

The nervous system reset

Regulation is the new goal in mental health

Aditi Malhotra

For years, mental health conversations focused mainly on thoughts and feelings. Therapy is centred around mindset, emotional processing, and rewiring cognitive patterns. While these aspects are still essential, a quieter shift is changing how we understand well-being. More and more, people are realising that mental health does not begin only in the mind but in the body. At the core of this change is the concept of nervous system regulation, a growing area of focus that recognises the body's powerful role in how we experience and recover from stress.

Your nervous system works like a command centre, constantly scanning for safety or threat and guiding how you respond. It influences everything from your energy levels and emotions to your ability to relax and connect with others. When it becomes dysregulated, it is much harder to feel emotionally stable or calm, even if your external life appears balanced.

WHY REGULATION IS THE NEW GOLD STANDARD

For a long time, mental health advice focused on positivity, resilience, or achieving happiness. While these are valuable goals, they often overlook the body's biological state. A regulated nervous system is not about always feeling cheerful, it is about

having the ability to handle a range of emotions and then return to balance without spiralling.

Regulation helps you stay grounded. It allows you to pause instead of react, to rest without guilt, and to connect with people more meaningfully. It creates the

internal safety that makes real emotional stability possible. In many ways, learning to regulate is more sustainable than trying to be endlessly productive or emotionally perfect.

THE VAGUS NERVE CONNECTION

Central to this process is the vagus nerve, which runs from your brainstem down into your chest and abdomen. It controls many unconscious bodily functions, including your heart rate, digestion, and breathing. A well-toned vagus nerve helps you shift into the rest-and-digest state after periods of stress. However, in people with

chronic stress or trauma, this nerve often remains underactive.

Practices such as deep breathing, humming, singing, cold showers, yoga, and even gentle movement can stimulate the vagus nerve and support regulation. These aren't

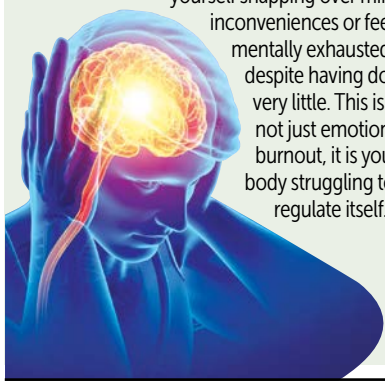
just wellness fads, they are simple tools that train your nervous system to feel safe again.



WHAT IS NERVOUS SYSTEM DYSREGULATION?

Imagine your nervous system as a stress thermostat. When it functions well, you move through various emotional states but eventually return to a place of calm. You might feel anxious, upset, or overwhelmed, but you bounce back with relative ease. However, when the system becomes dysregulated, often due to chronic stress, trauma, or overstimulation, it gets stuck. This might show up as constant anxiety, irritability, mental fog, emotional numbness, sleep issues, or difficulty concentrating.

In this state, your body operates in survival mode. Even small triggers can create strong emotional reactions or fatigue. You might find yourself snapping over minor inconveniences or feeling mentally exhausted despite having done very little. This is not just emotional burnout, it is your body struggling to regulate itself.



FROM TALK THERAPY TO SOMATIC HEALING

Talk therapy is still effective, but many therapists and wellness practitioners are now blending it with body-based approaches. Somatic therapies focus on the idea that trauma and stress are stored in the body and must be released through physical means. Techniques like EMDR, TRE, somatic experiencing, and polyvagal theory work on calming the nervous system rather than just managing thoughts. Even everyday habits such as stretching, walking in nature, listening to calming music, or mindful breathing can support this process. These activities do not fix everything overnight, but they help reset your system and teach your body that it does not need to stay in defence mode.

WHY TODAY'S WORLD MAKES REGULATION HARDER

Modern life floods the nervous system with constant stimuli. Notifications, emails, social media feeds, and news updates all demand attention and spark micro-reactions. This digital overstimulation keeps your system in a

low-level stress state for most of the day.

Add to that the pressure to perform, achieve, and appear composed at all times, and it becomes clear why so many people feel drained or detached. The nervous system was never designed to handle this much input without enough pause. That is why nervous system care is becoming an essential part of emotional wellness.

HOW TO SUPPORT A DAILY RESET

Resetting the nervous system does not require expensive therapy or hours of free time. It starts with small moments of reconnection. This could be a five-minute body scan before bed, a few deep breaths before opening your inbox, or setting a digital boundary that protects your rest time.vvvv

It can also involve creative expression, slow movement, warm baths, grounding exercises, or

simply permitting yourself to pause. The goal is not to become emotionless or perfectly calm, it is to build a strong inner rhythm that helps you move through challenges with greater ease.

A NEW FRAMEWORK FOR MENTAL HEALTH

Mental health is evolving beyond mindset alone. Regulation is not just a trend, it is a return to how humans were meant to live—in sync with our bodies, aware of our limits, and able to respond rather than react. When your nervous system is well-regulated, everything becomes more manageable. Relationships feel lighter, stress becomes less consuming, and life starts to feel a little more spacious.

In a world that rarely allows stillness, learning to regulate is a quiet but radical act. It is not about being tougher, it is about being kinder to your body and listening to what it needs. Because sometimes, the most powerful thing you can do for your mind is to take care of your nervous system.



Awareness campaign in Panjim market on Environment Day

On the occasion of World Environment Day 2025, Ayya Foundation, One Earth Foundation, NGO Uzwaad, Dhemp College of Arts and Science, and the Corporation of the City of Panaji (CCP) jointly organised an impactful awareness initiative in the Panjim market. The campaign involved a market inspection drive, where volunteers actively checked the usage of plastic bags by vendors and shoppers, while also distributing eco-friendly cloth bags to the public. The initiative aimed to sensitise citizens about the harmful effects of single-use plastic and promote sustainable alternatives.

A key highlight of the event was the promotion of the 'Amchi Pitti' cloth bag stall installed at the Panjim market by One Earth Foundation in collaboration with CCP. This facility allows the public to borrow cloth bags for a nominal fee of Rs 20, which is



fully refundable upon return of the bag. This thoughtful and practical initiative encourages reuse, helps reduce plastic consumption, and ensures that no shopper is left without a sustainable option while at the market.

In another powerful segment of the campaign, NGO Uzwaad, along with the students of the Department of Philosophy, Dhemp College,

performed a street play at Panjim Bus Stand. The play focused on the dangers of single-use plastic, effectively capturing the attention of passers-by and spreading awareness through art and performance. The entire programme reflected the spirit of collective responsibility towards the environment and highlighted the importance of small, consistent steps in achieving a plastic-free future.

Serpentine 2025

The 3rd annual Serpentine get-together, organised by Herpactive, Goa brings together snake rescuers, researchers, enthusiasts, and anyone passionate about reptiles and their conservation. This year is extra special, marking a hat-trick of gatherings, and promises a morning filled with snake tales, trivia, and meaningful discussions on how collective action can help protect snakes and their habitats across Goa. Open to participants aged 8 and above, they will have the opportunity to share their work, learn about volunteering alongside rescuers and researchers, and engage in exciting segments like lucky draws, a silent auction, and interactive sessions. The event also includes stalls featuring field gear, nature books, and snake-themed memorabilia. No live or dead snakes will be present.

Venue: Gurulaxmi hall, PDA Colony, Porvorim
Date: June 8
Time: 10 am - 2 pm

Soul of Indian Cinema - Kumars Night

Kutumb Social and Cultural Association in association with Directorate of Art & Culture - Goa will host Kumars Night featuring the best of Dilip Kumar and Manoj Kumar. Conceptualised and organised by Nilesh Yeshwant Faterpekar with event coordination by Achalendra Aasha Velingkar, the music will be by Gaurav Salgaonkar and Nihal Kane

and their orchestras. The singers for this musical night include Madhavi Madgaokar, Rajesh Madgaonkar, Khushboo Haldankar, Sagar Naik, Tania Kirtini, Annapurna Sakhardande and Samruddha Chodankar. Entry is free and open to all.

Venue: Kala Academy, Panjim
Date: June 7
Time: 6.30 pm onwards

Five Poems on Goa in 'The Penguin Book of Poems on the Indian City'

Five poems on Goa have been published in 'The Penguin Book of Poems on the Indian City'. Released last week, the collection edited by Bilal Moin, spans 1500 years of Indian poetry. The anthology showcases 37 Indian cities, comprising 375 poems by 264 poets.

Listed under the section 'Panaji-Panjim' the poems, in sequence are, 'Last Bus to Vasco' by Brian Mendonça; Sonnet 30, 'Near Goa' by Greece Chunder Dutt; 'Goa' by Nandini Sen Mehra; 'Vagator Beach, Goa, 2018' by Gopikrishnan Kottoor; and 'Tea in Panaji' by Sarabjeet Garcha.

'Last Bus to Vasco' by Brian Mendonça describes his journey on the last bus to Vasco from Panjim. As the tired bus journeys towards its destination, the poet describes the people who board the bus and how important this service is to them. The poem has many colloquialisms in Konkani which have been retained with footnotes. The poem is divided into 3 sections: i. Panjim to Cortalim ii. Ferry crossing over the Zuari river and iii. Cortalim to Vasco. As it nears 9 pm the poet frets that his family members will be anxious for him. He decides to call home, only to be greeted by a recorded voice which intones, 'All-lines-in-this-route-are-busy. Please-call-after-some-time'.

Out of the nineteenth century comes Greece Chunder Dutt's sonnet, 'Near Goa'. The 14 lines open with a deserted churchyard where pilgrims rest. The sonnet is framed by the impact of the Spanish and Portuguese on Goa personified in St. Francis Xavier and Afonso de Albuquerque. 'Goa, 2018' by Nandini Sen Mehra depicts vignettes of Goa, 'crumbling church towers', women in rice fields, a house called Gulabo, and 'Dona Maria at an open window'. The flicker of a film brings the poem to a close.

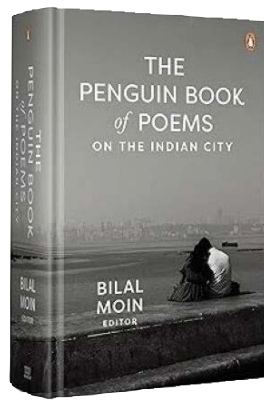
What does it mean to lose a boy at sea? Gopikrishnan Kottoor grieves over a lad who drowned. Hugging the boy's crucifix gives him some solace as he



Brian Mendonça

starts his scooter to leave the place in 'Vagator Beach, Goa 2018'. Sarabjeet Garcha experiences love in a tea cup in 'Tea in Panaji', 'while we wait to become / a flavour lingering / in the invisible archer's mouth'.

Brian Mendonça has two more poems featured in the anthology, viz. 'Hari-dwar' written in Hardwar, and 'Srinagar, November 1998' written in Srinagar. 'Hari-dwar' or the 'Door to Hari' describes the rhythm of the holy city. It names the trees and flowers found there. The yelp of a dog reminds the poet of the episode of Yudhishthira and his dog in the Mahabharata. It ends with a message by Krishnamurti, 'To be vulnerable is to live, and to withdraw is to die.' 'Srinagar, November 1998' is a short poem which catalogues the uncertainty of life. Life is compared to 'a deck of cards'. Pain abounds but there is hope on the horizon.



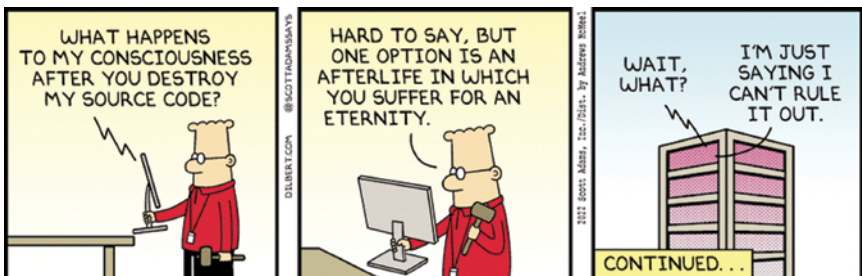
Saturday devotion to the Immaculate Heart of Mary at Pilerne

The parish of St John the Baptist Church, Pilerne representing Calangute deanery recently hosted a night vigil entitled, 'Hearts of Hope - Devachea mogachem zagronn - Farikponnachech zagronn' in association with World Apostolate of Fatima, Goa Archdiocesan division. With emphasis on the encyclical penned by Pope Francis, 'Delixit nos', the vigil was led through various segments like reparation prayers, adoration, worship, rosaries, procession and Holy mass by representatives from the parishes in the Calangute deanery. Fr Derick Fernandes, parish priest of Pilerne, who initiated the first Saturday devotion to the Immaculate Heart of Mary in the parish, stated, 'The vigil is a great way to honour the twin hearts of Jesus and Mary and unitedly seek reparation and peace in the world.' Fr Derick added that, the parish shall continue with the First Saturday devotion where Fr Ashlyn Chand, official exorcist of Mumbai, shall conduct prayers and adoration led through the rosary.

Venue: St John the Baptist Church, Pilerne
Date: June 7
Time: 9.30 am to 1 pm

Herald Gaming Console

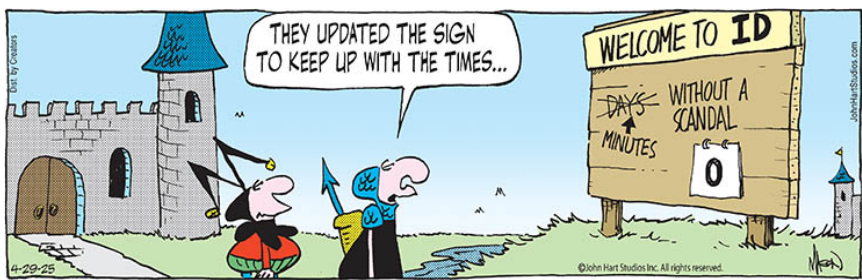
Dilbert



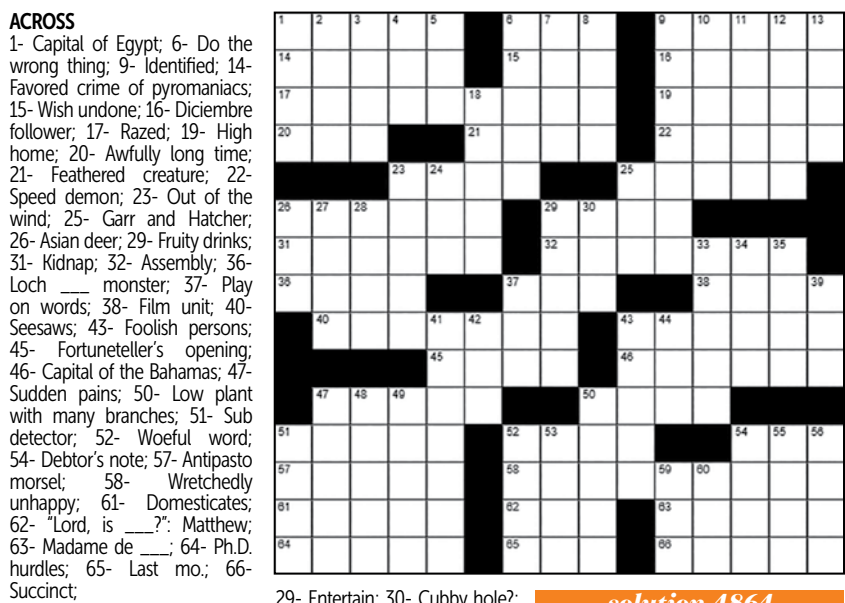
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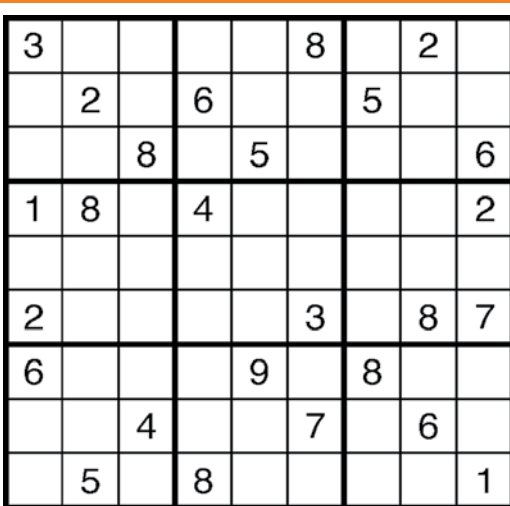
crossword 4865



solution 4864



sudoku 4865



Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4864

