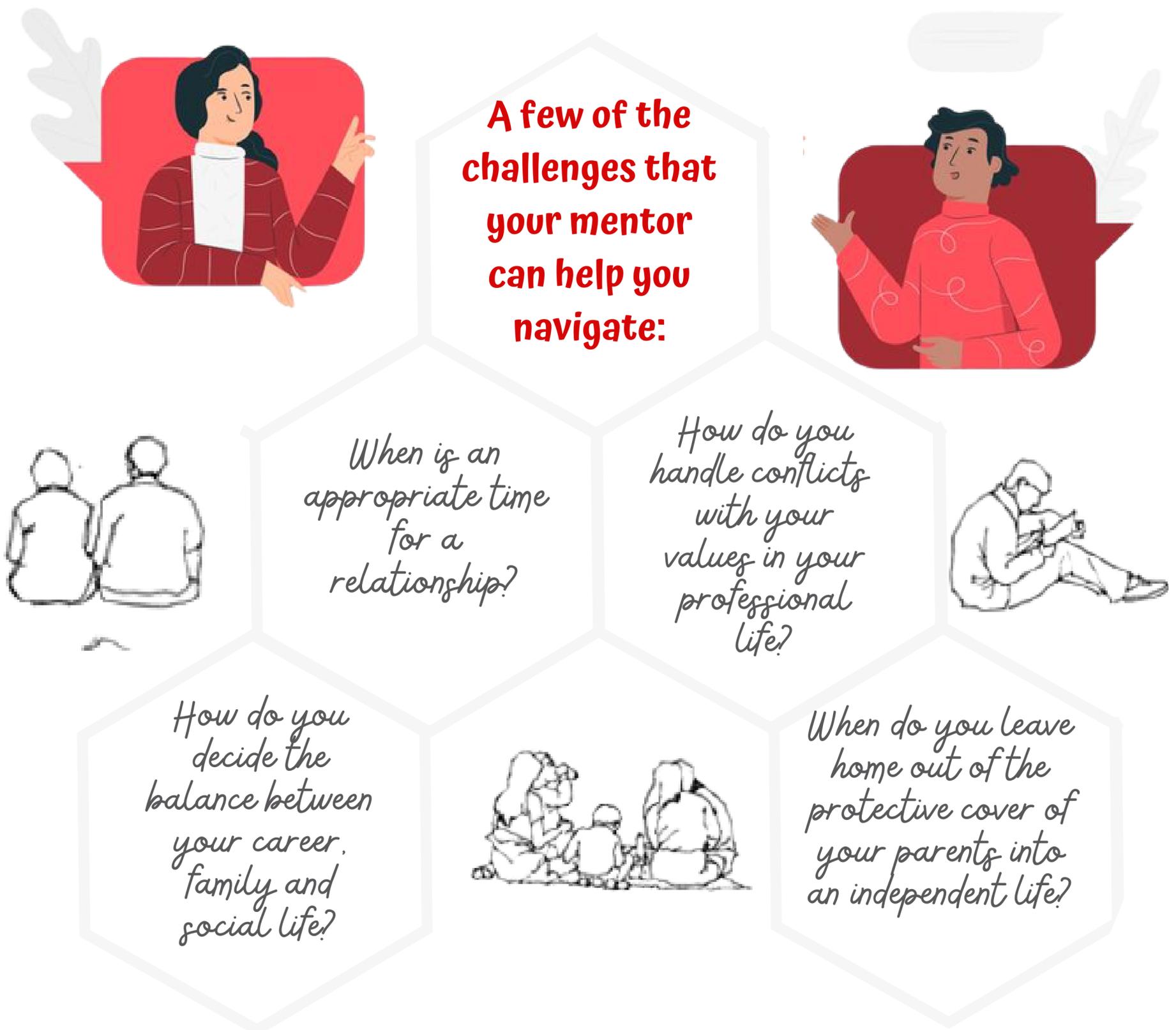
A mentor is an individual, who has **no bias or self-interest in your outcome.** A mentor helps you clear the clouds of doubts to make your decision.



The mentor is a sounding board who brings outside perspectives and objective views, to guide you while standing by your value system.

The only objective of the mentor is to give you the confidence to maintain your values and beliefs. And to support you in the face of the pressures and difficulty of taking decisions. Also, be able to say **“No” to temptation or the lure of a “safe decision”**. To reduce the fear of the bold, brave decisions that may take you out of your comfort zone. This is crucial to whom we become in this world as individuals who are but a manifestation of our experiences.

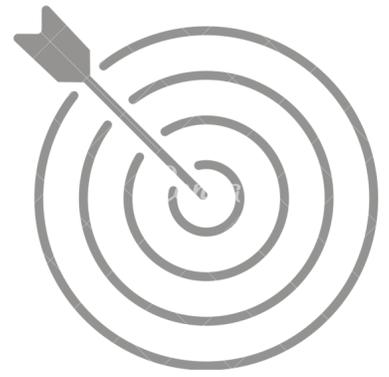
Today, conflicts of the mind and value systems start at a very early age. They range from small to larger issues, each with its own significant impact on your life.



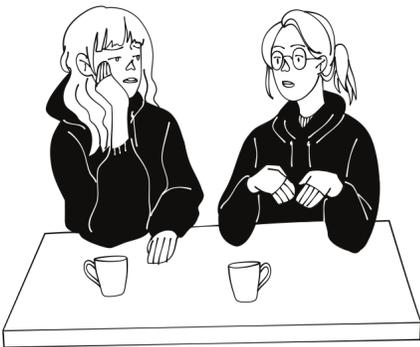
As you become more successful and **climb the leadership ladder** these value systems get increasingly tested and gain importance. Here is when you begin to value your mentor's perspectives and experiences.

Check Point

Graduation Points

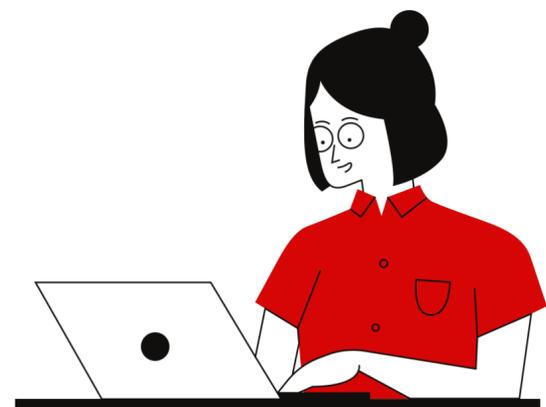


Here is the detailed breakdown of the point system:



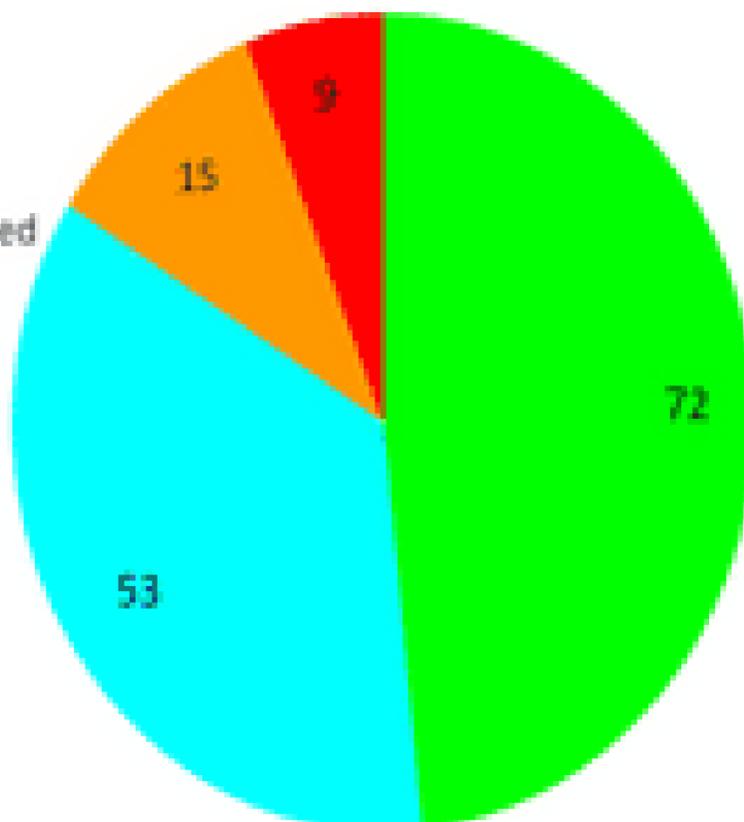
Mentoring Sessions - 3 points per month for mentoring sessions held in the month. **The meetings are uploaded on the app** where you have spent 1 hour talking to each other. Zoom/WhatsApp video/audio or in person. Any pairs that have not had their one-hour mentoring meet for two consecutive months would be put on notice and if it doesn't change in the next month, they may be dropped from the program.

Webinar- The mentee will get **2 points** for attending the webinar and 1 point for the feedback given by attendants. A (- 1) minus point is given if the mentee has **RSVPed yes** and not attended.



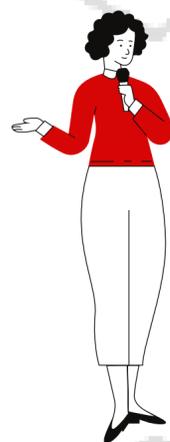
Responsiveness to the fellows .1 point is given each month for having been responsive to communications sent by Take Charge, the fellows and any surveys held that month.

- 70%+ points earned
- 70% to 35% points earned
- 35%- points earned
- dropout



HOW TO BE A GREAT MENTEE

Ask
Questions



Share your
interests and
expectations

Take
action.

Be open to
feedback.

Be clear about
your needs

Don't be afraid
to disagree

Give as
well as
get



Chalk out an
agenda with
your mentor.

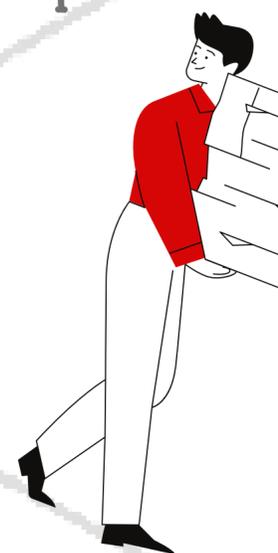
Your success is
your mentor's
success. Share
your wins.

Keep in touch
with your
mentor and
follow up.

Be
committed

Express your
curiosity to
learn more.

Respect your
mentor and
their time



Reflecting on my mentoring Journey

Patricia Prawin



Since I was already facilitating enrichment programs for teachers and students, I thought Take Charge mentoring would be an extension of it. However mentoring or handholding included many other aspects like building a **trusting relationship** and **giving non-judgmental suggestions** (I hesitate to call it advice) to a generation that is living in a completely different world from ours.

Here are a few of my learnings:-

Building a rapport is the foundation- I found the session curated for us with the games very useful and I took it forward from there. I found that **sharing** your own story is a good way to get your mentee to open up. Anecdotes of college life, hobbies and pet peeves shared helps break the ice.

Using **encouraging** words like ' that's great, I wish I could do that' or I really appreciate how much you have thought about this' or ' that's one way to handle it but you could try....'. This stage I think consists of building yourself in the mentee's mind as a non-judgmental adult who can be depended on but will not jump in with advice.

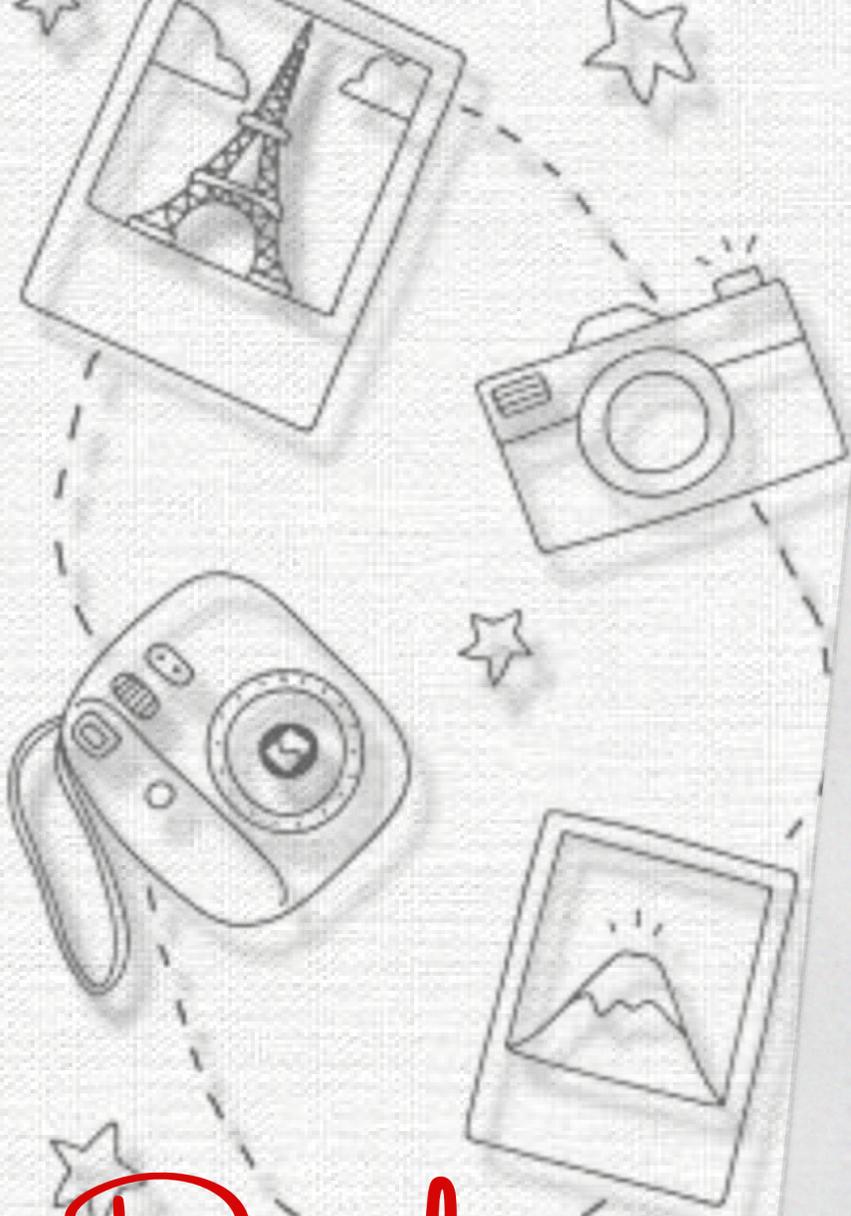
Direction to the Mentoring- Since my mentees were keen on confidence building, developing self-esteem and assertiveness I suggested we read the book- **7 Effective Habits For Teens by Sean Covey**. This gave a structure to our meetings as we discussed each habit, how it applied to them, their observations about others etc. Next, we talked about the highs and lows of the month gone by and how it was dealt with. I shared my own experiences and whether we could have handled it any other way. Mentees were also keen on discussing career goals and went on to do some goal setting and prep work.

In all this, I gave suggestions and asked for a **regular follow-up** even if it was to say that it was not done. We always ended on a happy note where I would share a random story to convey hope and change.

I am grateful to have mentees who are proactive, motivated and hard-working. I have seen them progress and try to make changes which are a huge motivation for me.

Many times I have taken their help as their tech skills are better than mine.

Finally, they have taught me that the more **the world changes, the more it remains the same** as our greatest desires remain the same- the need for acceptance, validation and good relationships.



Reach
for the
skies



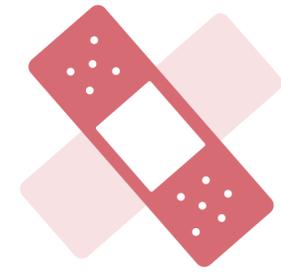
Chrisann D'souza TC 4 Mentee



Norma D'silva TC 4 Mentee

FEELING & HEALING

Let's talk about
Mental health

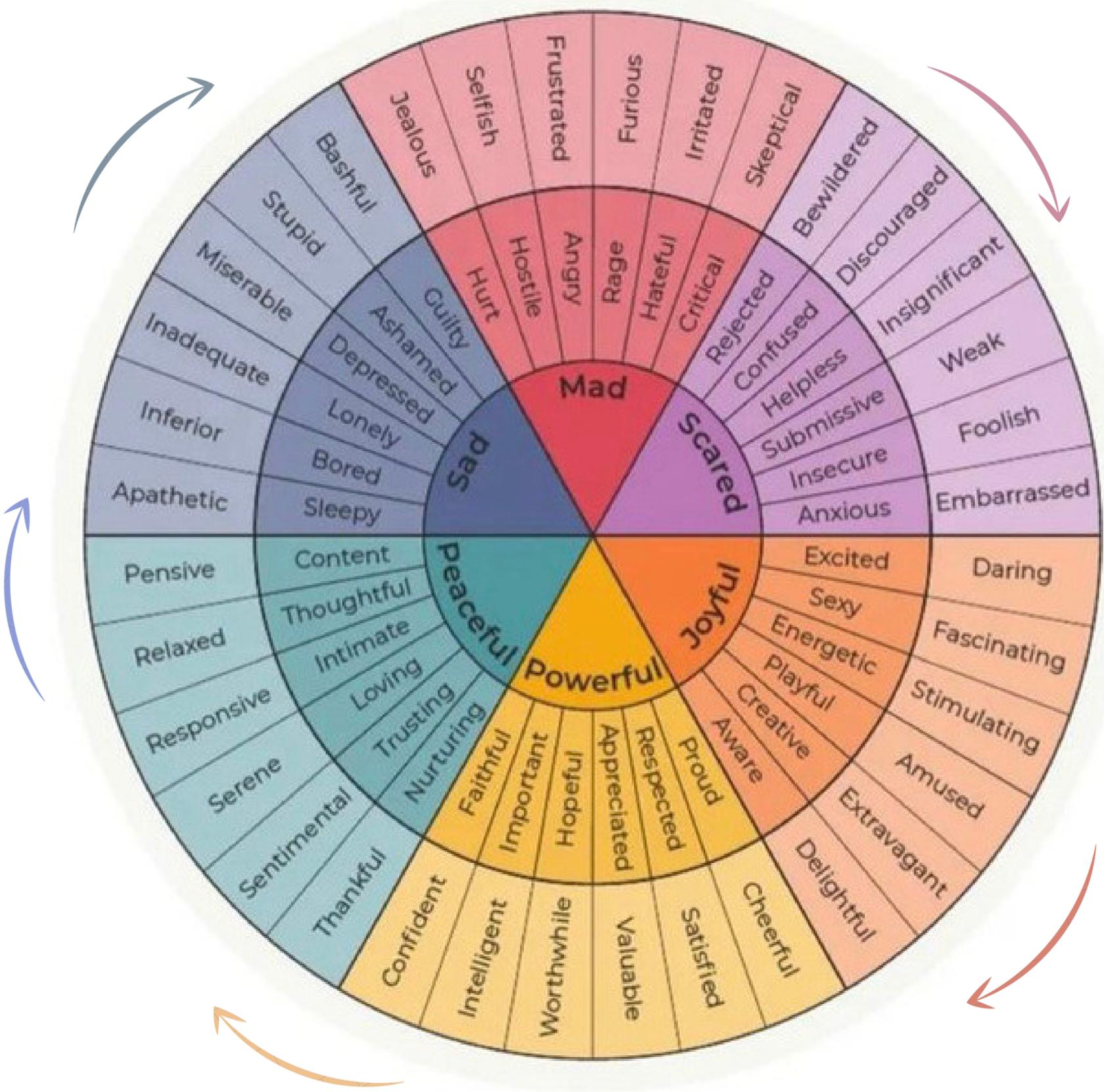


"How are you feeling today?"

- I AM DOING GREAT TODAY
- I AM DOING PRETTY GOOD
- I'M DOING OKAY
- I AM STARTING TO STRUGGLE
- I'M HAVING A REAL HARD TIME

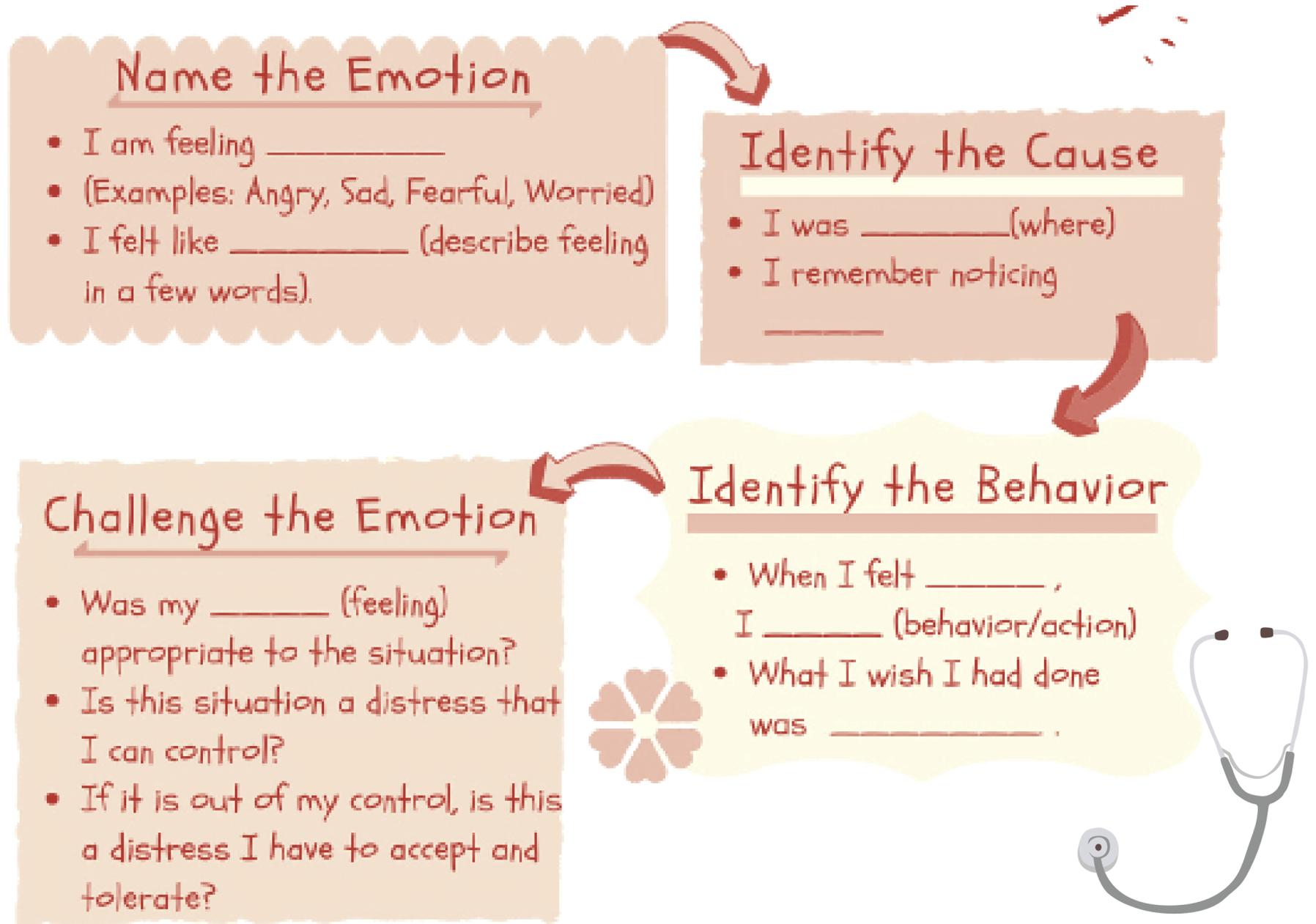
Here is a helpful 'tool': the "mood journal". One of the best ways to work through your emotions is by writing them down. Putting down our problems on paper often helps us identify the cause and find a solution more clearly.

As young adults we are expected to have learned to better control our thoughts, emotions and behaviour.

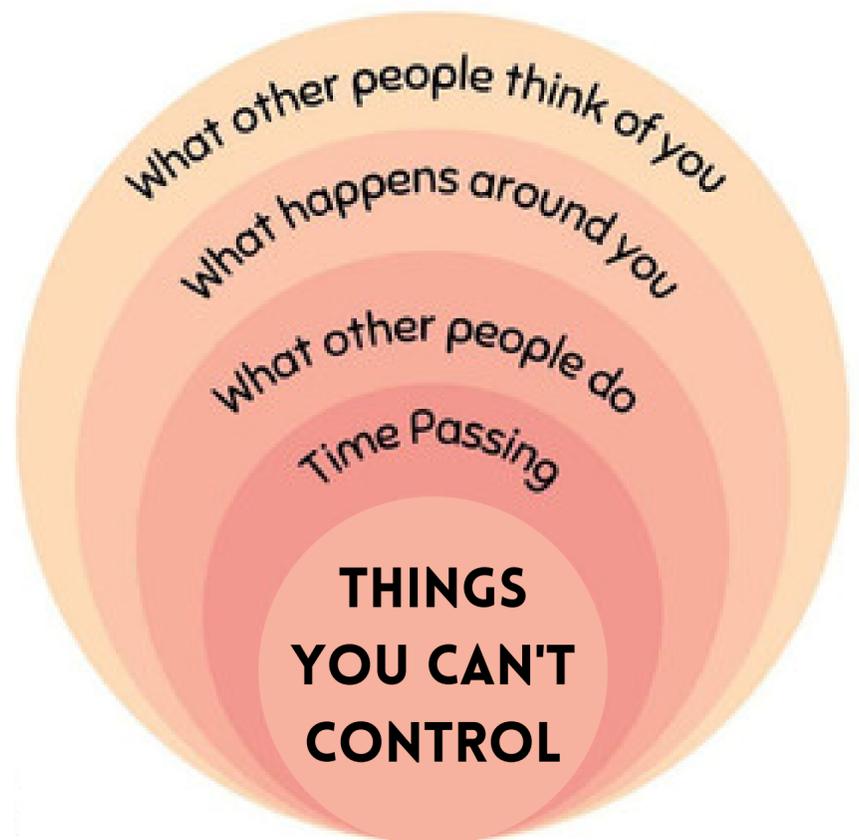


The Wheel of Emotions

If you can record how you are feeling and what you are thinking, you are better able to track your emotions. After several days or weeks, you will begin to notice patterns or trends. By recognizing these trends, you can work on eliminating or avoiding and noticing the triggers/warning signs.



For situations, you can change, make an action plan. Eg. if your friend said something hurtful, have an honest conversation with them. Some situations, however, are out of our control.



"What are some coping mechanisms..?"

Start each day by reminding yourself of something positive.

- **Something that went well** the day before
- A moment that you are **looking forward to**
- A small thing that you are proud of



Break down your tasks into small steps

- Celebrate every little **accomplishments**

Reach out to your family friends and therapists when things feel too much

- You are not supposed to do this alone.
- Asking for help is a sign of strength, not weakness.

Look for all the little things you can be grateful for

- This can help improve your mindset even on your down days
- Gratitude will shift your perspective on every situation.

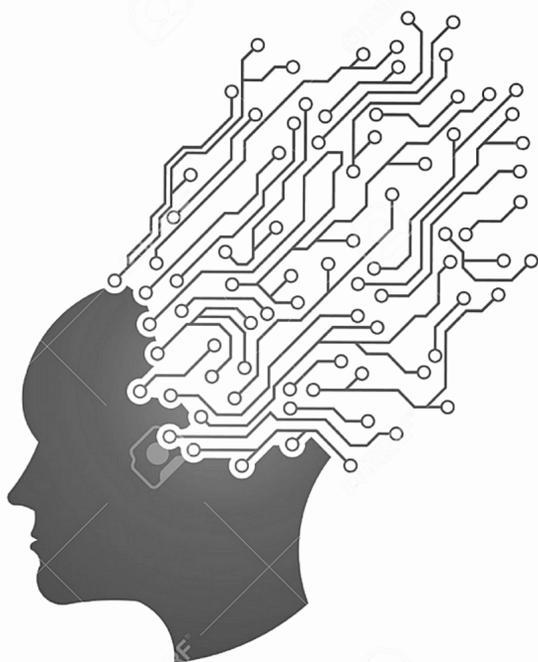
Make time for the things that make you feel alive and happy

- Have fun! remember to enjoy your hobbies and passions
- You are allowed to take a break and get creative.

MalAdaptive Coping mechanism

- Escape
- Numbing
- Self-Soothing
- Risk-Taking
- Self-Harm

Amygdala... the controller of emotion.s



It can get overloaded and this can create overthinking. There are some strategies

- **Distraction** - may not work in the long term
- **Soothing** - take deep breaths as it helps to soothe in the immediate moment.
- **Engage** - in physical activity like exercise, singing, dancing etc.
- **Overthinking** - make the healthier decision
- **Choose** to prioritise mental health.. exercise daily, play a musical instrument



Here are some grounding techniques...

Grounding techniques can create space from distressing feelings in every situation but they are especially helpful in dealing with anxiety.

 <p>TASTE: Name 1 thing you can taste</p> <p>https://www.andnextcomesL.com</p>	<p>The 5 Senses Grounding Technique Visual Cue Cards</p> <p>https://www.andnextcomesL.com</p>	 <p>SMELL: Name 2 things you can smell</p> <p>https://www.andnextcomesL.com</p>
 <p>LISTEN: Name 3 things you can hear</p> <p>https://www.andnextcomesL.com</p>	 <p>FEEL: Name 4 things you can feel</p> <p>https://www.andnextcomesL.com</p>	 <p>LOOK: Name 5 things you can see</p> <p>https://www.andnextcomesL.com</p>

Self Care



Self-care is, in simple words, caring for ourselves.

- It is really anything that we deliberately do keeping in mind our **own well-being**.
- It means giving ourselves the same love and care that we so willingly give to others.
- It means recognizing and maintaining a **relationship with our own selves** and prioritising it.
- It's not Self Indulgence, what it really is, is **Self Preservation**.

Breath. Let go. And remind yourself that this very moment is the one you know you have for sure.

- Oprah Winfrey

YOU CAN HELP

...Before it's too late.



How to help a friend...

When Someone is Suffering...

Invalidation Hurts. We must **stop invalidating** other's experiences just because we have gone through something Worse.

- Listen properly to what **their needs** are
- Ask how can you **help with their struggles**
- **Respect the boundaries** that they provide.
- **Don't judge** what they are going through.
- Focus on finding **professional help**.
- **Avoid diagnosing** someone based on their struggles
- Know when you cannot help and **avoid damage**.
- Sometimes they just need someone to listen, **so LISTEN**.



When to seek professional help?

These are the red flags that indicate the need for professional help:

- When you are **more unhappy than happy** i.e. 4 of 7 days
- When there is a feeling of **hopelessness, helplessness or frustration**
- When there is **sleep disturbance...** too much or too little sleep
- When there are **major weight changes** i.e. more than 5% per month
- **Fatigue without exertion** eg. On waking up in the morning
- **Loss of interest** and motivation to do the things you would normally enjoy
- **Wishing it will all end** ... passive death wish... could become an active suicidal wish

Here are some Affordable Therapy options:

Archdiocese Of Bombay Health Outreach Team

Contact Numbers : SMS ONLY - 9820126396 (8-11am),
9820333654 (11-2pm), 9833097691 (2-5pm). 9820805025 (5-8pm)

MindPeers

Prafulta

OneStepToMentalWelfare

Theripize India

MasterMind Foundation

MindTribe



I am Unique

I matter.

I Contribute

I am the change

I am a genius

I am needed

I am enough

SAY THIS TO **YOURSELF** EVERY MORNING IN FRONT OF THE **MIRROR**

... And see the difference



I am
appreciated

I am wanted

I am
important

I am good
enough

I am visible

I have a
purpose

I have a gift

I have influence

My dreams
count.

My voice matters

My actions define
my impact.

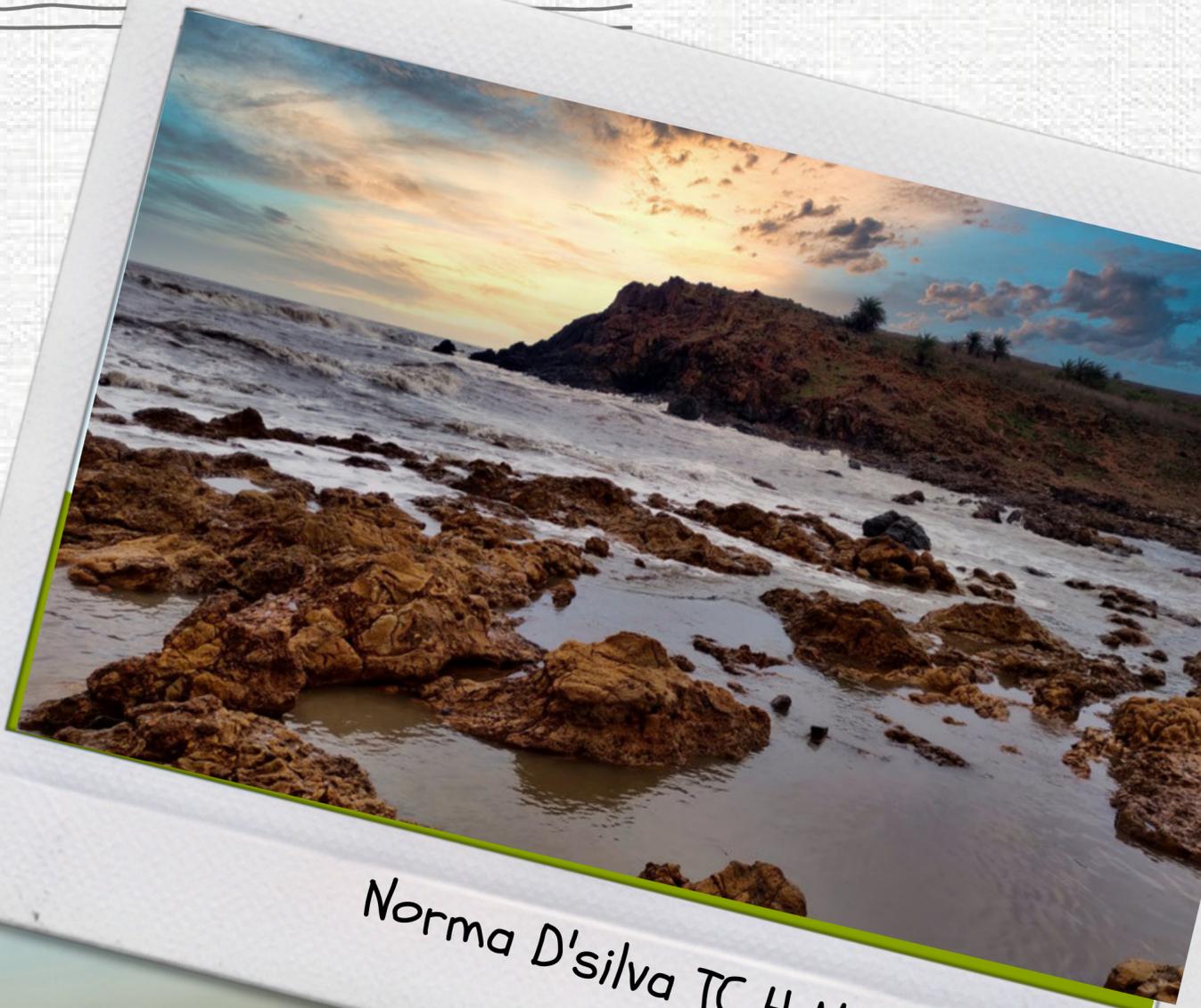
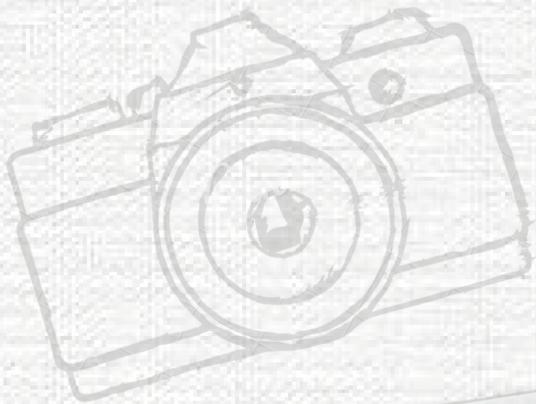
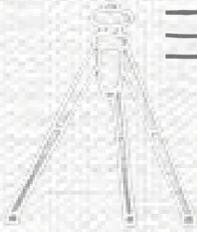
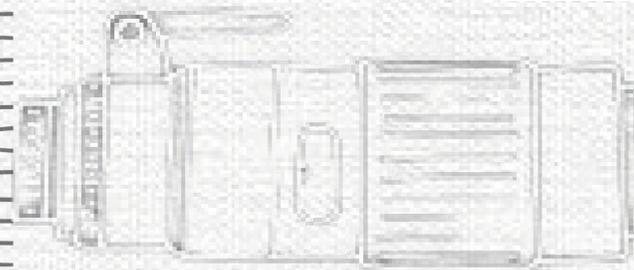
My story is
important.

My life has
purpose

I was born to
make an impact.

LIGHTS... CAMERA

Photography club in
action



Norma D'silva TC 4 Mentee

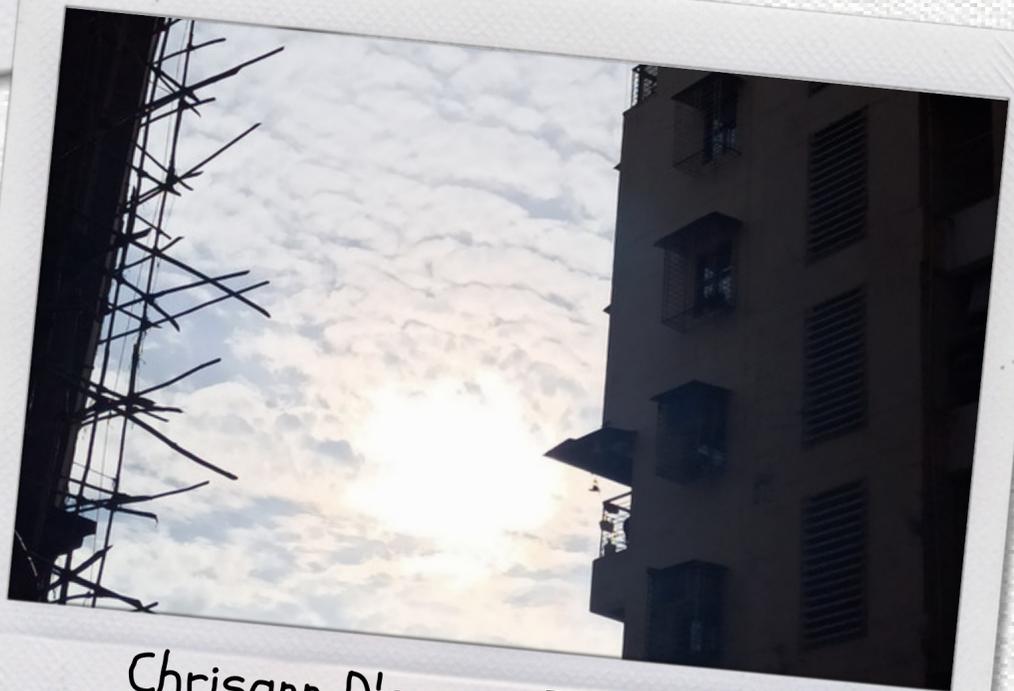


© Andre Fernandes

Andre Fernandes TC 4



Sky's the limit



Chrisann D'souza TC Mentee 4

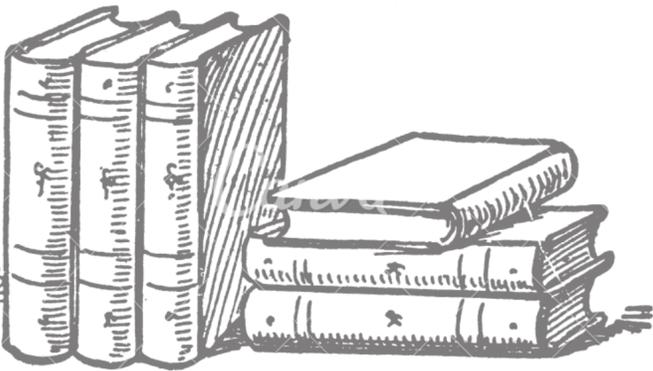
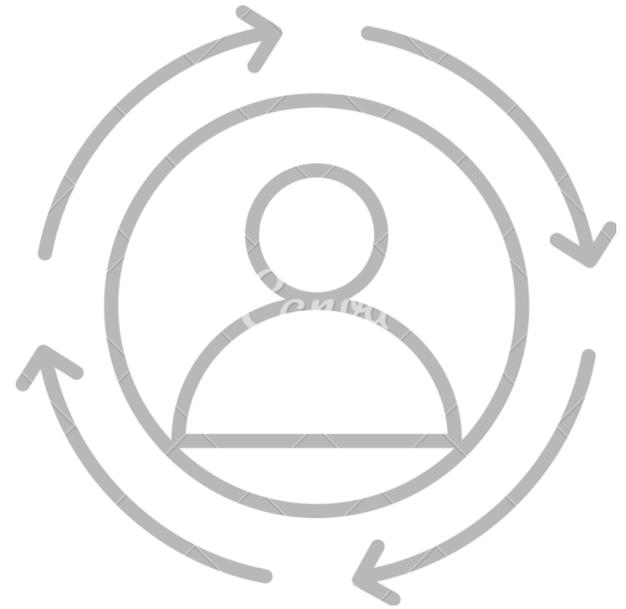
The Four Pillars

Our Ideals at Take charge



Academic Support

Providing tactical support and motivating them constantly to perform well. Aiding effective study management and linking them to the jobs.



Personality Development

Providing exposure to aid social etiquette. Developing social awareness and communication skills.

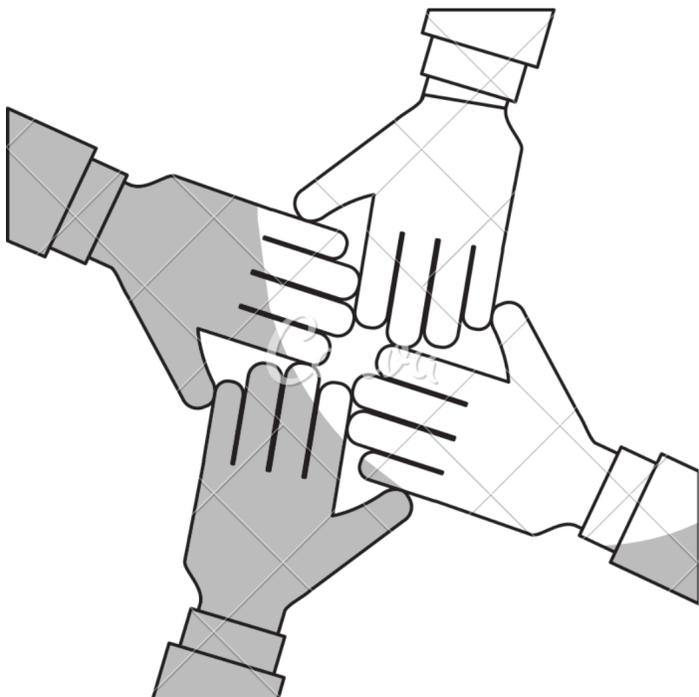
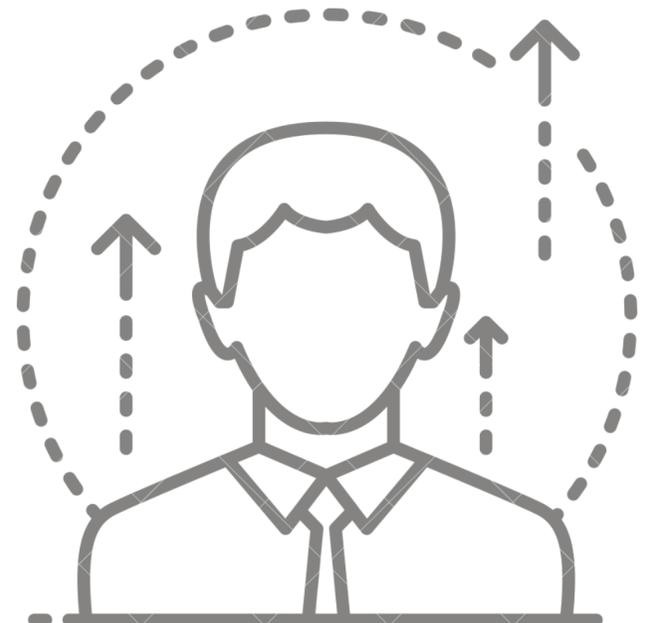


Individual Support

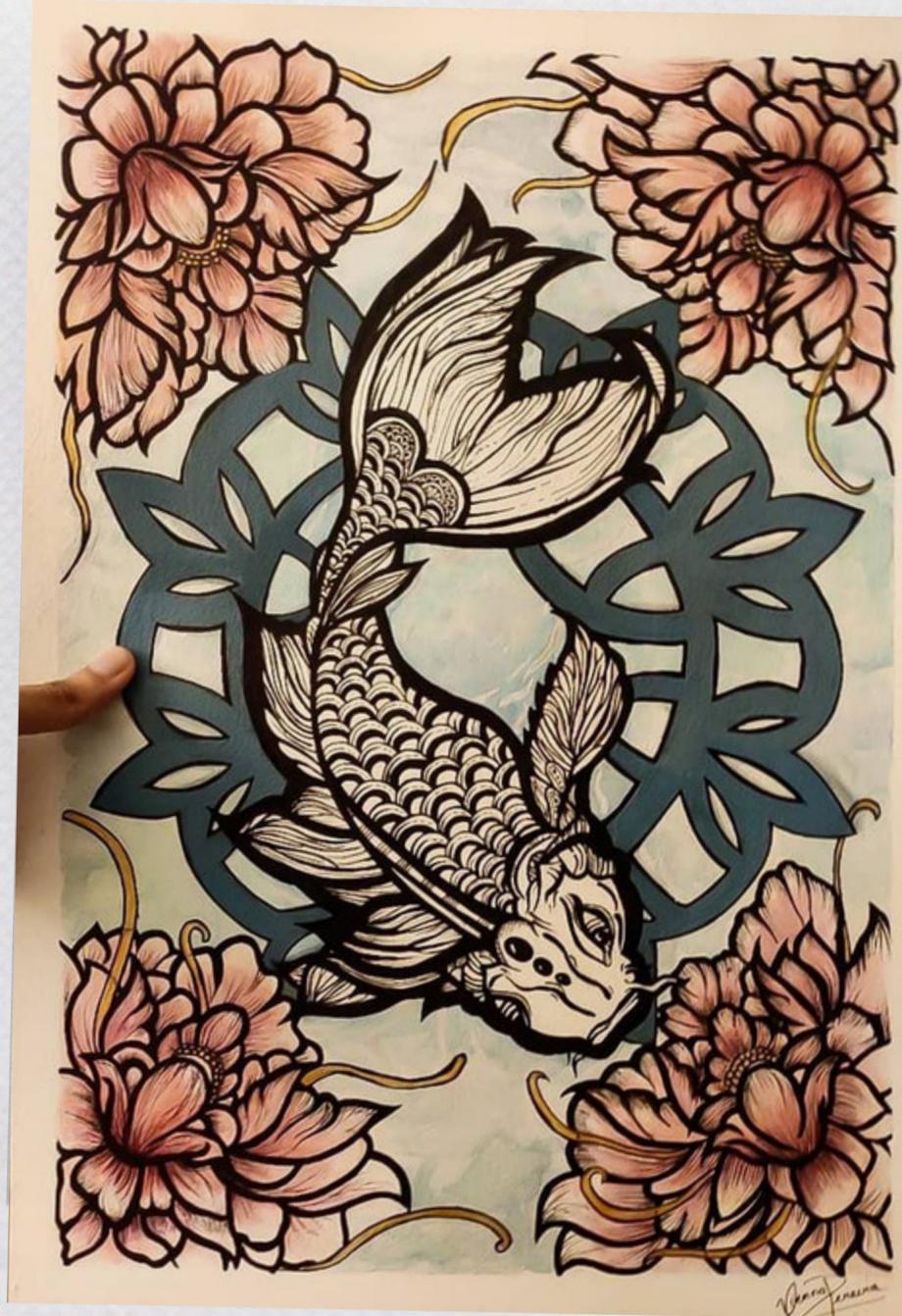
Sharing life learnings and helping build relationships. Understanding the mentee's hopes and aspirations and creating a burning desire to excel.

Career Support

Developing Job skills and providing exposure based on career choice to make a well-informed decision.



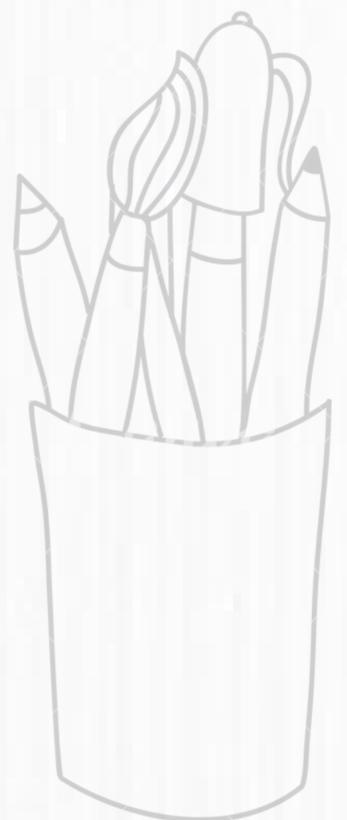
Paint your life.



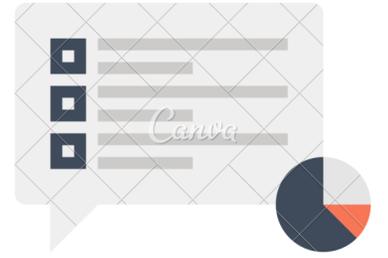
Vienna Pereira TC 4 Mentee



Vienna Pereira TC 4 Mentee



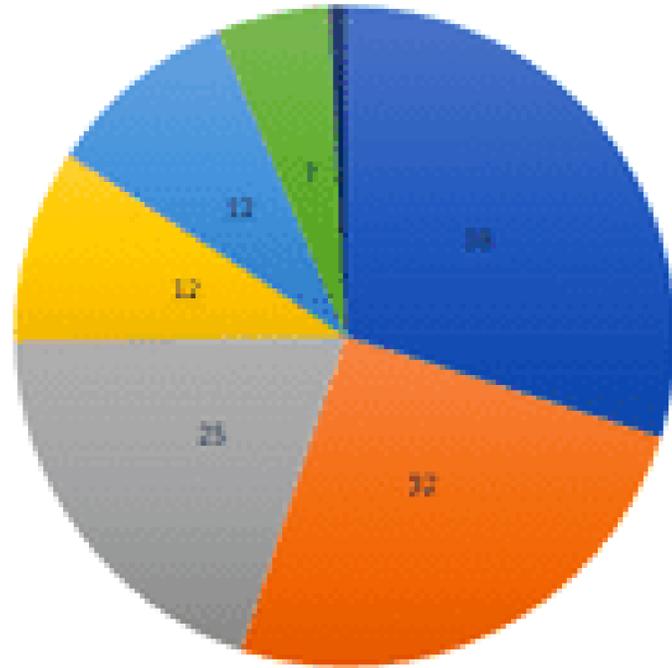
SURVEY RESULTS



Here are the responses of our mentees from the midline survey.

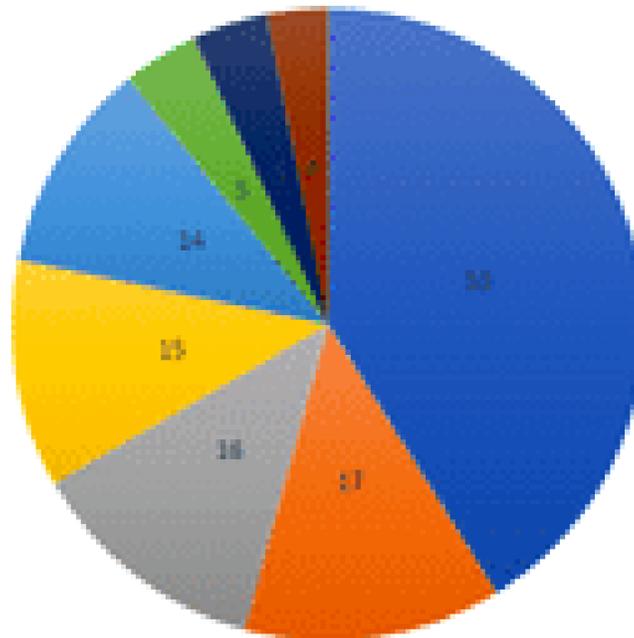
What are some of the things you struggle with in life?

- Time management
- Social skills
- Mental wellness
- Procastination
- Decision making
- Personality development
- Communication skills



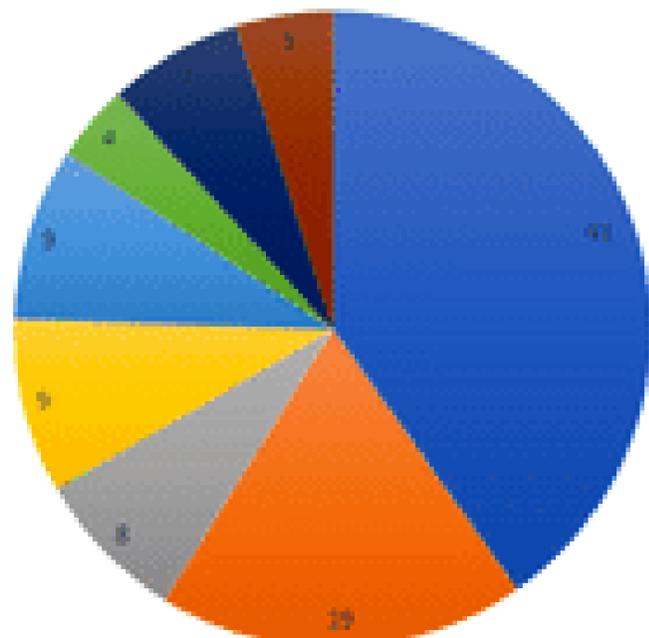
What is the one thing that You hope to get better at through this programme?

- Confidence
- Career
- Communication Skills
- Social skills
- Time management
- Decision making
- Speaker
- Guidance



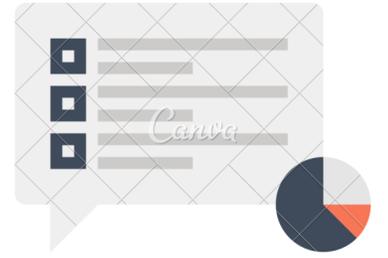
What is one word that comes to mind when you think of Take Charge Mentoring?

- Guide/Friend/Mentoring
- Helpful/Support
- Growth & Improvement
- Amazing/Fun
- Confidence/ Leadership
- Blessing
- Success/Opportunity
- Career/Communicate



MIDLINE SURVEY RESULTS

Here are the results of the Baseline survey and the midline survey in comparison. We're proud to present the positive progress in our Mentees.



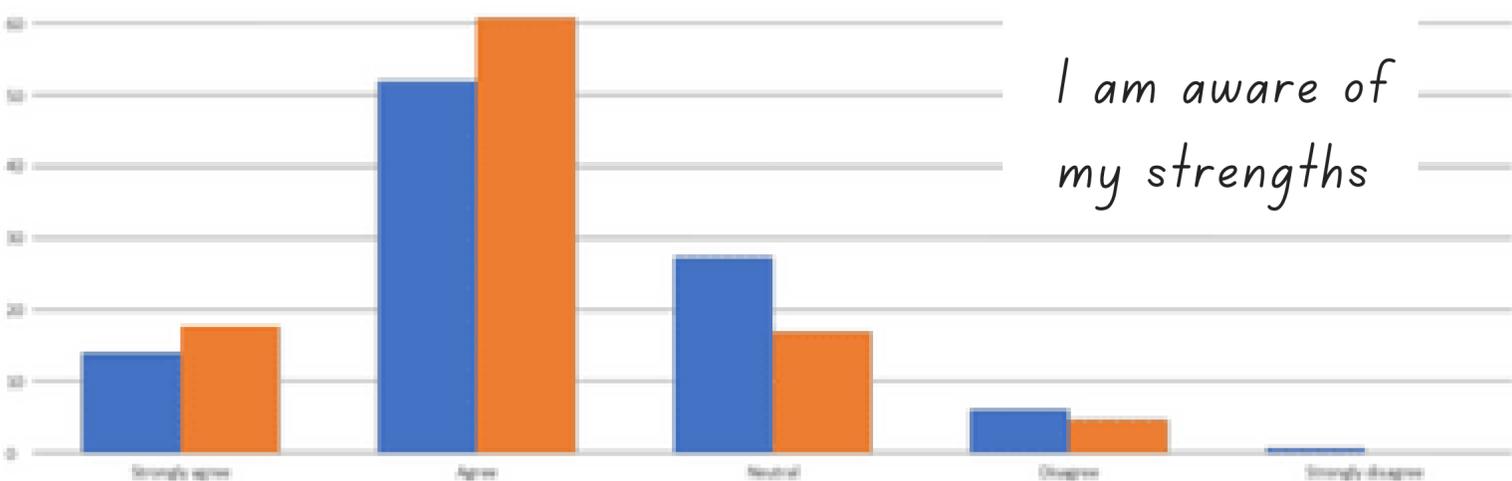
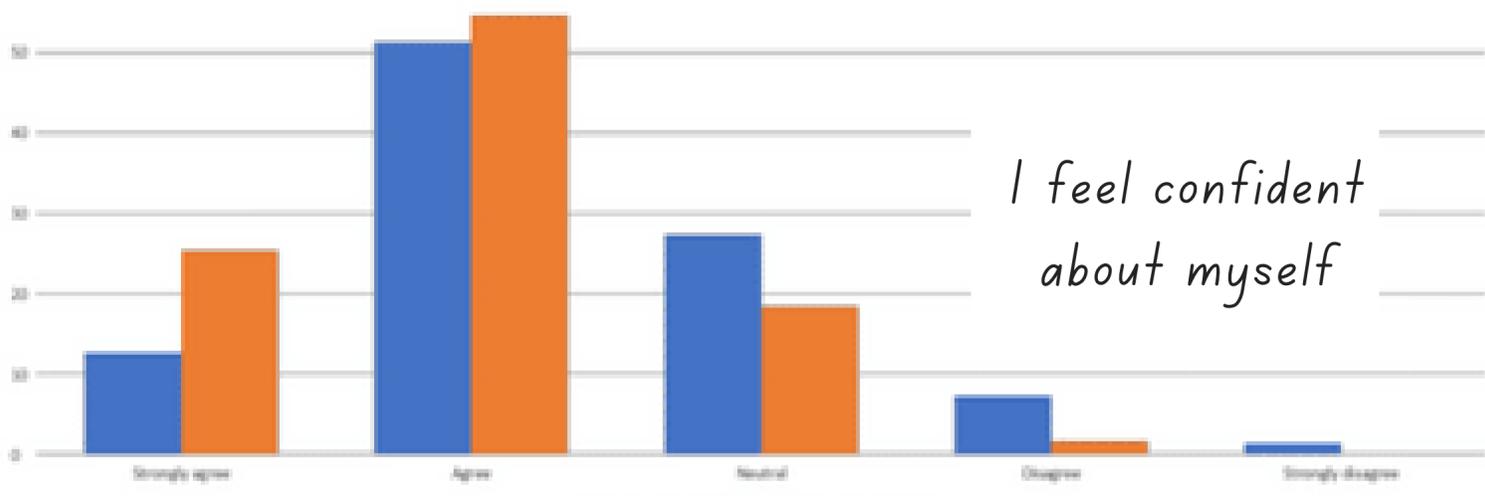
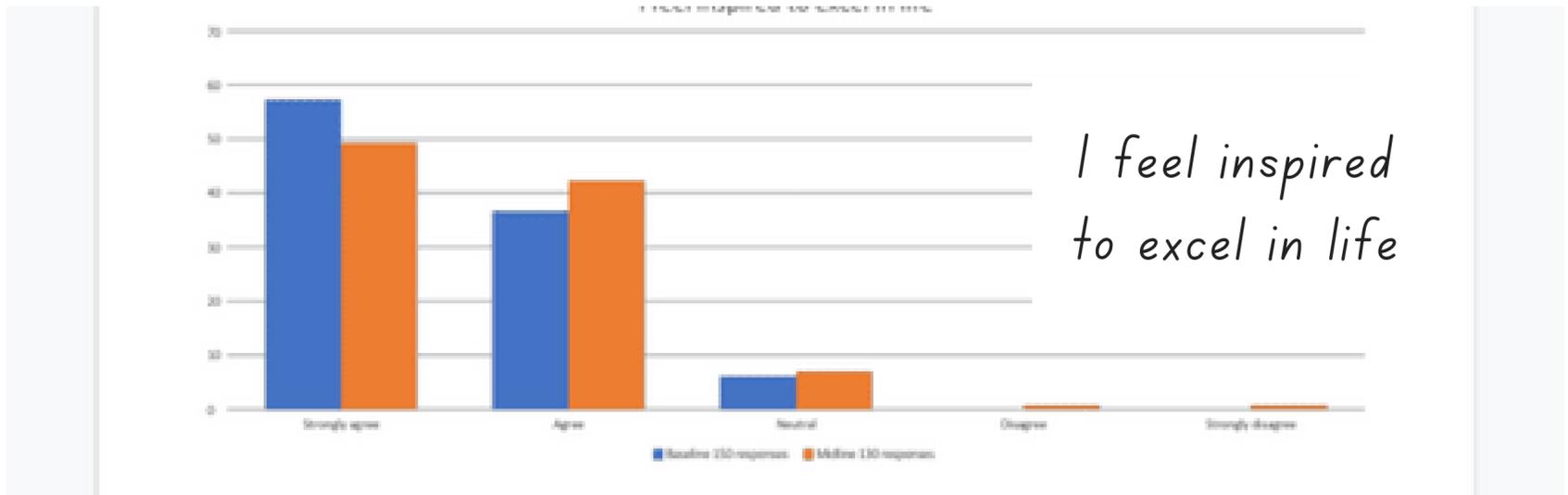
Baseline Survey Results

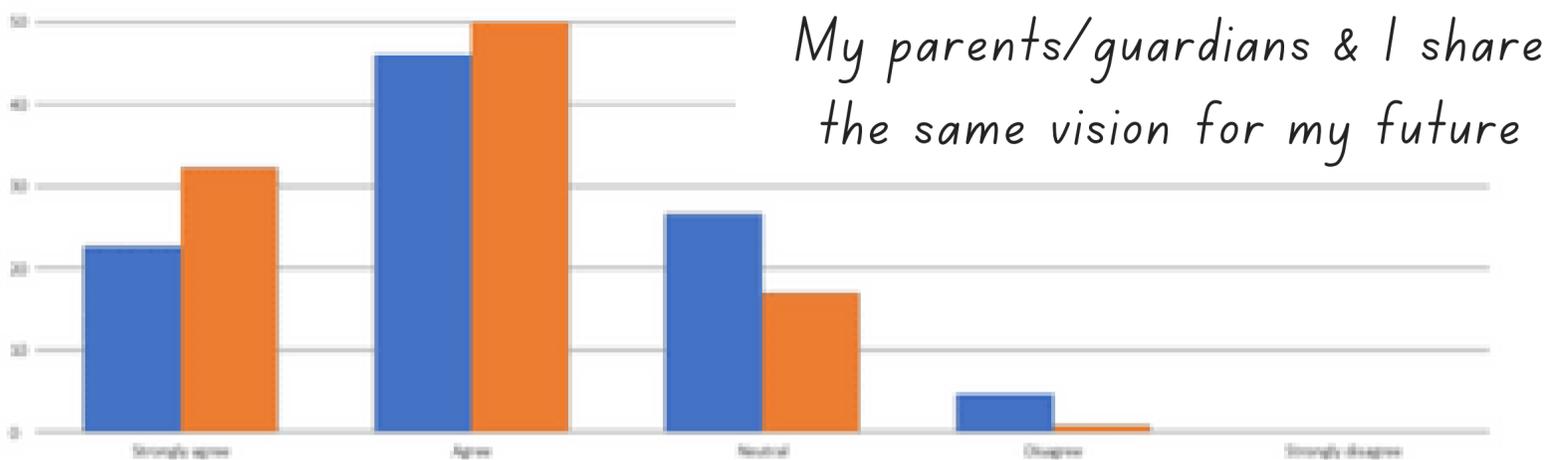
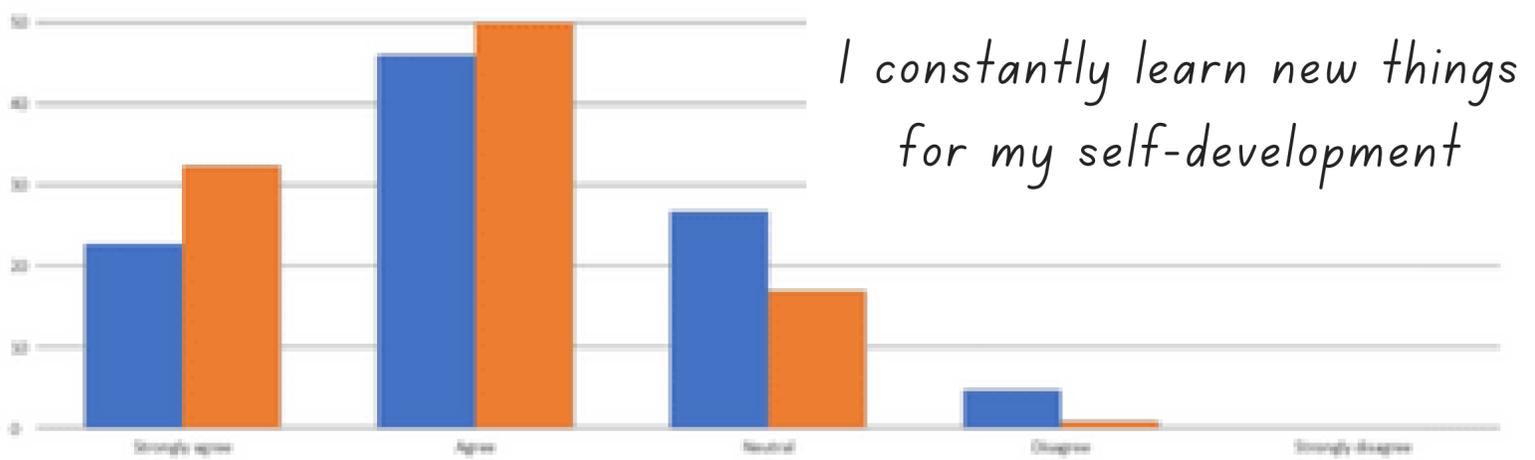
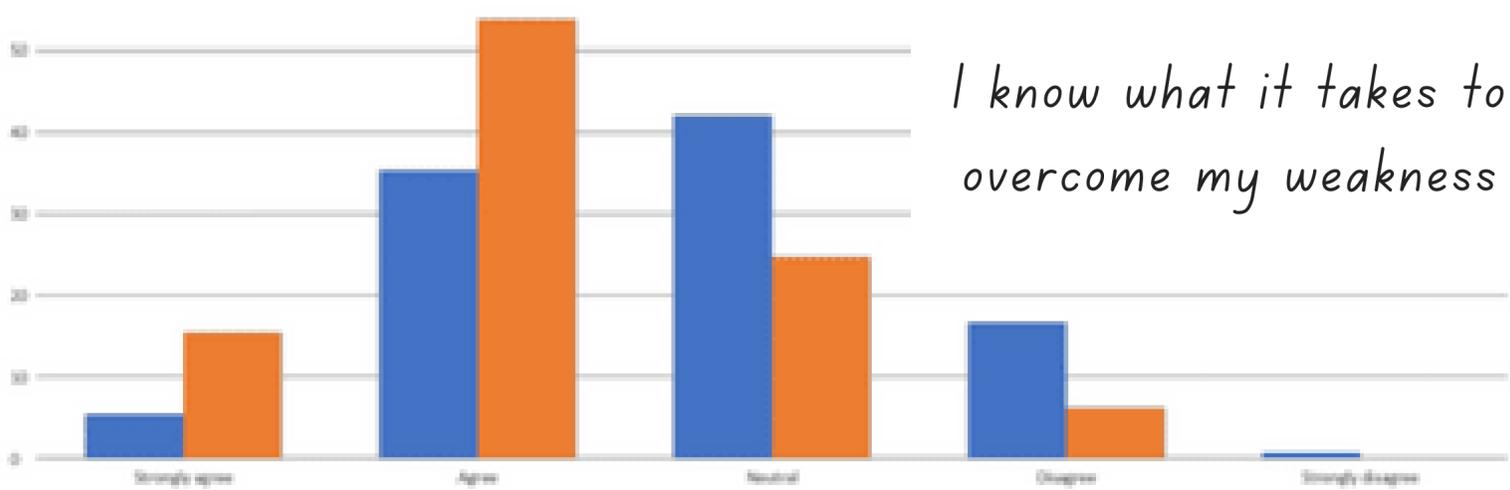
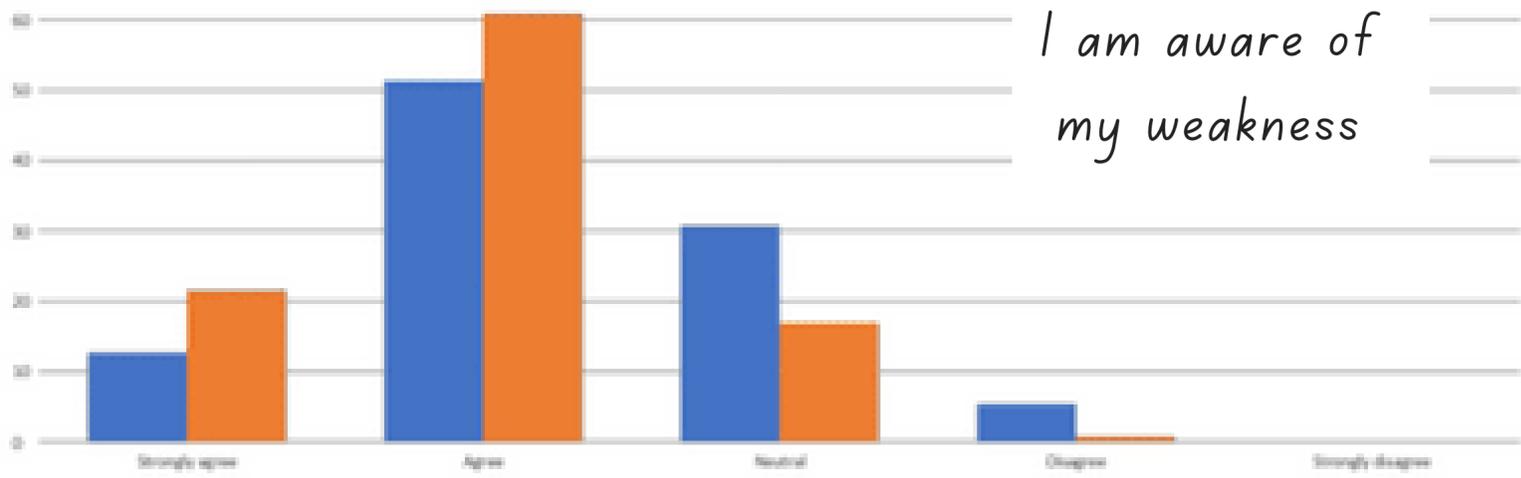
150 Responses

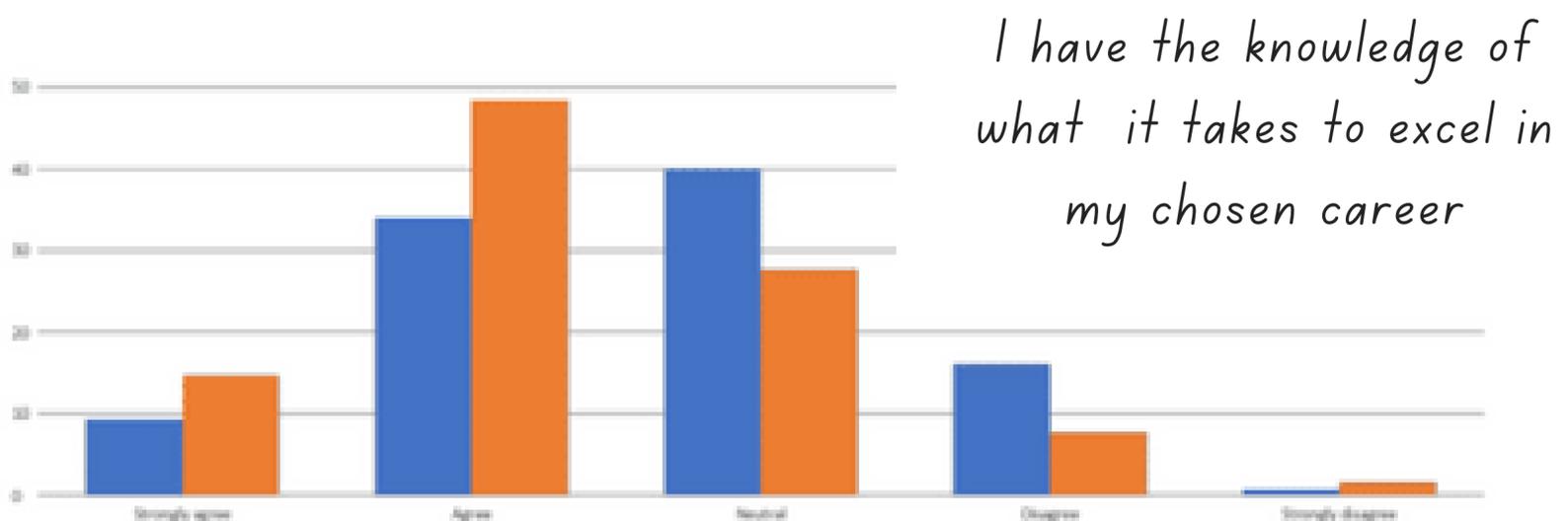
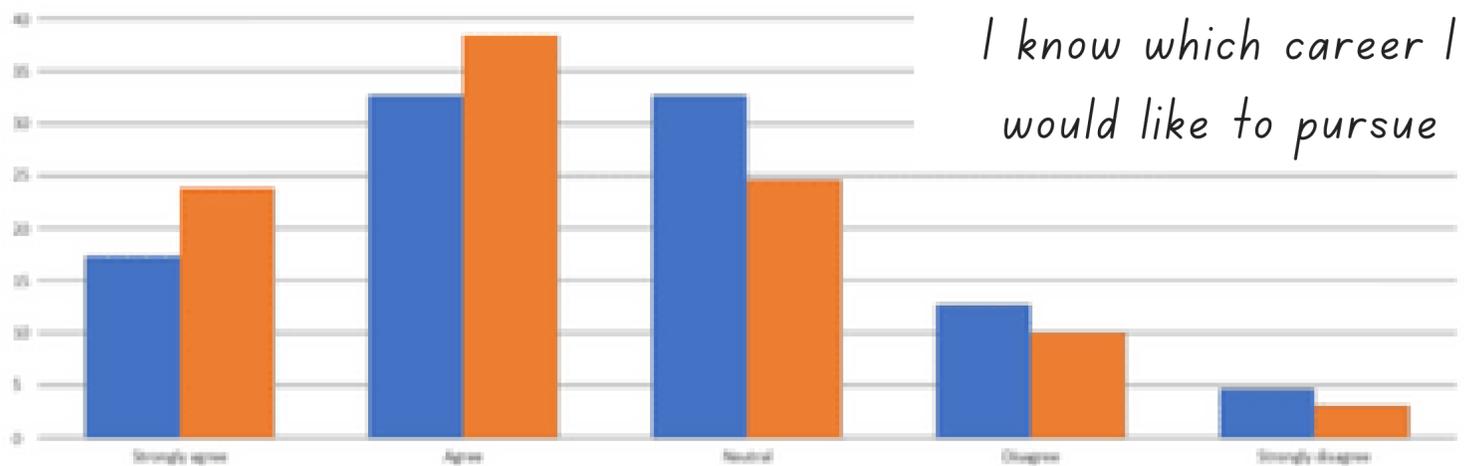
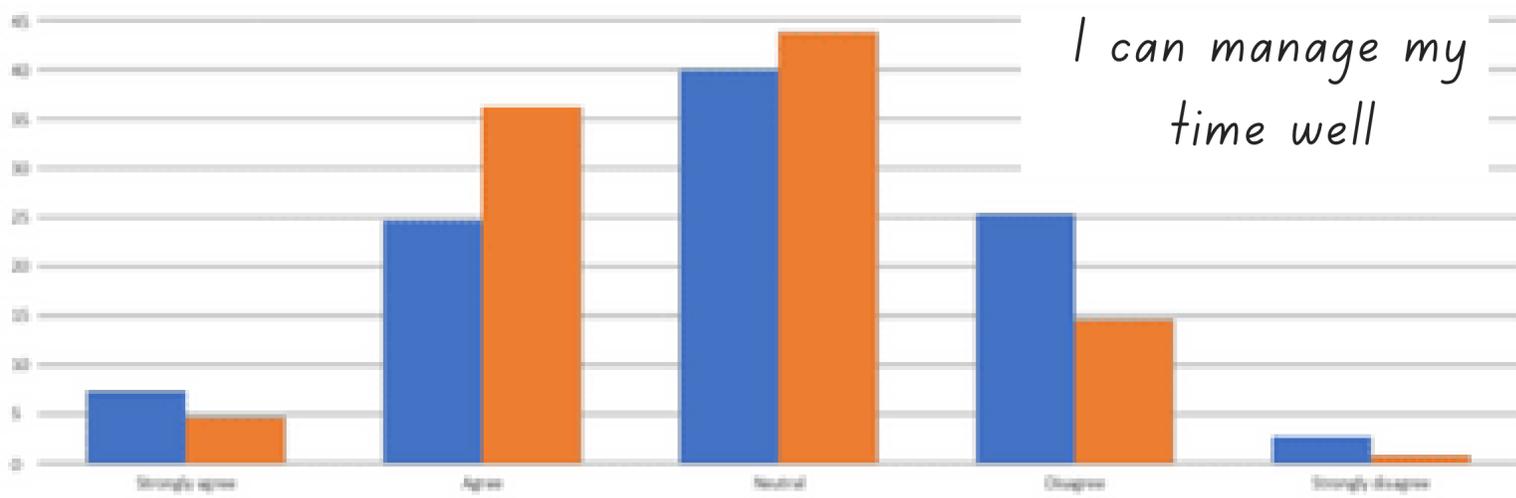
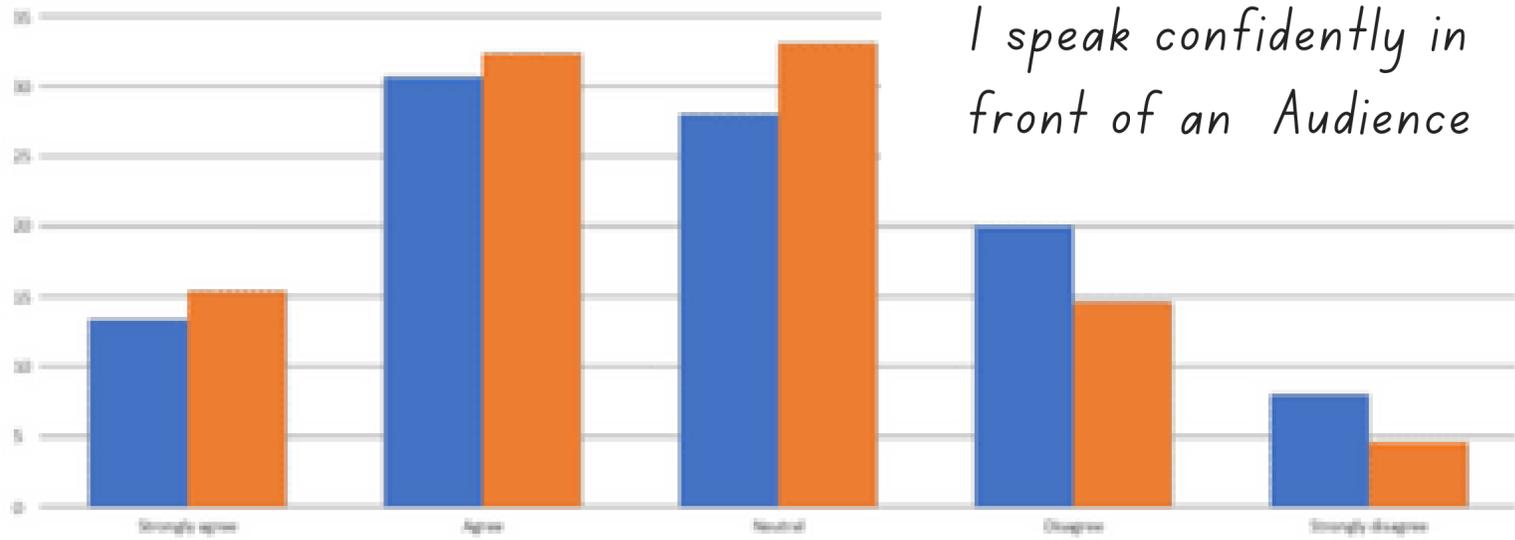


Midline Survey Results

130 Responses







Soaring the skies...



Chrisann D'souza TC 4 Mentee



Andre Fernandes TC 4 Mentee

LET'S CONNECT

Reach out
to us

Please share your insights, learnings, feedback, or suggestions with us. We are constantly looking to improve and provide an enriching experience for all involved. Your contributions are welcome and appreciated. Help us make this experience more and more meaningful.

Again, a sincere thanks to all our contributors and to the team for helping us make this issue a success

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*Waiting to
hear from you
soon!*

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THANK YOU FOR YOUR CONTRIBUTION

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