

Silent battles: Women's stories of emotional healing

We concluded the journey of mental health sessions conducted by the I Am Wellbeing with our dedicated group of women beneficiaries from Samarth Sarathi Samuh. Over the past months, this journey has been a transformational experience. The women understood themselves better. They learned how to manage their emotions and set boundaries in their relationships. It has been truly inspiring to see their growth and transformation.

The following are the experiences of few women in their own words



"Before this session, I never thought about my mental health. I always worked for my family and forgot about myself. But after this session, I realized that it is important to take care of my own mind and feelings too. I feel more peaceful now." - **(Sunita Devi)**

"After the session, I went home and spoke kindly to my children. I felt calm. Now I want to learn more about how to keep my mind healthy." - **(Malti)**

"When I learned to control my anger I became closer to my children. Now they are no longer afraid of me, and they share their feelings with love." - **(Arti)**



"I understood my feelings and emotions better and learned to set boundaries in my life so that no one can hurt me." - **(Bimlesh)**



"I felt relaxed after talking in this session. I shared my problems and listened to others too. I understood that I am not alone. Many mothers feel the same stress and pressure." - **(Savita)**

"Earlier, I would cry or react in anger. But now, I take time to calm myself and focus on my own well-being. These sessions have helped me value myself." - **(Rinky Devi)**

"I used to feel angry and tired all the time. But in the session, we learned how to manage our emotions. I will try to take out some time every day just for myself." - **(Kiran)**



"After the session, my frustration often came out in loud and aggressive communication, but now I learned to manage my anger." - **(Sonika)**



"After attending the session my negative thoughts have changed." - **(Soni Devi)**