



SELF CARE

Issue two

MAGAZINE

About: Cultural Differences,
Building Cross-Cultural
Friendships and Coping with
Homesickness



2024



GOOD POINT!



IN THE NAME OF ALLAH

SELF CARE

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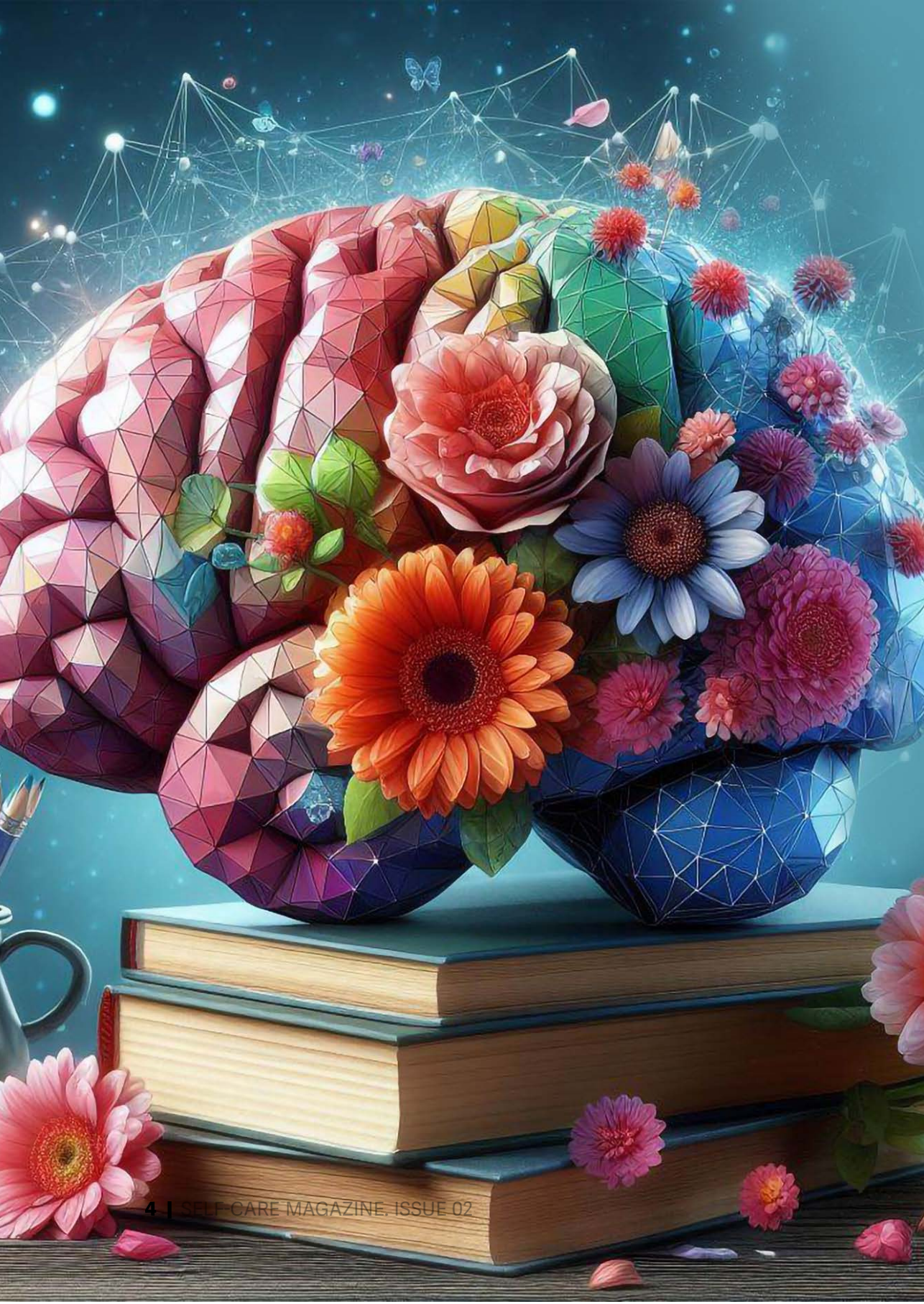
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INTRODUCTION

welcome back to second issue of Self Care, our magazine dedicated to the mental health of international students here at Iran University of Medical Sciences. We created this magazine because we know that studying far from home brings many challenges. Not only do you have to keep up with your studies, but you also need to adapt to a new culture and find your place in a new community.

In this second volume, we continue to focus on topics that matter to you. We want to help you handle the pressures of being a student, deal with homesickness, make new friends, and stay healthy both in your mind and body.

At Self Care, we believe that understanding and managing your mental health is key to enjoying your time here and succeeding in your studies. We'll share tips on how to cope with stress, stories from other students who are going through the same experiences as you, and advice from experts who understand what you're facing.

We also know that taking care of your mental health is a continuous process. It's not just about getting help when you're feeling down. It's also about finding ways to stay strong, confident, and positive every day. That's why in each issue of our magazine, we'll explore different ways to boost your mental health and make sure you have the support you need.

At Self Care, we're committed to promoting a holistic approach to mental health. This means looking at your well-being from every angle: emotional, psychological, and social. Expect to find a range of topics, from practical advice on managing time and stress to understanding and navigating the complexities of cultural adaptation and maintaining relationships back home.

Thank you for picking up our magazine again. We hope you find the articles helpful and encouraging. Remember, taking care of your mind is just as important as taking care of your studies. Let's make your time at university a positive and enriching experience together.

Enjoy reading, and take good care of yourselves!



Mastering Emotion Regulation Skills:

A Guide for INTERNATIONAL STUDENTS

Vahid Taghavi (MSc of Mental Health)

Introduction

As an international student, adjusting to a new country can be as challenging as it is exciting. Beyond navigating a different academic environment, the emotional roller coaster that comes with living far from home can be intense. Emotion regulation skills are key tools that help manage these feelings effectively, ensuring they don't overwhelm you and impact your studies or personal life. This essay will explore simple and practical emotion regulation strategies that can make your university experience more enjoyable and less stressful.



Understanding Emotion Regulation

Emotion regulation involves managing the way we feel and how we express those feelings in various situations. It is not about suppressing our emotions but understanding and moderating them so that they work for us and not against us. For example, feeling anxious before an exam is normal, but if this anxiety is too high, it might impair your ability to perform well. Therefore, learning how to keep your anxiety at a manageable level is an essential skill.

Why Is Emotion Regulation Important?

For international students, the ability to regulate emotions can be particularly crucial. You might face stress from cultural differences, language barriers, academic pressures, and homesickness. Proper emotion regulation can help reduce stress, enhance your academic performance, and improve overall well-being. It can prevent the feeling of being overwhelmed and help you maintain a positive outlook.

Basic Emotion Regulation Techniques

1. Mindfulness and Awareness: Mindfulness is about being aware of the present moment without judgment. By practicing mindful-

ness, you can observe your emotions as they arise, understand their source, and decide how to respond to them. Simple mindfulness exercises include deep breathing, meditation, or even mindful walking. These practices help you calm your mind and reduce feelings of anxiety or sadness.

2. Cognitive Reappraisal: This technique involves changing the way you think about a situation to alter your emotional response to it. For example, if you feel homesick, you might think, "I am alone here," which could deepen feelings of loneliness. Reappraising the situation as, "This is an opportunity to meet new people and learn new things," can shift your emotions from sadness to curiosity and openness.

3. Expressive Writing: Sometimes, writing down what you feel can be a great way to manage intense emotions. Expressive writing doesn't have to be public; it's for your eyes only. This method can help you process and make sense of your feelings, especially after a stressful day or an upsetting event.

4. Problem-Solving: When emotions are triggered by specific problems, such as struggling with coursework or conflict with

roommates, directly addressing the issue can alleviate negative emotions. Break down the problem into manageable steps and work towards solving it systematically. This proactive approach can reduce feelings of helplessness and anxiety.

5. Building Social Support: Connecting with others can significantly help with emotion regulation. Share your feelings with friends, family, or fellow students. Social support can provide comfort, advice, and a different perspective on your problems. Universities often have counseling centers and student support services that can be immensely helpful.

Practical Application in Daily Life

Implementing these skills requires practice and patience. Start by identifying which emotions you frequently struggle with and ob-

serve what situations trigger these emotions. Choose one or two techniques from above and apply them regularly. For instance, practice mindfulness every morning or write in your journal every night. Over time, you will notice a greater ability to manage your emotions effectively.

Conclusion

Learning to regulate your emotions is a powerful skill that will serve you not just during your university years, but throughout life. For international students, mastering this skill can transform the university experience from merely surviving to thriving. Start small, be consistent, and remember that seeking help is a sign of strength, not weakness. Embrace these skills, and watch how they change your life for the better.



Learning to regulate your emotions is a powerful skill that will serve you not just during your university years, but throughout life



The Importance of Self-Care

Mohammadreza hejri (MSc of General Psychology)

In today's fast-paced world, where responsibilities and pressures loom large, self-care has become more than just a trend—it is a vital aspect of maintaining good mental and physical health. Self-care refers to the deliberate actions we take to care for our physical, mental, and emotional health. Its significance cannot be overstated, as it is foundational to our ability to function effectively in our personal and professional lives.

Understanding Self-Care

Self-care encompasses a wide range of practices that differ from person to person. For some, it involves engaging in physical activity to maintain health and increase energy levels; for others, it might mean setting aside time for meditation or mindfulness to clear the mind and ease stress. Whatever the activity may be, the goal of self-care is to provide a balance in life that bolsters our well-being and enhances our ability to handle stress,

relate to others, and make choices that lead to a successful and fulfilled life.

Physical Self-Care

Physical self-care involves activities that help you keep your body in good health and functioning well. This can include routine activities like getting sufficient sleep, eating nutritious foods, engaging in regular physical exercise, and attending regular medical check-ups. Neglecting physical self-care can lead to a plethora of health issues, from minor ailments like frequent colds to severe chronic diseases. By making an effort to stay physically healthy, you equip your body to handle the demands of daily life.

Mental and Emotional Self-Care

Mental and emotional self-care are just as important as the physical. This involves practices that help manage stress, reduce anxiety, and boost mood. Activities can include reading, writing, or engaging in hobbies that stimulate the mind

and foster a sense of accomplishment. Emotional self-care might involve practices like journaling, psychotherapy, or talking regularly with friends or family, which help process emotions and maintain emotional balance.

Practices like mindfulness and meditation can also be significant, providing tools to manage stress and emotions in a healthy way. These practices help cultivate a state of awareness and presence, which can lead to greater calm and an increased ability to cope with life's challenges.

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The Benefits of Regular Self-Care

Regular self-care does not just help prevent burnout; it actively improves your quality of life. For example, people who prioritize self-care have better physical health, are less prone to mental health issues such as depression and anxiety, and generally have better relationships with others. The act of taking time for oneself can also enhance self-esteem and self-awareness, encouraging a healthier, more compassionate relationship with oneself and others.

Creating a Self-Care Routine

Developing a self-care routine is deeply personal and requires an understanding of what truly benefits you. It doesn't have to be elaborate or time-consuming; it can start small, with activities as simple as taking a walk in nature, enjoying a favorite beverage, or dedicating 20 minutes a day to meditation or relaxation exercises.

The key is consistency and a genuine focus on what you need—physically, mentally, and emotionally. It's also important to remember that self-care isn't selfish. By maintaining your health and well-being, you're better equipped to support and care for others.

In conclusion, the importance of self-care cannot be underestimated. It is an essential part of living a healthy, balanced life. By investing in regular self-care practices, you not only improve your quality of life but also enhance your ability to contribute positively to society. Remember, the journey to self-care is personal and evolves over time. What matters most is taking those first steps toward recognizing its value and making it a regular part of your life.

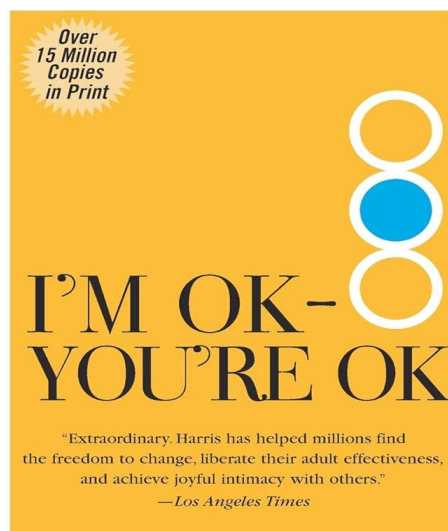
I'm Ok, You're Ok

Thomas A. Harris

"I'm Ok, You're Ok" by Thomas A. Harris is a self-help book that encourages an optimistic outlook on life. It provides insights on how to build positive relationships, communicate effectively, and achieve personal growth through introspection and self-acceptance. Transactional analysis delineates three ego-states (parent, adult and child) as the basis for the content and quality of interpersonal communication. "Happy childhood" notwithstanding, says Harris, most of us are living out the not ok feelings of a defenseless child wholly dependent on ok others (parents) for stroking and caring. At some stage early in our lives we adopt a "position" about ourselves which very significantly determines how we feel about ourselves, particularly in relation to other people. And for a huge portion of the population, that position is that I'm Not OK-You're OK. This negative Life Position, shared by successful and unsuccessful people alike, contaminates our rational adult potential, leaving us vulnerable to the inappropriate, emotional reactions

Thomas A. Harris, M.D.

The Classic Bestseller That Has Changed the Lives of Millions



of our child and the uncritically learned behavior programmed into our parent. By exploring the four basic "life positions," we can radically change our lives.

The book made the New York Times Best Seller list in 1972 and remained there for almost two years.

It is estimated by the publisher to have sold over 15 million copies to date and to have been translated into over a dozen languages.



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