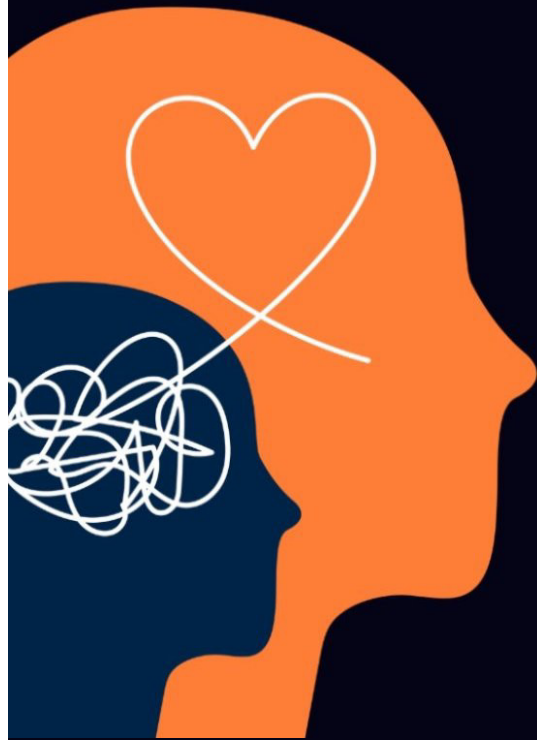




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COUNSELLOR'S NOTE MAY 2026



THE *Elegance* OF INNER *Harmony*

LIVING THE 5 C'S

In the delicate unfolding of our everyday lives, mental well-being is rarely shaped by grand, sweeping transformations. Instead, it is quietly woven through the tender, almost unnoticed moments we offer to ourselves. The 5 C's - Connection, Care, Calm, Confidence, and Coping - form a soft yet resilient tapestry, guiding us toward a more balanced and harmonious inner world.

At its core, **connection** is the golden thread that binds us to one another. It lives in shared laughter, in unspoken understanding, and in the comfort of simply being seen. Even the briefest exchange can kindle warmth within, reminding us that we are not alone in our journey. Flowing gently alongside is **care**, an intimate act of turning inward with compassion. It is found in the quiet honoring of our needs, in restful pauses, and in the simple grace of treating ourselves with the same kindness we extend to others.

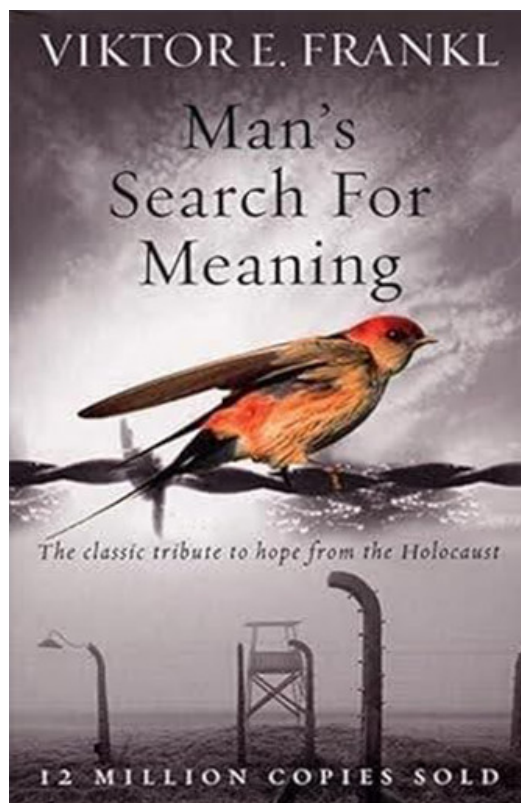
Then comes **calm**, like a soft hush that settles over a restless mind. In a world that moves with relentless urgency, choosing stillness becomes an act of quiet courage. A few mindful breaths, a moment of silence, or a pause between tasks can feel like a sanctuary, restoring clarity and ease. From this stillness, **confidence** begins to bloom, not as a loud proclamation, but as a gentle assurance. It grows in the acknowledgment of

small victories, in forgiving our imperfections, and in nurturing a voice within that speaks with encouragement rather than doubt.

Finally, **coping** stands as a quiet pillar of strength, supporting us through life's inevitable storms. It is reflected in the ways we hold our emotions, express our truths, and seek solace when needed. Whether through reflection, creativity, or reaching out, coping becomes the bridge that carries us from overwhelm to steadiness.

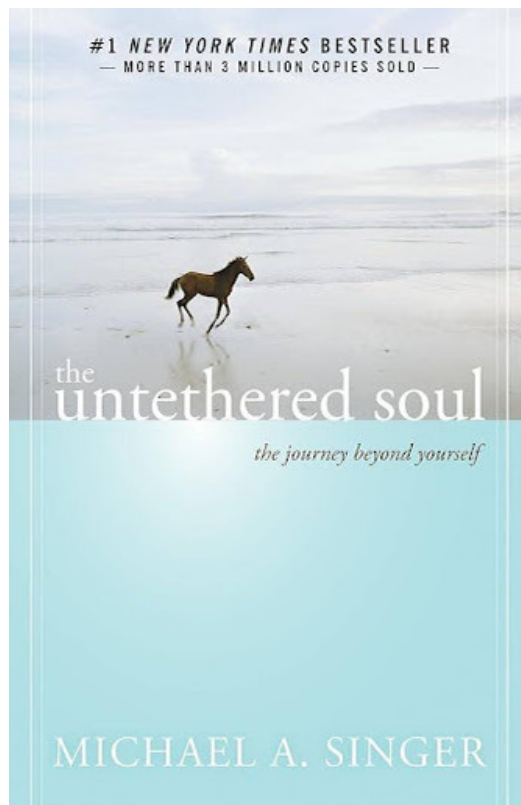
Together, these five elements do not demand perfection, but invite presence. They remind us that mental health is not a distant destination, but a living, breathing practice—one that unfolds gently, moment by moment, choice by choice.

Book Recommendation

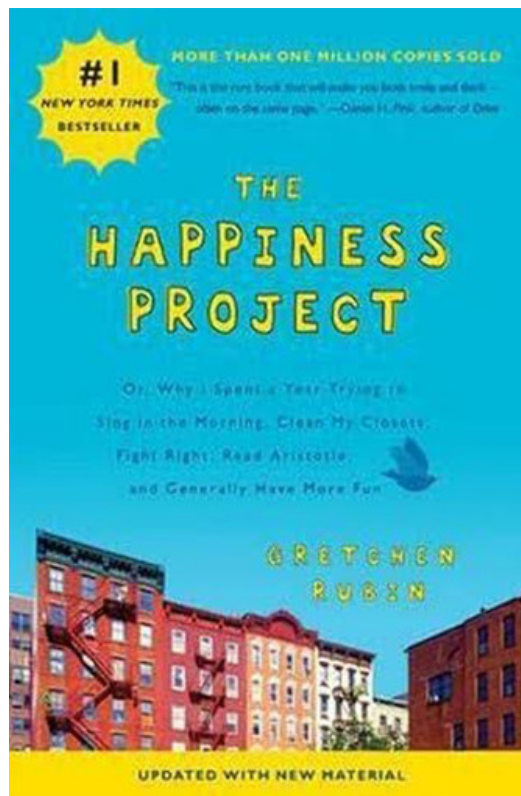


Man's Search For Meaning: The classic tribute to hope from the Holocaust

by Viktor E. Frankl



**The Untethered Soul:
The Journey Beyond Yourself**
by Michael A. Singer



**The Happiness
Project**
by Gretchen Rubin

Video Suggestions

**The Power of
Vulnerability**
- Brené Brown

Watch Video

**How to stay calm when you
know you'll be stressed**
- Daniel Levitin

Watch Video

What Makes a Good Life? Lessons from the Longest Study on Happiness
- Robert Waldinger

Watch Video

Get in touch with your counsellor for additional resources and help

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