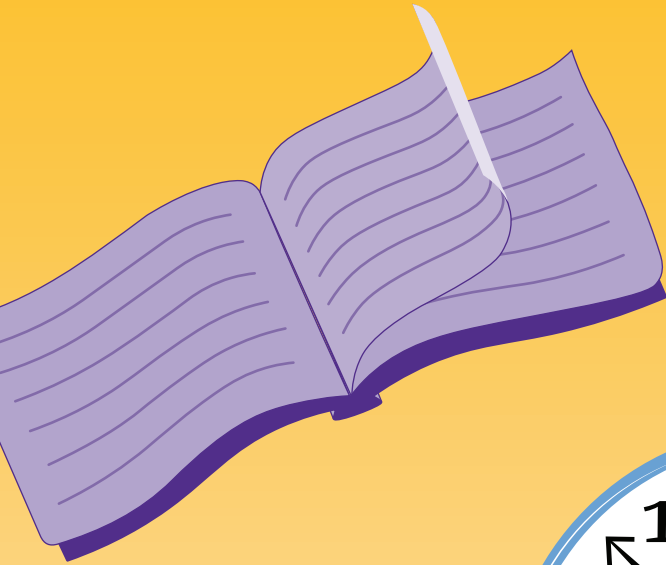


Mentality

WHAT'S THE RUSH?

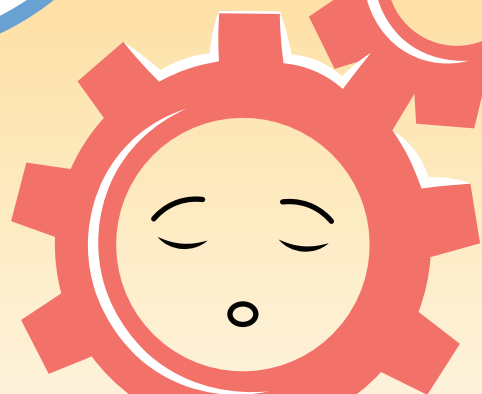
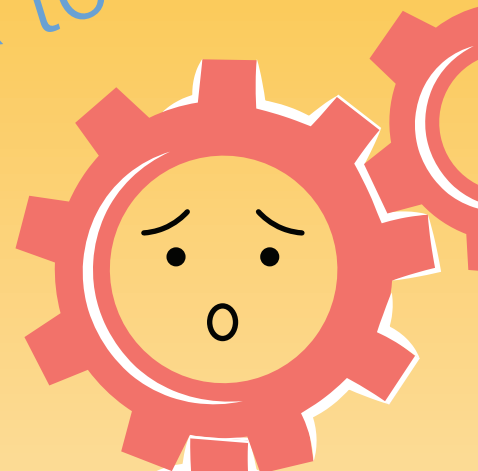
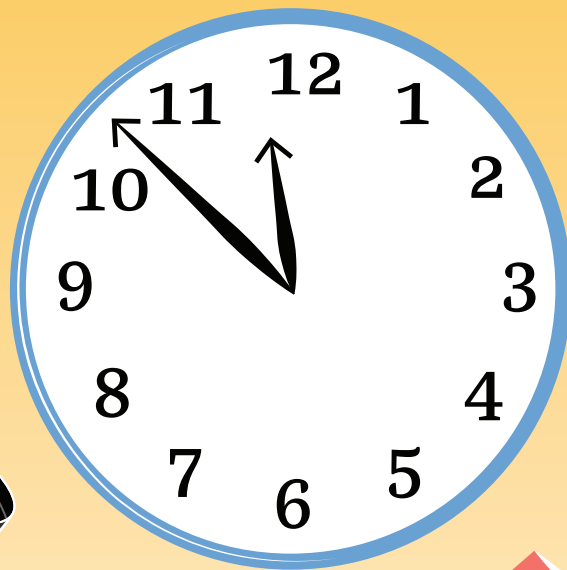
Managing life pace, pressure, and finding balance



tick tock

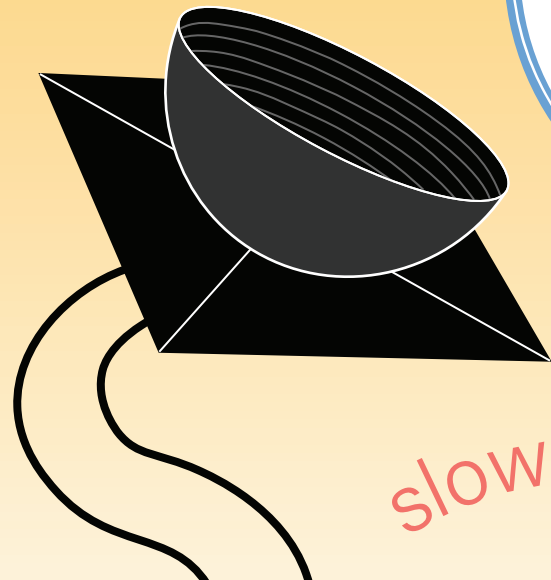
tick tock

hurry up



slow down

balance



Mentality

M A G A Z I N E

MENTALITY STAFF

Vaishnavi Katta

Editor in Chief

Vibha Moorthy

Content Editor

Paul Silaghi

Business Manager

Noelani Conahan

Design Editor

DISCLAIMER:

Some of our content could be emotionally triggering to those who can relate or have experienced similar struggles. If you find yourself becoming uncomfortable while reading, please take a moment for yourself. If you would like to speak to a professional, resources are listed at the end of our magazine.

We hope you enjoy.

CONNECT WITH MENTALITY!

 @mentality_magazine

 mentality@umich.edu

 mentalitymagazine.org

 [Mentality Magazine](#)

W W W . M E N T A L I T Y

LETTER FROM THE EDITOR

Dear Readers,

I am proud to present the 15th issue of Mentality Magazine, a publication that continues to expand my worldview from semester to semester. This issue was inspired by the fast-paced nature of our daily lives. Hustle culture and the romanticization of the grind have made us all feel like speed is the only gear we should be in. However, a counterculture to this hustle culture has been emerging – one that embraces slow living, savors the moment, and understands that life is meant to be lived, not rushed through.

Embracing slow living in my personal life has been a challenge. I would like to escape into my cottage core English countryside fantasies. Unfortunately, I live in the rat race we tend to immerse ourselves in and constantly feel anxious about not doing enough. However, by embracing my own timeline, I have found the ever-elusive sense of peace I have been craving. My goal for this issue is for readers to feel like they have permission to take a break.

This issue of Mentality wouldn't have come to life without the wholehearted contributions of the Mentality executive team. I'd like to take a moment to extend my gratitude to Paul Silaghi, Vibha Moorthy, and Noe Conahan for their tireless efforts in crafting and distributing the magazine you now have in your hands. A special thanks also goes out to all our writers for their dedication to penning and designing their pieces. Without their willingness to share their stories, this issue simply wouldn't have been possible.

I encourage all our readers to take a look at their schedules and build in some white space. In this busy world, making time to think is the hardest part. However, slow living and productivity have one thing in common, and that is intentionality. Use your time wisely, but don't forget to live in between the classes and deadlines. Less is usually better in the long run because it reminds us of what is essential.

Enjoy,

Vaishnavi

A handwritten signature in black ink that reads "Vaishnavi Katta". The signature is written in a cursive, flowing style.

Table of Contents

4

Melting Clocks

ANUSHKA DALVI

5

#1 - serenity

EMILY LAFFEY

6

Time

PAUL SILAGHI

8

Taking Life at My
Own Pace

FREDA FRIMPONG

10

The Beauty of
Boredom

VAISHNAVI KATTA

11

#2 - go

EMILY LAFFEY

12

#3 - 4:13 am

EMILY LAFFEY

14

i want my ass to hurt
from sitting

VIBHA MOORTHY

16

Chasing Dreams:
Juggling Growth and
Savoring Life

VAISHNAVI KATTA

18

Your Mental Health
Deserves At Least
Four Credit Hours
of Study Time

PAIGE WILSON

WANT TO GET INVOLVED?

 @mentality_magazine

 mentality@umich.edu

 mentalitymagazine.org

 Mentality Magazine

We're always looking for more people to help us!

Writers: All the lovely pieces in these pages were written by students like you! Join Mentality to have your own pieces published on our website or in the next print edition!

Designers: Interested in how these pages are formatted and put together? Join our design team!

Business: We're constantly looking for ways to partner with other orgs on campus and for new events to participate in!

A SPECIAL THANK YOU TO OUR SPONSORS!



The University of Michigan
Central Student Government

Melting Clocks

By: Anushka Dalvi

There's a whiteboard on my desk with a list of things to do like studying for the exam next week, submitting assignments, and writing essays all with due dates next to them. I have three alarms set on my phone just to make sure I turn in all my assignments before the deadline. And just because all of these reminders weren't enough, the thought running through my head is all meetings I have next week and what the next step is in my research experiment that I need to do tomorrow. Amidst the to-do whiteboard, sticky notes, and Sharpies I have on my desk is a miniature model I made of a tree with a melting clock from the painting *La Persistencia de la Memoria* by Salvador Dalí. I have to say it is one of the few of my high school projects that I cherish because I loved the painting and also the concept behind it: the relative concept of time. Ironically, with a constant reminder for this concept of time, I find myself planning all future events.

With the nature of being a student, I often find myself completely focused on future exams, assignments, applications, meetings, etc. I don't think it is bad to plan for the future and is actually beneficial. However, what we sometimes forget is to just take a few minutes to be in the present moment and slow down. While dwelling on the past in the moment, we don't realize that we are making our present, the past. And while we are constantly planning for the future, we don't realize that the present was once the future we planned for. The present moment is the shortest of the three time frames so we really have to make the most of it. And while it is easier said than done, we can start with small changes. Personally, I realized that while walking to classes and listening to music I thought I was being present in the moment but often found myself finding the next song I want to listen to. So, I have decided to walk without music and just enjoy the nature around me. I have decided to take a few minutes just to sit and clear my head when taking study breaks instead of going on my phone. I know slowing down and switching to this lifestyle is going to take active effort and will be a long process. But I believe building atomic habits and even recognizing that I need to slow down is a step in the right direction. So I don't know if the things on my to-do list will go down or if I will turn off all my alarms but I think I will remind myself to slow down looking at my miniature melting clock model!



#1 - serenity by Emily Laffey

TIME

Written and designed by Paul Silaghi

Time.

Free to all,

Yet sold to none

A perpetual question,

Asked every day

Use the time,

Or let it use you;

Push you

Pull you

Rule you

It sounds so simple,

Just seize the day!

Learn new things,

Open new doors,

Meet new faces

Though failing at this

Takes even less

Success is simple,

But failure is easy

The temptation of routine

Can overwhelm:

Get enough sleep

Eat well

Get good grades

See your friends

Exercise

Network



Secure that job
Own your future
All in one day
Every day
But what about that day?
What is left of it?
What have we left to it?
A legacy comes not
From gleaming memorials
Or teary remarks
Our legacy is within,
Resting in our choices
It is everyday
The beauty in the mundane:
A warm embrace,
The autumn leaves,
An old man in need
I hope that we all
Can look back and smile
On the choices we made
The people we touched
The moments we grasped
Refusing to let them go
When we inevitably
Run out of
Time.



Taking Life at My Own Pace

By: Freda Frimpong

Growing up, I always heard that love was patient. I had all the patience in the world for others, but unfortunately, when it came to myself, there was not much left to give. One of the most prominent lessons I had to learn in college was patience. I felt like I was running a never-ending race, juggling classes, work, and extracurriculars, while I could barely catch my breath.

I was in a race against time. We all have 24 hours in a day, but others managed to complete so much while I often struggled to start.

I was in a race against expectations - from myself, my parents, and society- that told me I was not doing enough.

I was in a race against myself, where whatever pace I ran in would never be fast enough.

In the second semester of my freshman year of college, I was diagnosed with ADHD. This diagnosis did not catch me by surprise, but the magnitude in which it impacted my life did. I struggled to adjust to the lack of structure of college life. While it was freeing for others, I had difficulty attending class, paying attention, and meeting deadlines. It was time for me to learn how to be a student and what that looked like for me with ADHD. I wanted this change to be instant. I figured now that I knew about my ADHD, it should not be hard for me to adapt to it. As one might already expect, my assumption was very wrong.

Navigating my ADHD was a frustrating journey. Things that seemed so simple left me feeling helpless and incompetent. I did not understand why I could not suddenly become the stellar student I once was. I felt behind my peers, behind as a student, and behind in life. My fears consumed me as it dawned on me that I was losing this race.

Through therapy, I learned to reframe my mindset. Not only was this not going to be a quick transformation, but it would be one that forever continued to evolve with me. My ADHD taught me to be patient with myself as growth is not linear. In my mental health journey, I have had many lows in an overall upward trajectory towards a healthier and happier self. Over the years, I realized that by practicing patience and allowing myself to take my time to discover what was right for me, I was embracing myself with the love and grace that I deserved. Love is patient, and I will continue to shower myself with love as I complete this race at my own pace.




The Beauty of Boredom

By: Vaishnavi Katta

I've noticed a waning interest in my phone recently, though to be honest, I never had a strong attachment to it in the first place. While some people revel in the constant connectivity and access to information, it has always stirred a sense of unease in me. It's not uncommon for me to leave my phone at home or be disconnected from it for hours on end. Lately, I've taken this a step further, as my fascination with digital technology has dwindled. My appetite for television and movies has diminished, and social media often seems to do me more harm than good. Even the music that used to accompany me constantly through my earbuds now escapes my enjoyment.

Now, more than ever, I yearn to immerse myself in the physical world. However, in the absence of television or TikTok to distract me, I find myself slipping into boredom more frequently. I had almost forgotten what it felt like. Entertainment and instant gratification are always within arm's reach, but when my to-do list is complete and the evening begins, I'm left with no option but to pass the time.

I've challenged myself not to reach for YouTube during these moments. Instead, I allow myself to sit in them and let my mind wander into uncharted territories, seeking ideas on what to do. Initially, these ideas were hard to come by, and I found myself desperately searching for something to occupy my time. But as the days go by, I find it increasingly easier to entertain myself.



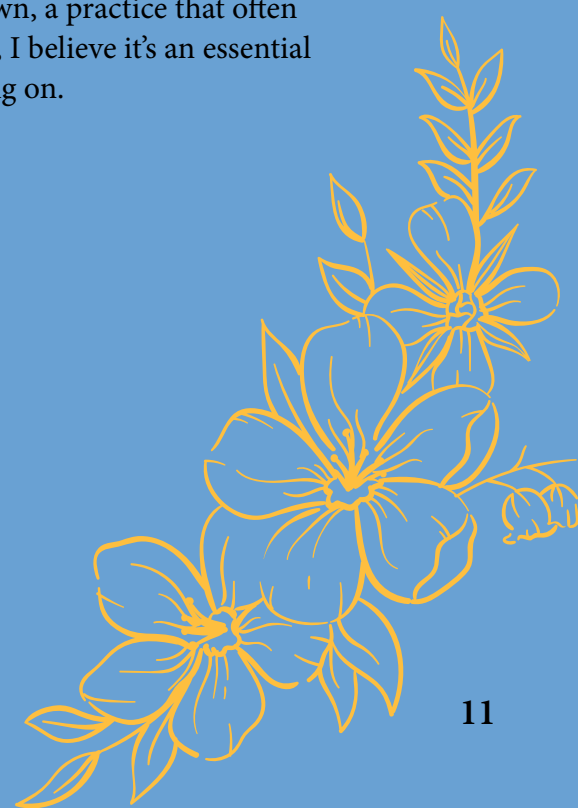


In a way, this lifestyle has rekindled my connection to my inner child – the version of me at eight years old, free from the confines of a phone, iPad, and unlimited screen time. It's the version that built treasure chests from cardboard boxes and gleefully experimented with her mother's makeup. Here I am, an adult woman creating whimsical scenes in my apartment involving gnomes and styling my hair in space buns.

During my bouts of boredom, my journal has become a constant companion, ready to capture the thoughts I entrust it with. It's a sanctuary where my thoughts are expressed in straight lines rather than endless circles, a space where my emotions can be felt and healed.

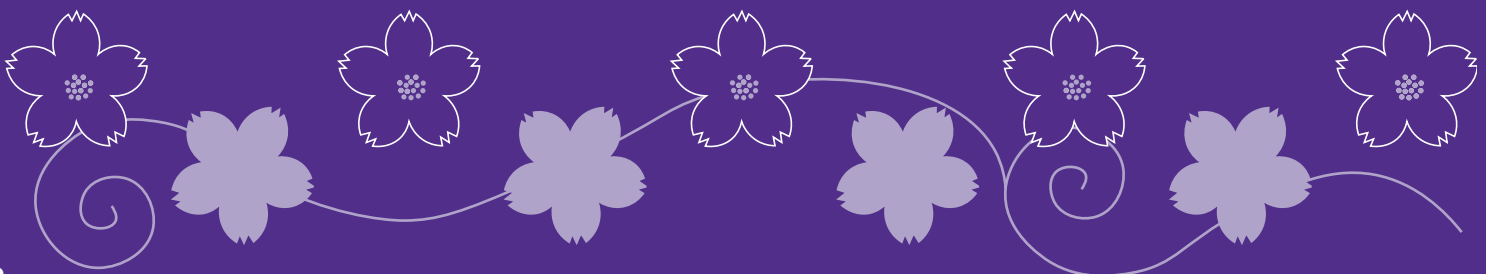
The more I embrace boredom, the more I find my creativity flourishing. It's not just about having time for creative pursuits; it's about the flow of ideas that seem to come more effortlessly. The ancient Greeks believed that genius existed outside of oneself, acting as a muse or guardian angel that welcomed creative thoughts. I appreciate this concept because it detaches creativity from the ego. In a world inundated with deadlines and endless content, it can be challenging to hear your inner genius. In my moments of boredom, I've discovered her lingering by my side, whispering words that ignite inspiration.

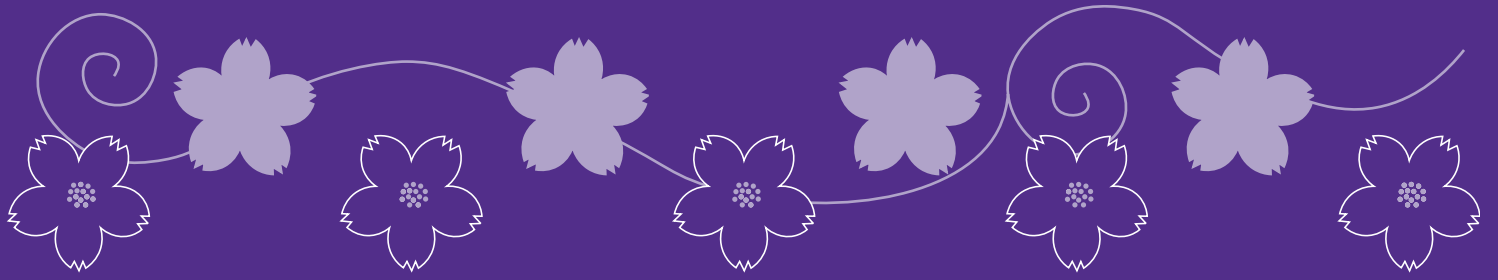
Embracing boredom is part of my journey toward slowing down, a practice that often seems at odds with the fast-paced nature of university life. Yet, I believe it's an essential skill for living with intention, and one that I'm actively working on.





#2 - go by Emily Laffey





#3 - 4:13 am by Emily Laffey



i want my ass to hurt from sitting

By: Vibha Moorthy

Today, I came back to my apartment at 9:30 pm and instead of opening my laptop to do more work like the diligent Umich premed I have trained myself to become, I sat at my desk and cried. Instead of blinding my eyes with my Canvas home page, I let my face cleanse itself in salty water for as long as it wanted. I forgot what my voice sounded like when I yelled.

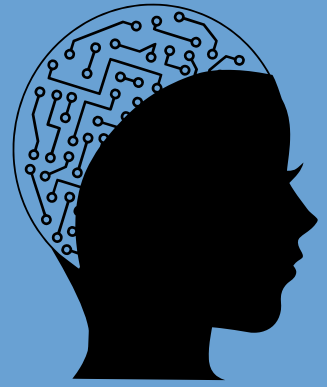
I am so tired. I am so numb. But I don't want to be.

It's not like I'm falling behind. Objectively, this is the most efficient I've ever been. My Apple Watch congratulates me closing my activity rings every day and I have an A in genetics. But recently, I feel like I'm the victim of a magician's saw-the-box-in-half trick. Only instead of curling my legs up and protecting myself from the saw, I'm the cautionary tale because I tried to do too many things at once and got stuck with half of my bloody upper body on one side and dysfunctional legs on the other. I don't remember the last time I read a book for fun. I don't remember the last time I read a book for myself and yet the first hobby I tell strangers about is reading. I think about how I don't remember the last time I went through my day simply enjoying the sunset or getting boba with a friend just because. All I know is that everytime I set foot outside my house, my legs can never travel fast enough, there is always something I cannot cross off my to-do list, and I will always be late to this race of life.

My life has become a series of paradoxes.

I've been trying to get through my tasks as quickly as possible (class, homework, more class, then work out, homework, tutoring) so I have more time for myself. And logically, that makes sense, right? The more efficient I am, my quality of life should increase. But the faster I work, the more I find my pile of work insurmountable, and I'm stuck behind, behind, behind. My body is sore everyday.

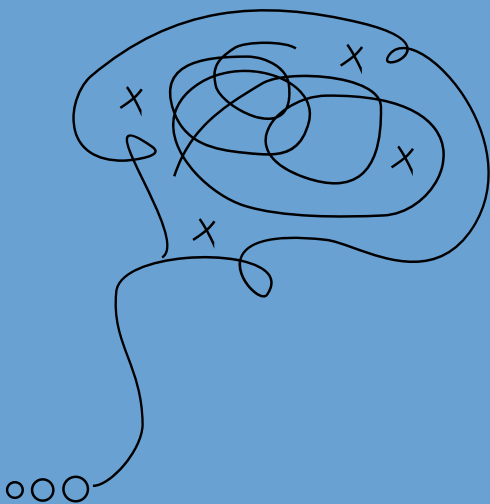




I thought I knew what burnout was until I got to this semester. It's not even like anything monumental has changed. I'm taking less credits than usual, and it's not like my professor is some wizard that cast a spell over our syllabus and doubled our assignments. It's the same work that I knew I would have to do at the beginning of the semester, and it's the same amount that's due at the end of the semester. And yet, something about this semester makes me feel like I'm in a new country, and everyone understands this foreign language except for me.

I am so tired of having to be this unstoppable machine. I would much rather sit on my ass all day and let my only workout be going down the stairs to my roommate's room. I'd rather go to the cider mill instead of my genetics lecture at the CCCB. That isn't possible, I know. But sometimes I do wonder what life would have been like if I was less caught up in the future. What if I stopped trying to work ahead, and just sat here and rotted in the present? I think it could be beautiful. And deep down, I know those are the moments that I will remember from college, sharing stories with my friends, going on spontaneous adventures and ranting on our porch. I don't want to keep experiencing this feeling where the more I do, the less I have. Already I've skirted out from so many roommate plans because -you guessed it- there's more work to do. But I'm at the point where I'm realizing I don't care enough to race time. I won't win anyway. It's had an eternity to perfect itself, threatening our foundation. So even though I have an exam at 9 am tomorrow, I'm going to go downstairs and talk to my roommates. I will lounge there until I feel like a human, until the heaviness in my head escapes through our laughter. I need to force myself to live in the now, because the morbid truth is, I may not even make it to the tomorrow that I keep preparing myself for.

I am tired of being tired.



Chasing Dreams: Juggling Growth and Savoring Life

By: Vaishnavi Katta

Idleness troubles me more than I care to admit. It's not the idleness that accompanies a leisurely Sunday in bed, but rather the relentless restlessness that ensues when you find yourself rooted to the present, unable to escape the gaze of the future. I often feel like an eternal self-improvement project, fueled by the constant barrage of messages promoting personal growth from every corner:

“Anything is possible if you put your mind to it.”

“It's all about showing up and trying.”

“Don't squander the potential within you.”

At first glance, these messages are encouraging. Yet, they also create a paradoxical trap of self-improvement. Knowing that I can always enhance myself means I never reach a point of contentment. With the complexity of the human experience, it's difficult to find satisfaction in various aspects of my life, be it grades, appearance, health, writing, social skills, or artwork.



During my early college years, this drove me to read numerous self-help books. In isolation, this pursuit can be valuable. However, the problem lay in how I approached it, with a desperate need to fix a life I was profoundly dissatisfied with. To escape this dissatisfaction, I crammed my schedule from the moment I awoke until I fell asleep. Rare moments of relaxation were not spent reflecting on my current concerns but rather agonizing over my lack of progress in avoiding future challenges.

These habits were unsustainable, and by my junior year, I hit a wall. I transitioned from having boundless intrinsic motivation to a complete lack thereof. My depression reached a severe point, making it challenging to even get out of bed, let alone make progress in any area of my life.

My depressive episode persisted for about two months, during which I found myself lost in thought about the future and what I envisioned my life to be. Slow Living content became my refuge during this time. I discovered immense peace in watching simple activities, like someone picking flowers or baking bread. These videos reminded me that, beyond my aspirations for achievement, I should also value the beauty of simply existing and live more intentionally.

Intentionality is a shared principle between slow living and productivity, and it prompted me to consider my intentions more deeply. With this shift came an acceptance of imperfections, both within myself and the world. I'm still inherently driven and derive joy from making progress toward my goals, but I now do so with less desperation.

While I don't believe I will ever become the embodiment of slow living, I appreciate the lessons it imparts. Particularly for individuals of our generation, it's essential to step away from intense environments and create space for contemplation. In my relentless pursuit of perfection, I had lost sight of the present moment. Regaining that perspective was perhaps the most valuable gift my battle with depression offered me.




YOUR MENTAL HEALTH DESERVES AT LEAST FOUR CREDIT HOURS WORTH OF STUDY TIME

By Paige Wilson

In college you aren't allowed to process. You aren't given the time. You've never lived on your own before? Too bad because your parents left an hour ago and they aren't coming back. You failed a test for the first time? You have another one tomorrow so suck it up and hit the books again. That guy never texted you back? Get used to it. Don't even get me started on the speed at which you're expected to read and understand ancient Greek literature.

For that past year my life has moved at the speed of my lecture recordings - twice as fast as the human brain is meant to comprehend. Most of the scarce white space in my google calendar has been wasted worrying about the events that filled it. I know I'm not alone, but that's just the way it is right? If you ask me, that's all the more reason to talk about it.

I write this from deep in the Hatcher stacks after putting it off for too long because - you guessed it! - I didn't feel like I had the time. I've been passionate about writing ever since I can remember, and I came to Michigan to pursue a career in it. Even so, when I look back at the past year, I think I've done less writing than ever before. In all the chaos, the very thing that propelled me to be where I am today got tossed to the side, like an unimportant project for later. I was particularly upset with myself because writing has always been a therapeutic outlet for me, and when life got crazy, it was the first thing I dropped from my routine.



I may have two exams and an essay due tomorrow, and no, my problems haven't disappeared. Yet as I sit here writing this, I already feel a little more at peace because at the very least, I'm engaging in the comfort of something I love. For me, I've realized that the key to escaping the ever-feared burnout that comes from such academic rigor, is reminding myself that my mental state is just as important as my GPA and - dare I say - maybe even more so.

Whether it's writing, cooking, painting or staring at a tree, we all have things that make the world fall away for a moment and allow us to just exist with our thoughts. Unfortunately, when life moves so fast that we feel like we're playing catch-up, it's the tendency of most of us I think, for these self-care rituals to be the first to go. If we never allow ourselves to process how we're feeling, we're bound to lose steam.

I'm sure you feel like you've already squandered enough of your study time reading this article, so I'll wrap it up and leave you with this: All of us are passionate about something. We all have something that makes us tick and makes us sigh and realize it's all going to be fine. Sometimes we move so quickly that we forget about that something and that's when life starts to feel impossibly hard. Take a breath, let yourself refresh, and slow down long enough to remember what you do it all for.

CAMPUS RESOURCES

STUDENT SERVICES

Counseling and Psychological Services (CAPS)

3100 Michigan Union

Hours: Mon-Thurs: 8am - 7pm, Fri: 8am - 5pm

(734) 764-8312

(Press 0 for After Hours Urgent Support)

<https://caps.umich.edu>

Provides free, confidential services for U of M students including: counseling for individuals or couples, workshops and groups for support and changing patterns, Assessment of Substance Abuse Patterns (ASAP), online screening for mental health concerns.

MiTALK ("My Talk")

<https://caps.umich.edu/mitalk>

Offers online screenings for depression and anxiety, skill-building tools, and recorded workshops, lectures and relaxation exercises.

Campus Mind Works

<http://campusmindworks.org>

Provides resources for students who have been diagnosed with a mental health disorder.

Sexual Assault Prevention and Awareness Center (SAPAC)

551 Michigan Union

Hours: Mon-Fri: 9am - 5pm

Office Phone: (734) 764-7771

24-hour Crisis Line: (734) 936-3333

<https://sapac.umich.edu>

Provides free confidential crisis intervention, advocacy, and support for survivors of sexual assault, sexual harassment, intimate partner violence, and stalking.

Spectrum Center

3200 Michigan Union

Hours: Mon-Fri: 9am - 6pm

(734) 763-4186

<https://spectrumcenter.umich.edu>

Provides a range of education and advocacy services that work to make campus a safe and inclusive environment for LGBTQA students and staff. Also offers on-campus HIV rapid testing.

U-M University Health Service (UHS)

207 Fletcher St.

Hours: Mon-Wed: 8am-5pm, Thu: 9am-5pm,

Fri: 8am-4:30pm, Sat: 9am-12pm

(734) 764-8320

www.uhs.umich.edu/mentalhealthsvcs

Provides medication and management of common mental health concerns.

U-M Psychological Clinic

500 E. Washington St., Suite 100

(734) 764-3471

<http://mari.umich.edu/psych-clinic/>

Offers assessment, counseling, and treatment for adults in the U-M community, including: anxiety, depression, couples issues, and problems with work and study.

EMPLOYEE SERVICES

U-M Faculty and Staff Assistance Program

1009 Greene St.

(734) 936-8660

Provides short-term counseling and coaching for staff, faculty and their immediate family members.

CAMPUS SAFETY

Division of Public Safety and Security

Emergencies: Dial 9-1-1

Non-emergencies: (734) 763-1131

Tip line: (734) 763-9180

NATIONAL 24-HR HOTLINES

National Suicide Prevention Hotline

1 (800) 273-8255

The Trevor Lifeline

Trevor Lifeline: 1 (866) 488-7386

TrevorChat (available 7 days a week 3pm-9pm ET):

<http://www.thetrevorproject.org/pages/get-help-now>

TrevorText (Thursdays and Fridays 4pm-8pm ET):

Text the word "Trevor" to 1 (202) 304-1200

Provides suicide prevention and crisis intervention to LGBTQ young people ages 13-24.

Veterans Crisis Line

Hotline: Call 1 (800) 273-8255 and Press 1

Online chat: <https://www.veteranscrisisline.net>

Text: 838255

Connects Veterans in crisis and their loved ones with qualified, Department of Veterans Affairs responders.

U-M HEALTH SYSTEM

Note: Services at the U-M Health System are not covered by students' health service fee.

U-M Depression Center

(734) 936-4400

Dedicated to research, education, and treatment of depressive and bipolar illnesses.

U-M Collegiate Sleep Disorder Clinic

(734) 936-9068

Helps improve your sleep, daytime function and, hopefully, academic performance.

U-M Anxiety Disorders Treatment Clinic

(734) 764-0231

Offers treatment of problematic anxiety and stress.

U-M Ambulatory (Outpatient) Psychiatry Services

1 (800) 525-5188 or (734) 764-0231

Provides comprehensive evaluation and treatment for patients and families affected by mental illness.

UM Psychiatric Emergency Services

Crisis Line: (734) 936-5900 or (734) 996-4747

**University Hospital, 1500 East Medical Center Dr.
Emergency Medicine Reception**

Emergency walk-in consultation and phone service available 24 hours per day, seven days per week.

U-M Neuropsychology Clinic

(734) 763-9259

Performs psychological evaluation to differentiate cognitive functioning.

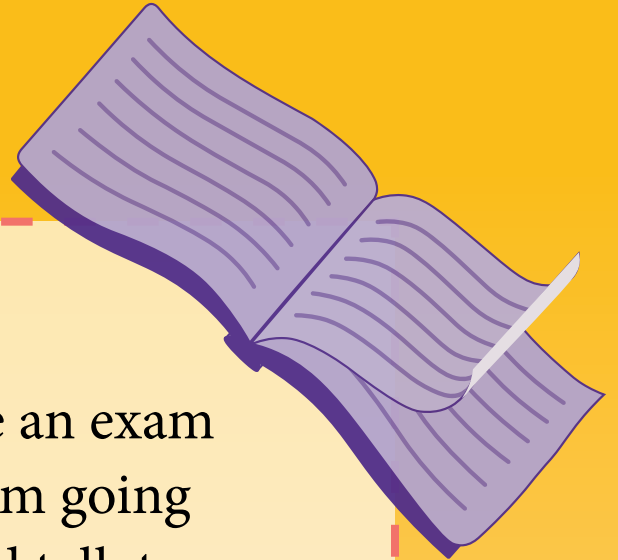
U-M Preventive Cardiology

(734) 998-7400

Offers a "Power of Relaxation" program, as well as nutrition, weight management, exercise, smoking cessation and stress management programs.

**If you or someone
you know struggles
with mental health,
there are ways
to get help. Use
these resources to
find help for yourself
or a loved one.**

Mentality



“...even though I have an exam at 9 am tomorrow, I’m going to go downstairs and talk to my roommates. I will lounge there until I feel like a human, until the heaviness in my head escapes through our laughter.”

-Vibha Moorthy, p. 14

