



#Respect | #Provide | #StandUp

# Rediscovering the **#NewYou** in the **#NewNormal**

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*Caerus3 Advisors*

Advisory | Assurance | Think-Tank



Out of suffering have emerged  
the strongest souls;

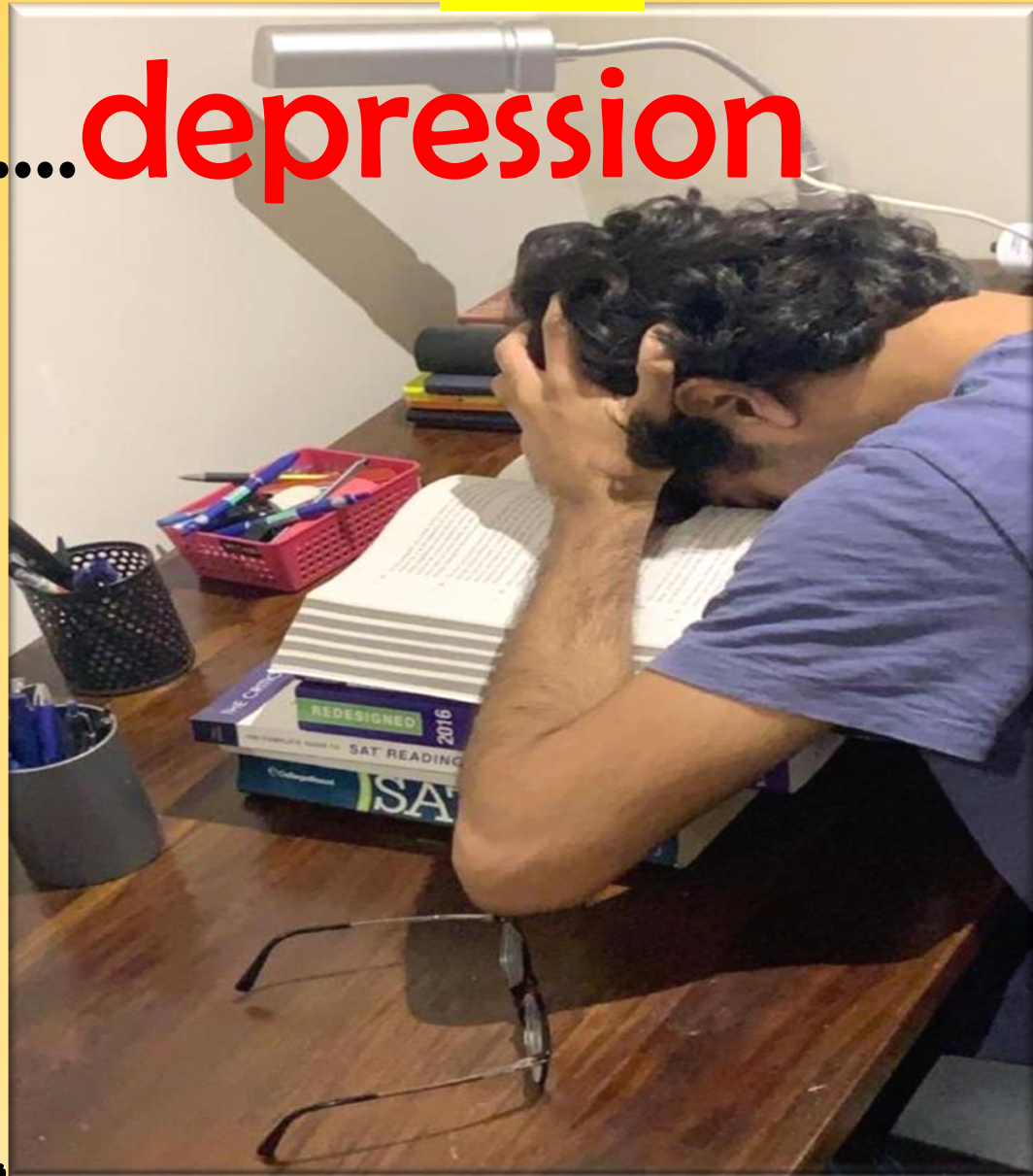
the most massive characters are  
seared with scars

- Khalil Gibran

Amidst the pandemic; **43%** Indians are suffering



from .....**depression**



- *Hindustan Times*

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# What is depression and what is it not?



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What people think depression is:



■ Laziness ■ Sadness

## Laziness

Loss of interest in daily activities

Appetite or weight changes

Unexplained aches and pains

Feelings of helplessness and hopelessness

Anger or irritability

## Sadness

Sleep changes

Loss of energy

Self-loathing

Concentration problems

Reckless behavior

# Create a state of acceptance



It's not personal, it's depression!

Don't HIDE the problem



Don't shame yourself

Maintain high self-esteem and self-love

Talk to yourself with respect

# Ho'oponopono



# What is the connection between anger and depression?





# Cure yourself with Catharsis



Morning routine of declutter.

**Channelize the anger** – ensure it doesn't stay inside!



Pic Jalaa do yaar isko. Bahot acha lagega

**Write, burn negativity**, walk, run, clean, exercise etc.!

Movie example: Jab We Met

# Finding congruence with all that is



When all of you is aligned, there is no greater power in the universe. Find your true desire and bring your life into congruence with your divine purpose. This will lead to true fulfilment.

- *Unknown*



# Is your mental health connected to your addictions?



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# Origin of Addictions – Core Wounds



**Voices in our head**

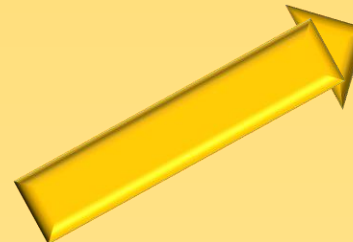


**Void inside**

I am not good enough  
I am too fat  
Life is so difficult  
No matter how hard I try



**Self Identity**



Managing Behaviors  
Escaping Reality  
Excessive Lifestyle  
Addictions



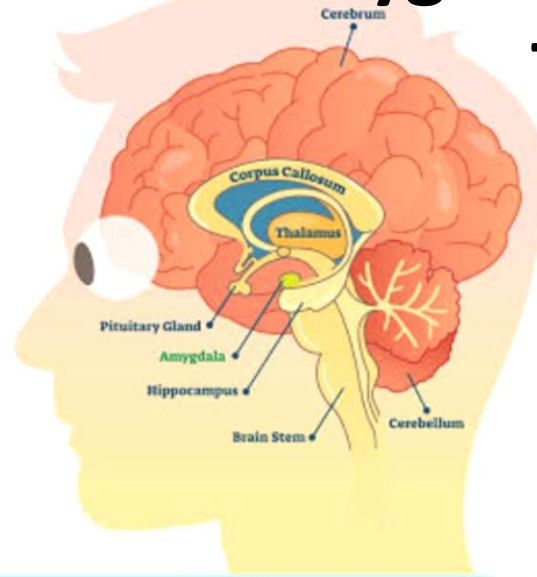
# Redirect the addiction



## Role of Amygdala

## in addiction and how to tame it!

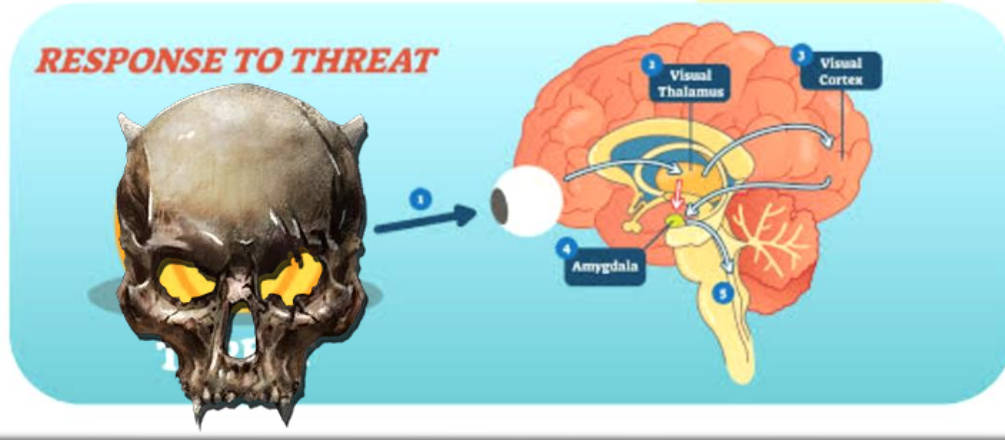
Responsible for the response and memory of emotions, especially fear.



Redirect to healthy addictions!

Addiction and dedication are cousins!

When addiction shows up, use the dedication.



# A word about ..... the Panellists



Richa is a Masters in Finance, and an Ex Investment Banker with over 15 years of experience in JP Morgan and Deutsche Bank.

Richa left the Corporate world and went for her “calling” to become an Alternate Medicine Therapist and to champion Diversity & Inclusion at Workplace . Today she is a Certified Clinical and Transpersonal Hypnotherapist, Reiki Grandmaster and Akashic Records Healer.

She is a Champion of “Each for Equal” and guides Organisations on Principles of Inclusion and Employee Health & Safety with special focus on holistic well being.



Juuhi Raai received a Karmveer Award Winner (Bronze) - for her work in the field of Education, through her company - The Life Workshop!  
A Council member of Maharashtra State CSR arm WICCI, Juuhi has delivered her messages of mental health and self-development to more than 14000 people worldwide. Including Senior Corporates, 5000 College Students, Cops at Mumbai Police, Anti Terrorist Squad, Women at The Royal Enfield, Merchant Navy Cadets at the MANET, Senior Citizens in Maharashtra.

She is on Board of The School Pf Holistic Development, MIT, Pune.

She has compiled two books - Chicken Soup for the Indian Soul at Work and IITIAN Soul.

PHD research Scholar at MIT Pune, studying the relationship between happiness and success!

# Caerus3 Advisors & Think-Tank



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*Our Key Practice lines are Advisory and Assurance focus on Human Capital, Technology, Enterprise Risk Management & Process excellence*

*Our Think-tank works as a catalyst for our Clients. We have a dedicated Research team, over a dozen Industry leaders as dedicated “Trusted Partners” who share with us Industry Best Practices, the Macro and Micro Business Drivers that impact Business. We have enlisted support of Former Bureaucrats, Technocrats; Members of Judiciary and Economists who advise us on Political –Socio Economic issues.*

# A word of advise



This Featured Insight (FI) is part of the Dialogue and Panel discussions (Webinar) held on September 17, 2020.

The live recording is available on our YouTube Channel; to understand this FI better; please watch the Recording and the messages by our Key note Speakers

The Content is based years of Research by the Speakers and by known Philosophers and Alternate Therapists. The views expressed are purely for scientific understanding of mental health issues. **If you are in urgent need of help please reach out to your Physician / Local Support Group and Family. Please do not indulge in any self-help or self medication; results of solution provided in the Webinar may vary from Individual to Individual** and views expressed by the speakers are their own and based on their research and experience in treating over thousands of patients



For Further information, please feel free to reach out to

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