



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
BANGALORE | DELHI NCR | PUNE



# MONTH OF CALM GROWTH AND FRESH STARTS

COUNSELLOR'S NOTE - MARCH 2026

March often represents a turning point , a space between what has been and what is beginning to unfold. Psychologically, this period encourages renewed energy while also asking us to carry forward the lessons we have learned so far.

Rather than pushing ourselves to move faster, this month invites mindful progress. A gentle reflection could be: *What feels lighter now than it did before?* Sometimes growth shows up as increased calm, clearer boundaries, or greater self-understanding.

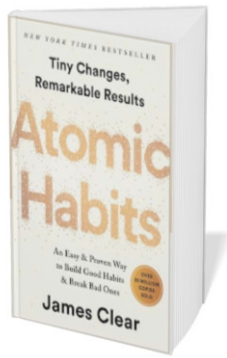
With responsibilities increasing during this time of year, stress can quietly rise. It is important to approach challenges with patience and realistic expectations. Progress does not require exhaustion, it thrives on balance.

As March continues, allow yourself moments of pause along with purposeful action. Strength is built not only in doing more, but in caring for yourself along the way.

Wishing you a month of clarity, resilience, and steady confidence.

## Book recommendations

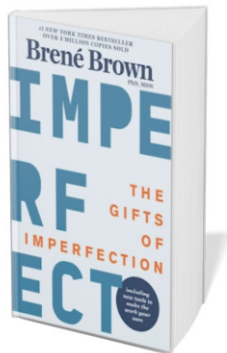
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### **Atomic Habits**

- James Clear

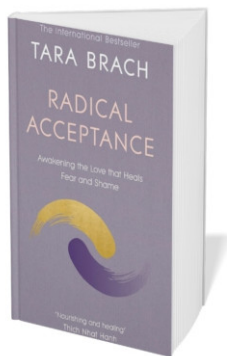
*How small, consistent changes create real progress without pressure.*



### **The Gifts of Imperfection**

- Brené Brown

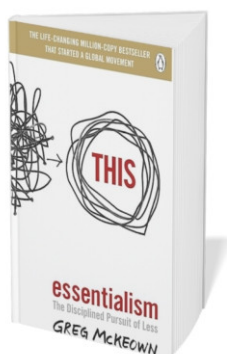
*A guide to embracing yourself with all imperfections and growing with **self-compassion and authenticity**.*



### **Radical Acceptance**

- Tara Brach

*Cultivating inner peace by acknowledging what is, letting go of struggle, and living with kindness.*



### **Essentialism: The Disciplined Pursuit of Less**

– Greg McKeown

*Doing less with more meaning, prioritizing balance and avoiding burnout.*

## Video Suggestions

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### **Kristin Neff: Mindfulness and Self-Compassion**

*This video highlights how practicing mindfulness and self-kindness helps build resilience, emotional balance, and personal growth.*

Watch Video

### **4 Ways to Cultivate Mindfulness in the Classroom**

*This video offers simple mindfulness techniques students can use daily for better engagement, concentration, and emotional balance.*

Watch Video

### **Managing Stress - Brainsmart - BBC**

*This video offers practical strategies for students to manage increasing responsibilities while staying balanced.*

Watch Video

## Get in touch with your counsellor for additional resources and help

- **Dr. Alphonsa George**, Senior Counsellor- [alphonsa.george@christuniversity.in](mailto:alphonsa.george@christuniversity.in)
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