

Getting Over Negative Thoughts

Negative thinking is one of the most common and difficult obstacles that people face when achieving their goals. It is something that many people struggle with daily. If it weren't for negative thoughts and imposter syndrome, the majority of people would have already achieved greatness by the age of 25. It's extremely easy to procrastinate about the future or dwell on our past actions and reminisce about potential failures or missed opportunities. This kind of thinking is a major reason why many people get trapped in a vicious cycle of negativity and struggle to see the light.

From an evolutionary point of view, our brain is divided into two major parts, The Primal Brain and The Logical Brain. The Primal Brain is about 500 million years old, whereas the Logical Brain is only about 5 million years old. Our Primal Brain is a self-defence mechanism that only thinks about itself and looks for self-preservation. Hence the Primal Brain is always on alert and constantly searches for negative outcomes to prepare for it. That being said, we as

humans tend to fuel this and let our Primal instincts take control. Negative thinking can contribute to issues that include social anxiety, depression, stress, and low self-esteem. Here's a rough guideline that you can follow when you feel negative emotions seeping in:

#1 Identify the Source:

The first thing to factor in is the what - What triggers your negative thinking? What are the patterns? Once you figure out the pattern, you can then move on to finding a solution to break this cycle. This involves identifying all cognitive disruptions (Jumping to conclusions, Catastrophizing, Overgeneralization, Labeling, Emotional reasoning, Personalization and blame, etc.)

#2 Challenge your Negative Thoughts:

Ask yourself questions! Is this realistic? On what grounds did I land on this conclusion? Did I land upon this conclusion only based on emotions and no logical thinking? Etc. This can take time. All the answers aren't going to come to you overnight. Be prepared to practice this daily until you can figure it out.

#3 Change your mindset:

Your brain is the most intricate organ in your body. If it can control all the functions of the body that keep you alive

without you even having to think about it, it can be trained to get rid of negative thoughts. For example, if something around you is fueling your anger, pause for a minute and imagine the same stimuli in a funny way, this is a great technique to instantly get rid of negative thoughts/emotions. The pause and reflect strategy has been praised by numerous psychologists for decades now. One phrase to live by, “You shouldn’t react but respond.”

#4 Change your physiology:

Harvard Research found out that simply changing one’s physiology can change one’s thoughts and emotions. Simply put, slouching doesn’t depict a power position, it comes off as lazy and uninterested. But at the same time, standing in a power position (hands on your waist, superhero style!) and taking deep breaths significantly impacts the chemicals in your brain, lowering the stress hormones while simultaneously releasing dopamine, which is the motivational factor in one’s body! So next time you feel down, just observe your physiology, is it giving off depressing vibes or power vibes?

#5 Look on the Bright Side:

We’ve all heard this phrase, but what does it mean? How can one “look at the bright side” when everything is not going according to plan? At this point in our lives, we all are going through something traumatic. But even amidst this pandemic, we’ve seen people grow close to their families, learn a new skill, start an online business, etc. So next time you struggle to find the positives, remember, “It’s the small things in life.”

#6 Invest in Motivational Resources:

This is a technique many life coaches/psychologists suggest to their clients/patients. Educational resources, courses, books, podcasts, etc. are some of the most recommended ones. If you don’t have work or are free at the time, read a book, listen to a motivational podcast. Don’t keep room for negativity to come and fill it up. Saturate your day with positivity and inspiration.



#7 Don’t Compare Yourself, but Believe in Yourself:

No two people are alike, never forget that! We live in a society that generally compares us to other individuals. These people could be parents, relatives, teachers, and even “friends.” It’s easy to say, “I wanna be as good looking as they are” or “Why can’t I be like them”. These statements are extremely common, but the amount of mental damage they do is not worth it. Instead of focusing on others, believe in yourself, accept the fact that NO ONE IS PERFECT and move on.

There's no point in stressing over something that you have no control over. Focus on self-development, self-care. Focus on yourself and strive to be the best version of yourself.

#8 A Healthy and Positive Environment:

Changes in the environment, even if you leave the room where you are, will allow your mind to enter a new mode of thinking. An environment where you feel safe and motivated is the perfect combination. The environment doesn't have to be restricted to just the surrounding objects, but people too. If the people are toxic, it's unhealthy for you, get out of there. This being said, if it isn't possible, listen to music, join a live study stream on YouTube or a Zoom study session via Instagram. Your camera need not be on, it's not the best reality escape, but you won't be alone!

The key to peace or something more pleasing is not always happy thoughts. There is no intelligent mind on earth that could live on its own with happy thoughts. The most important thing is to accept all your ideas, even the bad ones. Accept the ideas, but don't act on them.

Through dedication and commitment, you can compensate for negative thinking with ideas that can help you gain happiness and a sense of serene recognition. There is no doubt, the more positive your thoughts, the more positive results you will get in life, so why wait? Get started right NOW!

Written By: Cliff Coutinho, FYBA.



Film Review

And Action! – Jojo Rabbit

“Let everything happen to you, beauty and terror. Just keep going. No feeling is final.”

Jojo Rabbit is an incisive film and a heartfelt surprise-released in 2019 and directed by Taika Waititi who is also known for numerous critically and commercially acclaimed films like Thor: Ragnarok, The Suicide Squad, Avengers: Endgame and many more. Taika Waititi is a filmmaker of Jewish and Maori descent, he plays the role of Hitler in the film, donning blue contact lenses for the role. The most notable feature of the film is its colour palette full of bright green's, the film uses bright colours to jolt you back to reality.



It won an Oscar for Best Adapted Screenplay.

The movie stars talented and accomplished actors like the marvellous Scarlett Johansson as Rosie Betzler (Jojo's mother), the director of the film Taika Waititi as Adolf Hitler, Roman Griffin Davis as Jojo. The movie also stars remarkable actors like Alfie Allen, Rebel Wilson, Thomasin McKenzie and many more.

The story of the film revolves around a 10-year-old German boy, Johannes Betzler. His ultimate goal is to be militarily trained at the Hitler Youth Camp and hopefully become Hitler's personal guard one day.



Johannes Betzler was nicknamed Jojo Rabbit as he couldn't kill a rabbit at the camp. To prove himself, he takes a wild shot with a hand grenade, which explodes and scars his face and injures his leg.

Disheartened that he wasn't able to live up to his own reckoning and his father was supposedly away at war, he makes Hitler his imaginary friend for motivation. To further fuel his beliefs and ideas, his friends' pep talks play a key role.

After injuring himself with the hand grenade, he does odd jobs like distributing pamphlets and painting posters as he isn't fit to be in the army anymore. He spends an ample amount of time alone at home, and during this period he discovers that his mother is hiding a 17-year-old Jewish girl Elsa in his sister's room who passed away.

Jojo thinks about turning her in, to the

Gestapo. Soon he realises that if he does that his mother would be in trouble too. He engages in small conversations with her to later figure out what to do.

Some of the film's best moments are when Jojo and Hitler engage in discussions and conversations, it shows the extent to which the Nazi government brainwashed kids, by which kids blindly followed everything they were being taught. Jojo's knowledge is limited to thinking that Jews are inhuman, they possess horns and are not good humans.

The film also explores the relationship between Jojo and his mother, the budding friendship between Jojo and Elsa. There are certain moments in the film that stand out, like when Jojo and his mother find people hanged to death at the town square, and he asks her, "What did they do?". She tells him, "They did what they could." The meaning of which he only understands much later is connected with a harrowing scene. The time when Elsa tells Jojo how much she misses freedom.

Ultimately, Jojo Rabbit is a blast, it starts as a comedy slowly showcasing the tale of a scared little boy.



This film will make you experience a rollercoaster of emotions, from laughter to a ton of tears. It is a coming of age film that hits hard and introduces us to the past realities, the atrocities Jews went through and the blatant brainwashing kids faced during this period. Jojo Rabbit not only showcases all these aspects but also a heartwarming story that provides an ultimate cinematic experience and makes you feel all the emotions it throws up on you. This surely is one of the best movies you would watch and the one that makes it to your movies list.

-Glynis. A. Fernandes. SYBAMMC A



SHRIMP TERIYAKI

STIR FRY

Ingredients

- 1 lb. medium shrimp peeled and deveined.
- 1 teaspoon oil.
- 1/2 cup water divided into equal parts.
- 1/4 cup low-sodium soy sauce.
- 2 tablespoons honey or sugar of choice.
- 1 clove of garlic minced.
- 1 teaspoon sesame oil (optional).
- 1/2 teaspoon ground ginger.
- 1 tablespoon cornstarch.
- 1 cup blanched broccoli florets.
- Steamed white rice or noodles for serving.



Method

- Heat a large skillet over medium-high heat.
- Add oil and shrimp and cook for 2-3 minutes per side or until pink.
- Remove shrimp from pan and add 1/4 cup water, soy sauce, honey, garlic, sesame oil, ginger and whisk to combine. Bring mixture to a boil.
- In a small bowl, whisk together cornstarch and remaining 1/4 cup water.
- Slowly whisk the cornstarch mixture into the saucepan and simmer for 3-4 minutes, or until thick.
- Return shrimp to the pan along with 1 cup of blanched broccoli and coat evenly with the sauce.
- Serve with rice, noodles or a salad. Enjoy!

This article was written by Pearl Dsouza in collaboration with Ryan Dsilva, Ex Andrian.

FEATURED

PHOTOGRAPH



By Jadyn Fernandes

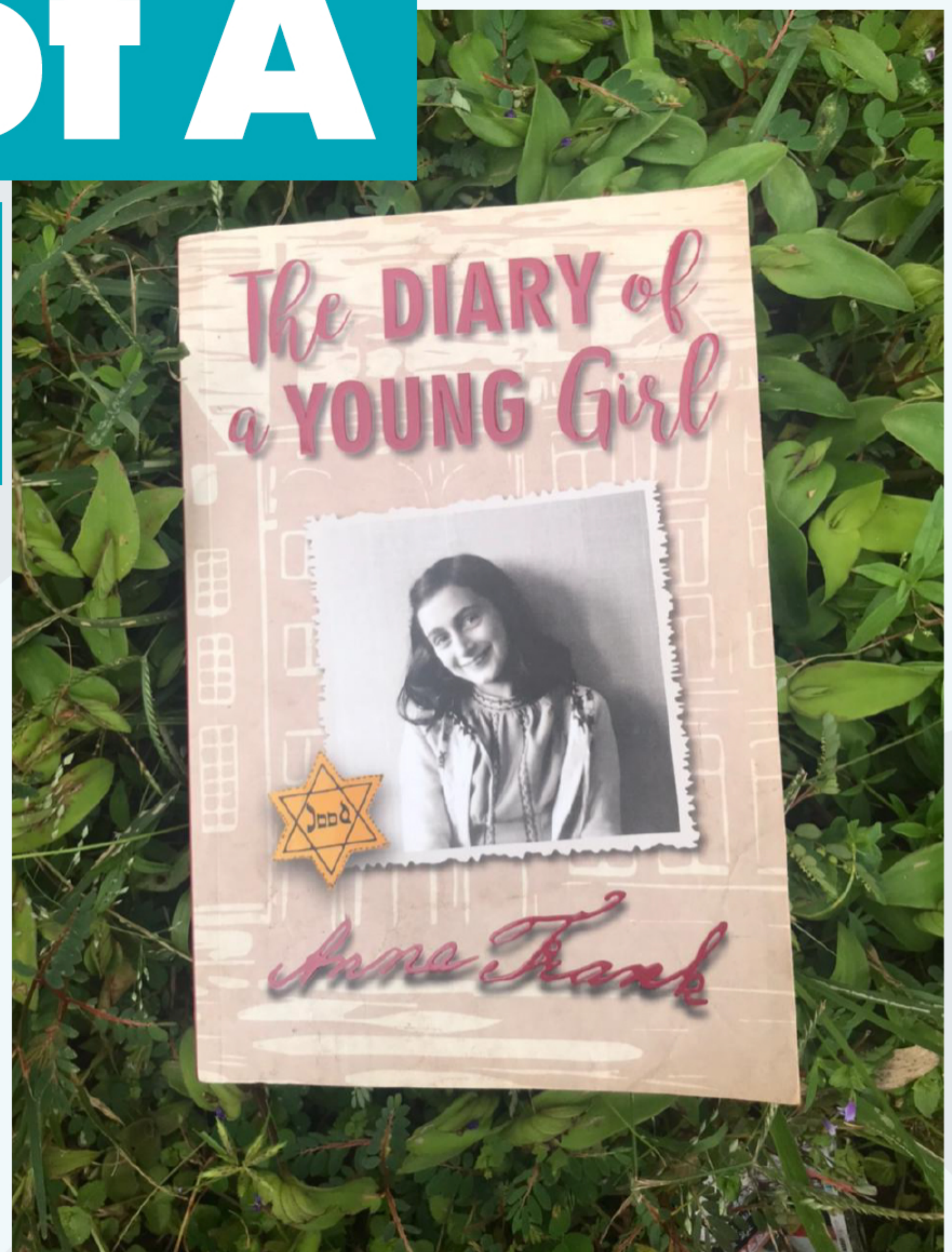
The Diary of A Young Girl Anne Frank

“Writing in a diary is a really strange experience for someone like me. Not only because I’ve never written anything before, but also because it seems to me that later on neither I nor anyone else will be interested in the musings of a thirteen-year-old schoolgirl.” – Anne Frank, Saturday, June 20, 1942.

The diary of a young girl, as the title suggests is the collection of entries by Holocaust victim Anne Frank, a then mere thirteen-year-old schoolgirl, but an aspiring author whose perspective on the Holocaust would become one of the primary sources the rest of the world would discover Jewish life under the Nazi regime.

Even though the horrors of the war are downplayed under the penning of a young author, the events in the diary provide a glimpse into the traumatic emotional and physical constraints inflicted on the many Jews escaping their death.

The diary pieces together emotions of hope, longing, endurance and trust. It encompasses the old friendships that never had a chance to blossom, relationships between the family members during the test of time, secret helpers who risked their lives through the eyes of Anne Frank.



Anne Frank is a clever and wonderful narrator keeping the reader focused throughout the entire book by painting a vivid sense of relatability.

The ending of the diary feels like a goodbye to a new but unforgettable friend one shall never speak to again, thus making the reader aware of the bond formed with the narrator during this read.

Once scattered on the floors of the secret annexe for no one to be found, this unfinished diary remains the highlight of many bookshelves today. The lesson that one can derive from this diary is that race, religion or any other factor should not be a reason to treat anyone differently and freedom is a birthright.

If you’re looking for a detailed war story, this novel is not for you. Overall this book can be rated as a must-read and a 4.5 /5 for audiences of all ages.

Stephanie Liban Cardoz
SYBA A

Mosaic

Minutes to Moments

Minutes To Moments

mosaic

#HarKadamEkKahani

Mosaic is the perfect blend of excitement, discovery, opportunity and unity. From the most anticipated events to the thrill of competing in the breathtaking performances Mosaic 2021 has not only adapted to bring you another year of wonder, we offer you a fresh perspective. St. Andrew's College of Arts, Science and Commerce invites you to our unique annual cultural festival, 'MOSAIC'! We bring the pinnacle of a successful college experience by turning the 'Minutes to Moments'. What better way to live life than living in the



moment. Join us as we embrace the present; a space in between, where the comfort of tradition meets the risks of conventional creativity. Our hashtag '#HarKadamEkKahani' encourages you to utilise your valuable time and remember that in every step there is a story. Some might call it a "spark"; others, the "dawn of inspiration". What's Mosaic to you?

The three-day intercollegiate festival will be live-streamed from the 15th to the 17th of September on our YouTube

channel 'FestMosaic'. That's not all, follow our Instagram, Twitter and Snapchat accounts '@festmosaic' and our Facebook page 'FestMosaic' to participate in daily challenges during the three-day fest. Win a chance to get featured on our social media handles! After hearing all about our annual festival, I'm sure you're wondering what's different about Mosaic 2021. Let's rewind a little and take you way back, before the beginning. Mosaic was pioneered in 2018 when multiple department festivals merged to create one all-inclusive mega fest. It was the fusion of dance, music, theatre, art, sports and other brilliant pieces to celebrate creativity and talent together. It symbolizes one bigger, brighter picture, Mosaic. Over the past four years, it has grown with elegance. Every year we invite a new set of individuals who redefine what Mosaic means by incorporating their own flavour to the events, the public relations and social media departments.



This year, we have introduced two separate series to preserve something special; “Keeping Up With The Crew!” allows you to meet and interact with the genius minds that make Mosaic possible. In addition to our alternate Wednesday series, we have brought to you our alternate Friday series “Let’s Talk Mosaic!” It’s a platform for passionate, like-minded individuals who inspire, guide and positively influence you. If you’ve missed out on all of the hype! Follow us on Instagram @festmosaic to join our journey.

No journey is as valuable as one with a little fun! Did you try your hand at our first comic strip design competition? Or did you put those hours of binge-watching sitcoms to use and win first place in our quiz contest? We make sure to include a range of popular and niche weekly events to keep things interesting. If that didn’t satisfy your curiosity, maybe our aspiring artists did in the Dance, Mixed Martial Arts, Hosting and Comedy workshops!

We have much to offer and now’s your time to shine! Here at Mosaic, we not only look out for our own but others who can’t take care of themselves. As a large body of young energetic students, it is our social responsibility as a college to give back to society. In response to this, Mosaic launched ‘Mission Impawsible’, a campaign initiated to protect the animals that have suffered during this pandemic. This campaign promoted acts of kindness toward animals by feeding, sheltering or medicating them. If you feel compelled to make a difference, tag us on our social media platforms and use our hashtag #PawsForMosaic so we can showcase your contribution to a cause. After all, that’s said and done, you may be wondering what my favourite part of Mosaic is. My best moments are shared



with the Crew. Mosaic owes it to you, our audience, but let’s not forget the people that work behind the scenes to make Mosaic a success. It’s the loyal and inspiring individuals that bring their best to the forefront. They motivate each team to collectively seek greatness. No matter how long Mosaic may last, I will always treasure the memories and experiences that flow among us. These dependable individuals make our annual cultural festival memorable. Come experience Mosaic, where every piece counts.

David Jason Jayaprakash, TYBA

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