



Well-Being Club Newsletter

April 2026



Meet... well, you know who. That one engineering student. It's April. Room is 40°C. Deadline is tomorrow. Last meal was "sometime yesterday." Headache won't leave, patience is at zero, and just snapped at the roommate for simply existing. Dramatic? They thought so too. Until they realized — this is just every Tuesday. If you felt that — keep reading. This is for you.

3 Things. Zero Rupees.

Do Them.



- * Headache — You didn't drink water. Your body is not subtle.
- * Always tired — 2 AM to 7 AM is a nap with ambition.
- * Can't focus — No food, no water, no WiFi. Simple math.
- * Randomly angry — Roommate breathed and you felt rage? Drink water before you lose friends.



- 💧 Water — 8 glasses. Set an alarm. Chai doesn't count.
- 🥗 Eat real food — Curd, fruits, dal. Your stomach is not a Maggi factory at 42°C.
- 😴 Sleep — By midnight. Your brain repairs at night, not during a 9 AM lecture you're half conscious for

Fun fact: Losing just 2% body water drops your focus by 20%. That 4-hour assignment? Could've been 3. Drink water.



Story continues:



The headache left. But the heavy feeling in the chest didn't. Hadn't called home in 5 days. Not because of being busy — but embarrassed about not doing okay. Everyone else looked fine. Put together. Happy. Here's the truth: They're not. They just don't post their bad days.

Your Mind's SOS Signals:



- Everything feels like a chore — That's not laziness. That's exhaustion talking.
- Comparing yourself all day — You're watching their highlight reel and calling it their real life.
- Alone even around people — Big signal. Don't ignore this one. Talk to someone.
- Can't sleep but can't wake up — That's your brain saying "I need a break, not a Red Bull."

Everything feels like chore

Close 5 tabs. In your brain

Comparing yourself all day

Their highlight reel ≠ your real life.

Alone even around people

One text can change your whole day.

Can't sleep but can't wake up

2 AM is not a productivity hour. Sleep.



The "Yes" Problem:

"You said yes to the extra task. The plan you're too tired for. The group project nobody asked you to join"

Every yes to overload = no to your own rest. Simple.

- 🗣️ "I can't take this right now."
- 🗣️ "I need some me-time today."
- 🗣️ "Let me get back to you."



No explanation needed. No guilt required. 😊

Okay But What Do I Actually Do?



3 Promises for April:

- ✓ 8 glasses of water (compulsory like attendance)
- ✓ Sleep by midnight 5 days a week (future you will cry happy tears)
- ✓ One honest check-in with yourself daily (1 minute. No filter.)



Your 10-Minute Daily Reset:

- 🕒 Morning — 2 min Water first. Phone second. Instagram survived without you all night. It'll manage 2 more minutes.
- 🌿 Afternoon — 3 min Go outside. Not to class — just outside. You are not a laptop. You need ventilation too.
- 📝 Evening — 3 min Write 3 sentences. What happened. How you felt. One thing that wasn't terrible. No grammar police here.
- 🌙 Night — 2 min Phone down. Breathe in 4 seconds, out 6. Tell your brain the day is over. It won't know otherwise.



NEED SUPPORT?

CONTACT OUR COUNSELLOR

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