



### THINK LIKE A TREE

*Soak up the sun  
Affirm life's magic  
Be graceful in the wind  
Stand tall after a storm  
Feel refreshed after it rains  
Grow strong without notice  
Be prepared for each season  
Provide shelter to strangers  
Hang tough through a cold spell  
Emerge renewed at the first signs of spring  
Stay deeply rooted while reaching for the sky  
Be still long enough to hear your own leaves rustling*

# REFLECTING ON 2016



Dear Friends & well-wishers,

Welcome to our 3rd edition of “WINGS”, and, as I reflect on what I wish to express, many memories, events, experiences, people and thoughts flash past my minds eye. I realize, and must admit, that it’s difficult not to be overwhelmed that there is so much to be grateful for. The Community has grown from strength to strength. Yes, we’ve had our share of ups and downs, and I’m happy that we’ve remained focused and committed as we continue on our journey towards achieving our aims and objectives of providing healing and hope for the mentally ill in our Therapeutic Community. In this issue we pay tribute to our dearly departed founder and former Director, Fr. Hank Nunn, who went to be with the Lord on 31st of July 2016. A truly great man has passed on but his legacy lives on, not only in the thousands of lives that he touched personally, but also to all those who will continue to come through the doors of ASV.

Another person I would like to thank is our Chief Clinical Psychologist, Usha Srinath, who has dedicated 36 years of her life to help the mentally ill and continues to play a stellar role in the Community.

Although we have spread awareness about ASV through our new website and other social media sites, quite often people come to us saying that they would have come to us sooner if they had only known that such a place existed. A brief description of what we do has been included in this issue to give the public some idea about us and what we do. Two residents, one former and one close to completion of treatment have shared their respective experiences of getting well in the community.

A special appreciation to our staff, who work hard every day, finding solutions & building relationships to keep the community safe and an enjoyable place to live. Also ‘Thank You’ to all our loyal supporters. Your support goes a long way in helping heal lives.

New beginnings, fresh starts, new hopes, new experiences, new joys, reaffirmations of love and promises for a brighter future all come to mind as we ‘wing’ into the new year. Wishing you all a very Happy New Year.

Dale Peacock | Director

# In Loving Memory of

**Fr Hank Nunn, SJ**  
29<sup>th</sup> January 1930 – 31<sup>st</sup> July 2016



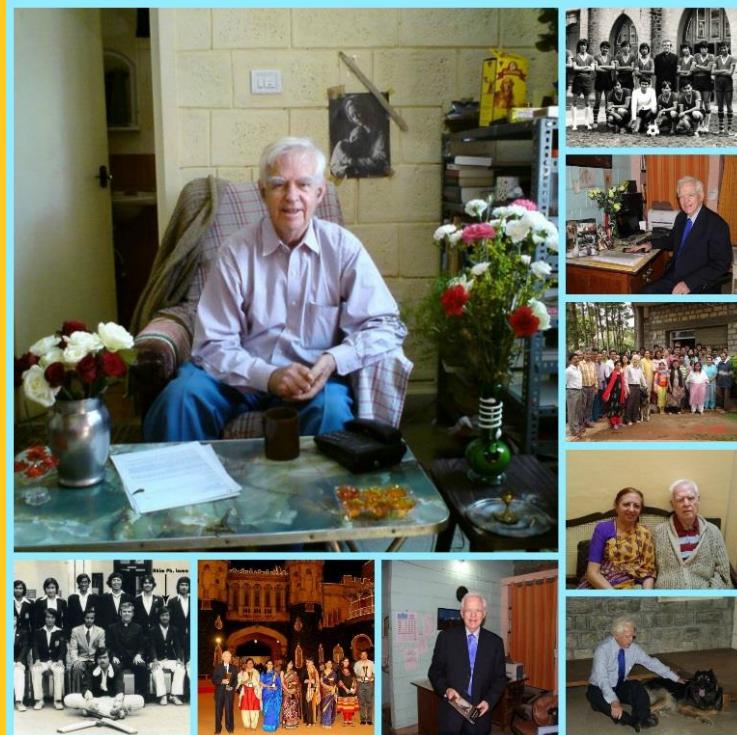
"Every man dies - Not every man really lives."

"Dad," as he was known, Fr Hank Nunn, a Jesuit priest from Canada entered the Jesuits in August 1951 after graduating from St. Mary's University in Halifax. In 1955 he began studies in philosophy in Montreal with the French-speaking Jesuits. He then taught for three years in Ethiopia at Tafari Makonen, the Jesuit-run school in Addis Ababa.

Fr Nunn touched the lives of countless people during his celebrated life of 86 years. He came to India in 1960 to teach in Jesuit schools. He remained in the Darjeeling District for the next 14 years. At St. Alphonsus School in Kurseong, and at St. Joseph's College, North Point, where he also served as principal. In 1977, he left Darjeeling and came to Bangalore as a retreat director and to continue teaching. Fr Hank then co-founded Athma Shakti Vidyalaya Society in Bangalore; a place where people with mental illnesses are cared for through counselling, mentoring and community living. In



Fr. Nunn's words, "ASVS is a school, a research institute and a therapeutic community. Yet, it is something more for those to whom it has given hope, where there was once despair,".



ASVS is a member of the Community of Communities, a quality improvement and accreditation programme of the Royal College of Psychiatrists, UK for Therapeutic Communities.

In 2012, Fr Hank published his book "Opening to Trust" sharing his experience & dedicated service to the mentally ill.

In 2013, he was awarded by 'The Times of India' as one of the finalists of Mirror's Bangalore hero.

It is the inspiration and drive of Fr Hank Nunn who forged our therapeutic community, and it was he more than anyone else who helped spread awareness and brought hope to the many mentally ill patients who came to Athma Shakti Vidyalaya for treatment.

A great man has passed on. We, who remain behind feel a terrible sense of loss as we say farewell to Fr Hank. May his ideals, vision and legacy continue to flourish and inspire generations to come. May his soul rest in peace.

'His Life a beautiful memory; his absence a silent grief' – we bid farewell to a great founder, mentor & friend but his legacy of hope for the mentally ill will live on. Link below is our tribute to Fr Hank: <https://www.youtube.com/watch?v=DYTeN2PtOLO>



## TREATMENT AT ASV

The reason why I decided to pen this article is for people to understand what we do at Athma Shakti Vidyalaya after their wards have been admitted.

While hospitals cater only to the biochemical needs of a patient, a therapeutic community (TC) operates differently by focusing on adaptation, flexibility, conflict resolution, and mutual learning. ASV is one such TC and following a structure becomes important as it imparts a sense of security and predictability for the patients. By maintaining a schedule, it brings about a sense of discipline as most of these patients have become lethargic and refuse to be disciplined due to their negative symptoms.

A TC functions like a big joint family where both the residents and the staff contribute to the functioning of the community. By being involved in keeping the environment clean and the general upkeep of the house, they develop life skills, leadership qualities, and conflict resolution skills. TC principles of attachment, containment, openness, involvement and agency are followed at ASV.

Different therapeutic interventions are adopted by the community. Cognitive retraining helps patients deal with attention, concentration and memory issues. Emotional retraining involves teaching patients to recognize appropriate feelings and behaviors by adequate thinking. Social skills training encourages them to interact more and connect with others. Reality confrontation is another approach that helps to deal with delusional ideations that the patients often have. There are some other procedures followed aimed at anger reduction, removal of emotional blocks from childhood, and getting rid of emotional trauma.

As a patient is admitted to ASV, a detailed case history is taken followed by a psychometric examination which helps to arrive at a provisional diagnosis. The patient, along with the mentors chosen by the patient, then work together to solve the underlying issues. Recovery assessment scale is used for annual assessment of the patient, which helps to understand which are the areas that still need to be worked upon.

Once the patients are ready to move on to the next stage in their lives, they are given life skills training whereby they are encouraged to study, go for computer classes, take examinations externally, go for work by commuting on their own and many more. As the patient reaches the last stage of treatment, everyone jointly applauds the job well done as they bid adieu to their community member. They keep track through emails and telephones and the connection lasts a lifetime.

- Mrs. Usha Srinath | Chief Clinical Psychologist



The month of May has been earmarked for mental health. It is an invitation for those who know about mental illness and its many issues to not only keep it in their thoughts but to take some kind of positive action to spread awareness that brings hope to the mentally ill and their families. Yes, there is good reason to hope! The mentally ill need not be written off. Our experience in the community together with the numerous research projects conducted all over the world is sufficient evidence that supports this hope.

We at ASV know for sure that people with mental illness can be taught to become aware of their thoughts and feelings and to take responsibility to choose appropriate ways to express the same.

## COMMUNITY SPORTS

We found new and inspiring ways to express & celebrate mental health awareness month at the Community with a day of fun-filled activities. Sharing is the key to breaking down negative attitudes and to show others that they are



not alone in their feelings. It was an exciting day with team building activities like



skits, treasure hunt, fun activities and games that got the whole community involved. We teamed up into 3 teams: 'Hope Givers'; 'Hope Runners' and 'Hope Finders'.

The winning team for the day were the Hope Finders!!



"We make a living by what we get, but we make a life by what we give." The best way to find yourself is to lose yourself in the service of others. Having said that, Usha Srinath, our Chief Clinical Psychologist has dedicated 36 years of her life to help the mentally ill. The staff and kids of ASV appreciate her continued support and

felicitated her with an appreciation award and a tree planting ceremony in honour of her dedication to the community!!



## COMMUNITY OUTINGS

Nrityagram Dance Village - a day well spent together



## Boys outing - Lal Bagh



M.S Dhoni : The Untold story: a movie the boys found irresistible while the girls group were overjoyed with the "Inferno"!!



Innovative Film City: community spirit and a feeling of togetherness





A picture doing the rounds on whatsapp depicted a family consisting of parents, grandparents and two children sitting “together” in the living room, but each one of them were fully engrossed with what they were doing on their mobile phones. Ironically, the title of this picture was “Family Time”.

What relevance does this picture have with this year’s theme for World Mental Health day which is, “Dignity and Respect – First Aid Health”? In my opinion, I would say it has much relevance. The first two meanings of the word, “respect” in Webster’s Dictionary is, “to look at” and “to feel or show honour or esteem”. So, if you put the two together, the word respect means, “to look at someone with honour and esteem”. In the picture I referred to, the members of this family were “together”, but were busy looking at their phones instead of looking at one another! In Transactional Analysis terms, this would be described as discounting each other at the existential level!! Examine your own experience when you have been ignored and neglected in this kind of situation which has become so common these days. What do you feel? It is indeed very sad that acknowledging peoples’ physical presence has reached an all-time low.

If such is the case of the so called “normal” population, imagine how it must feel for the mentally ill – those who have already been written off, marginalised, discriminated against, ignored, disregarded and socially outcast!!

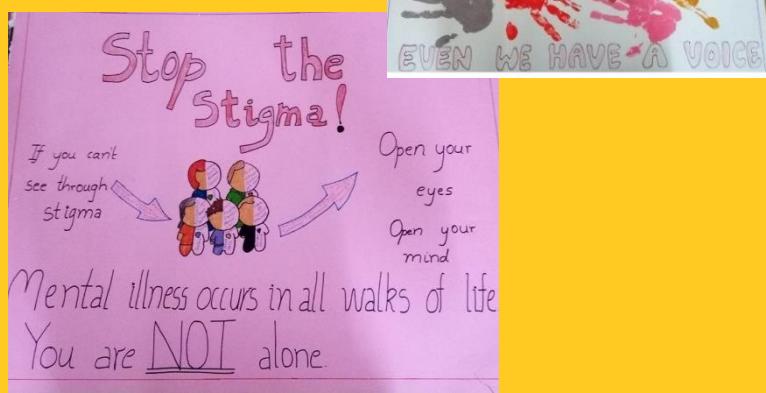
Consider another sight that is unfortunately quite common in our society. An obviously mentally ill person – homeless, long unkept hair, talking and laughing to himself and digging into the dust bin looking for something to eat, and nobody even notices, let alone cares. People are so used to seeing this “mad” person that they act like he does not exist!! But, if the same person were to sustain severe injuries in an accident, the same people who ignored him earlier, would swing into action – provide first aid and rush him to a nearby hospital. This is the reality of discrimination, neglect and lack of respect the mentally ill face today. Why is this so??!! Though there is no justifiable reason, one possibility, as weak as it may seem, is ignorance. People don’t know how to handle a person with mental illness and

are scared of being “beaten up” and being embarrassed in public.

The public need to be sensitised about mental illness – what it really is as against the many myths that are screened on the movies. Active steps need to be taken to spread awareness and bring people to understand that the mentally ill too are, like us, first and foremost, human beings, and as such, have the same basic need to be treated with respect and dignity. This will only begin when people start to “look” at the mentally ill with “honour and esteem”.

### Do you need urgent help?

If your mental or emotional state quickly gets worse, or you're worried about someone you know - help is available. You're not alone; talk to someone you trust. Sharing a problem is often the first step to recovery. (Dale Peacock)



– few posters created by our community for WMHD

## CRICKET TOURNAMENT 2016

The seventh edition of the Bangalore Rehabilitation Cricket League organized by Medico Pastoral Association at the Holy Ghost Church grounds on 22nd October



started with the release of colorful balloons by all the participants. The picturesque venue, surrounded by big shady trees was conducive to the excitement and sporting spirit in the atmosphere.

This time ASV, once again led by Nikhil and Shaswat and ably supported by a bunch of talented and enthusiastic



players, comfortably won their first match against RFS. The team total, individual top scorer and run rate was the highest in the entire

tournament in which five other teams took part. In the second match our boys put up a spirited performance in defending a low score with the match going down to the



wire and lost with just one ball to spare. Hats off to the boys for putting up a good fight! It was refreshing to see our boys taking initiative and putting so much energy into their practices and analyzing their mistakes with a positive approach. Well done ASV!!

## COMMUNITY CELEBRATIONS

**Diwali Celebrations:** Yet another Diwali community celebration unfolded, with great fervour among the kids and staff alike. The Festival of Lights was observed by lighting diyas, laying rangolis, and various fireworks. More importantly, this festive day helped to achieve its true purpose - happiness in togetherness

- (Ashwathy Phillip)





**Christmas Celebrations:** Like every year, Christmas at ASV was an event the staff and kids looked forward to in anticipation. The day of the Santa party, the 21st of December, went by with everyone busying themselves in decorating the house and giving it the Christmas-y feel. Pulling out the packed-away decorations and adorning the house once again after a year, filled everyone with the spirit of the festive season. The most awaited visit of the Santa was coupled along with a skit performed by the kids and the showcasing of some talents. Following the programs, Santa gave away gifts to the kids making the evening a



quiet, sweet and memorable one. A bunch of goodies and munchies by the kitchen staff also contributed to the spirit of the season.

In contrast, the day of Christmas was quiet and calm. Christmas gifts were given away to all once again by one of the senior kids which got them occupied for a while exploring each other's gifts. A few indoor games were played between the kids to keep the entertainment going, as everyone waited for the sumptuous feast prepared by the

kitchen staff. Looking forward for the feast was worth it as everyone retired for an afternoon nap with a content fat belly. All in all the kids and staff together appreciated the Christmas season as they once again indulged in the festivities and looked forward to a new and positive year

– (Reshma Abraham)



## STAFF NEWS

We are pleased to welcome our new staff: SUKANYA N.M, MURUGESH K, RESHMA ABRAHAM, ASWATHY PHILIP & DEEPTI. Thank you for continued support.

We bid farewell to KAVIYA R, KEERTHI & MEGHA. We wish them all the very best

## ASV Resident's Feedback

When I Joined Athma Shakthi Vidyalaya, I was not aware of the consequences of my emotional outbursts and their effects on my career and life.

Initially, therapy took quite a long time to seep into my mind and show its effects as I have never trusted in people. With time, I found myself confiding in my therapists who were very supportive and encouraged me to take up a job and pursue a career. Now I have completed 5 years pursuing my career as a teacher with guidance and counselling from the counselors. I am thankful to all the people who are involved in molding me into what I am today. (By RN)





## COMMUNITY LIFE

Birds flock together they say,  
 When they have same kind of feathers,  
 It's fortunate to be like them,  
 When I mingle with the people,  
 In the community not to my dismay.

It has been a thoughtful way,  
 When I explored and found many  
 things that are fond to my heart,  
 Like the blossoms that bring happiness,  
 And fall at the end of the day.

Work is worship and it's true,  
 When I got answers to many questions,  
 That cured the sickness of mind;  
 Piercing the heart like an arrow,  
 Released my sorrow  
 And renewed HOPE for tomorrow

Poem by - SRK



My journey at Athma Shakti started from July 2014 as a resident. People in the community welcomed and accepted me as part of the big family. Before coming to ASV I didn't trust anyone. I would disconnect from people and had no friends. At the same time I longed to be loved, respected and accepted. In my search for this I compromised on my values and behaviors which left me feeling guilty and worthless. All this affected my studies and my relationship with my family. I had no identity of my own. I created a world in my head into which I would retreat and not face all my trauma and pain.

Prior to joining the community I did not follow a structured routine. Moving in as a resident meant coming out of my "comfort zone" – sharing a room with others, washing my own laundry, watching TV for limited periods – basically to work some routine back into my life. about my thoughts, feelings, and behavior.

Every kid can choose their own mentors to guide them through their treatment. For me choosing my mentors was tough as I found it hard to trust anyone but the respect given to me by them made me feel loved and worthy and I decided to give it a try. In my treatment I had to learn how to acknowledge and communicate my emotions. I could not proceed beyond adopting and improving my awareness I was afraid people would reject me if they knew all about me. Learning to trust was one of the biggest blocks I had and I realized that in order to progress and be at peace within myself, I had to make a decision to trust. Which I did! After this my therapy accelerated and through innovative procedures I was guided to dump all the garbage from my mind and incorporate new beliefs and attitudes about myself and others.

My future plans are to finish my studies (3rd year) and start working part or full time. Athma Shakti has helped me reconnect with my family and the reality of life. No words can say how much this organization has helped me.  
 (by Esther)

## Goodbye

**21 years have gone so fast**

**At last I pen my past**

**9 months you carried me**

**But in a day you left me**

**A mother I never knew**

**There is a place in my heart only you fill**

**I guess you never will**

**Have I ever crossed your mind?**

**Cause you kind of have on mine**

**I was chained to this pain**

**But things have changed ....**

**People say you cared**

**I guess you were bold in a way**

**Thank you for letting me go**

**As I would like to believe**

**It was hard to do so.....**

**I think of you each day**

**Wondering what you will have to say?**

**Well I want you to know**

**I'm not mad at you in anyway**

**Instead I'm grateful for the chance to live...**

**I hope we meet, to thank you**

**for your decision 21 years ago...**

**May you find happiness and peace.**

**(By Esther)**



**I miss You mommy**

**I miss that life we shared**

**When you were there**

**Lovely days to be remembered**

**I miss You**

**I miss You**

**I can't bear this loss**

**I want you**

**I need you**

**I understand.....**

**But I miss you**

**I have stopped crying nowadays**

**I came out strong to face the world**

**But I miss you**

**I miss you so bad**

**(Poem by - KS)**



*Miss you...*

## INTERNSHIP AT ASV



**Internship batch of 2016**

Over the last 4 years, ASV offer's internships, 3 to 4 batches in a year, to enhance the educational experience through hands-on internships that positively contribute to their careers. We provide students with a unique learning opportunity, in the area of interest, which is challenging & fun.

Umesh our Psychotherapist & Internship coordinator takes on a variety of different roles including supervisor, mentor, and educator. Umesh creates clear project goals and schedule benchmarks to gain a better understanding of the students' performance to help them keep moving in the right direction.

### STUDENTS INTERNSHIP FEEDBACK

During my stay at Athma Shakti, I was greatly benefited by the exposure I received at the institute which helped me to get a better understanding of the working of a therapeutic community. I also had a wonderful chance to interact with the different kids having various disorders and problems. The reason that sets Athma Shakti different from any other experience is the intensive training sessions that every intern/trainee has to undergo to be a part of the therapeutic community as well as have a chance to learn and understand the theoretical backing of the transactional model of analysis that is used at the institute. At Athma Shakti, much emphasis is laid on treating the symptomology rather than deciphering the category or label of the disease/disorder and finding an appropriate treatment plan. I liked the ideology that was followed at Athma Shakti as unique as most others; they retain a simple ideal of reaching out to clients, treating them as humans

first and patients later. Although such a mode of therapy raises some ethical concerns, I was not surprised of it made wonders at Athma Shakti; for 'if to err is human, to forgive divine'. The whole atmosphere of learning and growing there changes you as a person, changes you as an individual in society.

On the therapeutic context, we had practical hands on with the models and batteries to use. We got a first-hand experience in re-parenting with Usha, who works as the clinical psychologist at the institute. Re-parenting involves a form of physically creating a holding environment for the client. This involves holding, hugging and stroking the client so that the client can effectively regress back to his infancy. This is done to introduce and inculcate the parent ego state as per the model of transactional analysis. The experiences were brilliant and each of us were impacted much by the effectiveness of this form of therapy. We also had a session on neuro linguistics programme (NLP) which was facilitated by Dale Peacock, who works as the director of Athma Shakti Vidyalaya society (ASV). The techniques taught to us were put in action by doing the same in pairs. The same allowed the group members to understand better and build a better bond. - By Shreenit Shahapurkar

An experience of a life time  
Teaching us at every step,  
Of being self-reliant, promoting compassion  
Above all making us aware  
Of the power of the self  
That is within, us all  
Of the perseverance,  
And the utmost joy in  
Celebrating the beauty of our Athma Shakti indeed!

### BY - NIKITA HAZARIKA

I feel extremely privileged and grateful to have worked here. There is a place etched in my heart for the people I met here and the emotions I experienced here. I learnt the true meaning and essence of acceptance. I allowed myself to feel accepted here. Staying in a group made me realize how important it is to have people's support and help. I used to be a person who would go around fixing other people's problems but breakdown alone in secrecy. Exposing my real self at ASVs helped me become fearless and uninhibited. Incessant reflections, bouncing ideas off of

group members, risking trusting and relying on the members, deepening insights and forming new perspectives is what helps makes a community therapeutic.

BY - GARIMA NARWANI

### Building Self-Esteem While Recovering From Depression



Building self-esteem is important in the recovery from depression. When depressed you probably won't feel like doing much, if anything. Everything may seem like a challenge. However, it's important to take action regardless of your feelings.

- ✓ Set yourself some daily goals or have a “to do” list. Tick them off when done. This provides you with a purpose and sense of accomplishment. It doesn’t matter how seemingly small the goals are. It could be getting out of bed, eating breakfast or making a phone call. Baby steps make all the difference and achieving your goals is empowering.
- ✓ Schedule activities in a calendar or timetable. This gives you structure and a reason to get up in the morning.
- ✓ Focus on your good qualities. Write a list of positives about yourself every day.
- ✓ Use positive affirmations about yourself e.g “I am overcoming this,” “I am in control” or “I am becoming more confident.”
- ✓ Ask for mental health help or talk to family and friends. Get the professional help you need. Remember that you’re never alone and it’s okay to not be at your best.
- ✓ Change your physical location. Step outside the house if you can. If that’s too big a step, change the room you’re in. It interrupts the monotony.

- ✓ Be creative, or do things that distract your mind. For example, coloring, drawing, writing, playing or listening to music.
- ✓ Get moving. It doesn’t matter how you do it. Find what works for you and keep your expectations reasonable. I recommend taking a walk outside. Even a short walk around the block is beneficial.
- ✓ Be around people. Stroll around your local shopping center or participate in a social activity. It makes you feel like you’re part of the world.
- ✓ Volunteer. It gives you a sense of purpose, a connection with others and a stepping stone into work. You’ll feel better about yourself. I have personally done this and I strongly recommend it.

As you build your self-esteem your mood will also prove. Believe in yourself, it will get better.

Ref: - Healthyplace.com

### New Insurance Scheme by Government



“Swavalamban Health Insurance Scheme” - for Persons with Disabilities (PwDs) has been launched by Ministry of Social Justice and Empowerment with New India Assurance Company Limited (Wholly owned by Government of India). This policy is designed to provide cheap medical insurance to poorer sections of society. It provides affordable Health Insurance to persons with Blindness, Low Vision, leprosy-Cured, Hearing Impairment, Loco-Motor disability, Mental-Retardation and mental illness. For more details please click this link: <http://www.newindia.co.in/contents/swavlamban.html>



## Value

A well-known speaker started off his seminar by holding up a \$20 bill. In the room of 200, he asked, "Who would like this \$20 bill?"

Hands started going up.

He said, "I am going to give this \$20 to one of you but first, let me do this." He proceeded to crumple the dollar bill up.

He then asked, "Who still wants it?" Still the hands were up in the air.

"Well," he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe.

He picked it up, now all crumpled and dirty. "Now who still wants it?" Still the hands went into the air.



"My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20.

Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way.

We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value. You are special - Don't ever forget it

### The carrot, the egg, and the coffee bean:

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling.

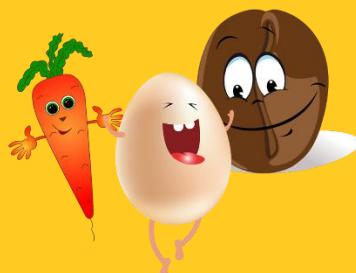
It seemed that, as one problem was solved, a new one arose. Her mother took her to the kitchen. She filled three pots

with water and placed each on a high fire. Soon the pots came to a boil. In the first, she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans.

She let them sit and boil, without saying a word. In about twenty minutes, she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me, what you see?"

"Carrots, eggs, and coffee," the young woman replied. The mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, she asked her to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, "What does it mean, mother?"

Her mother explained that each of these objects had faced the same adversity - boiling water - but each reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak.



The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened! The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" the mother asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?" Think of this: Which am I? Am I the carrot that seems strong but, with pain and adversity, do I wilt and become soft and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit but, after a death, a breakup, or a financial hardship, does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart? Or am I like the coffee bean? The bean actually changes the hot water, the

very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavour.

If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hours are the darkest and trials are the greatest, do you elevate to another level? How do you handle adversity? Are you a carrot, an egg, or a coffee bean?



### Just for Laughs

#### "Oldtimers"

A couple in their nineties are both having problems remembering things.

They decide to go to the doctor for a checkup. The doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

Later that night while watching TV, the old man gets up from his chair.

His wife asks, "Where are you going?"

"To the kitchen," he replies.

"Will you get me a bowl of ice cream?"

"Sure."

"Don't you think you should write it down so you can remember it?" she asks.

"No, I can remember it."

"Well, I'd like some strawberries on top, too. You'd better write it down, because you know you'll forget it."

He says, "I can remember that! You want a bowl of ice cream with strawberries."

"I'd also like whipped cream. I'm certain you'll forget that, so you'd better write it down!" she retorts.

Irritated, he says, "I don't need to write it down, I can remember it! Leave me alone! Ice cream with strawberries and whipped cream -- I got it, for goodness sake!" Then he grumbles into the kitchen.

After about 20 minutes the old man returns from the kitchen and hands his wife a plate of bacon and eggs.

She stares at the plate for a moment and says... "Where's my toast?

### Parrott Attitude

A young woman named Jessie received a parrot as a gift many years ago. Over time the parrot developed an extremely bad attitude. It got to the point that every word out of the bird's mouth was rude and obnoxious. Jessie

tried and tried to change the bird's attitude by consistently saying only polite words, playing soft music and anything else she could think of to

'clean up' the bird's attitude and by then 'foul language.'

Finally, Jessie was fed up and yelled at the parrot. The parrot yelled back. Jessie lost it and shook the parrot. The parrot became uncontrollable and even ruder. Jessie, in desperation, threw up her hands, grabbed the bird and put him in the freezer. For a few minutes the parrot squawked, kicked and screamed. Then suddenly there was total silence. Not a squeak was heard for over a minute.

Fearing that she'd hurt the parrot, Jessie quickly opened the door to the freezer.

The parrot calmly stepped out onto Jessie's outstretched arms and said "I believe I may have offended you with my rude language and actions. I'm sincerely remorseful for my inappropriate transgressions and I fully intend to do everything I can to correct my rude and unforgivable behavior."

Jessie was stunned at the change in the bird's attitude.

As she was about to ask the parrot what had made such a dramatic change in his behavior, the bird spoke-up, very softly, "May I ask what the turkey did?"



## Be Thankful

Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something,  
for it gives you the opportunity to learn.

Be thankful for the difficult times.  
During those times you grow.

Be thankful for your limitations,  
because they give you opportunities for improvement.

Be thankful for each new challenge,  
because it will build your strength and character.

Be thankful for your mistakes.  
They will teach you valuable lessons.

Be thankful when you're tired and weary,  
because it means you've made a difference.

It's easy to be thankful for the good things.  
A life of rich fulfillment comes to those who are also  
thankful for the setbacks.

Gratitude can turn a negative into a positive.  
Find a way to be thankful for your troubles, and they can  
become your blessings.

~ Helen Dowd

### DONATE TO ATHMA SHAKTI VIDYALAYA

Every donation is an investment to the mental well-being of your family, friends & co-workers. Help support our work, to promote mental health and help those recovering from mental illnesses

We are incredibly grateful to the many individuals, families, and organizations who have generously supported our work. Thank You.



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