

6TH DIGITAL ANNIVERSARY ISSUE, AUG, 2021

THE FEEEL MAGAZINE

1ST DIGITAL MAGAZINE FOR EMOTIONAL PREVENTIVE CARE



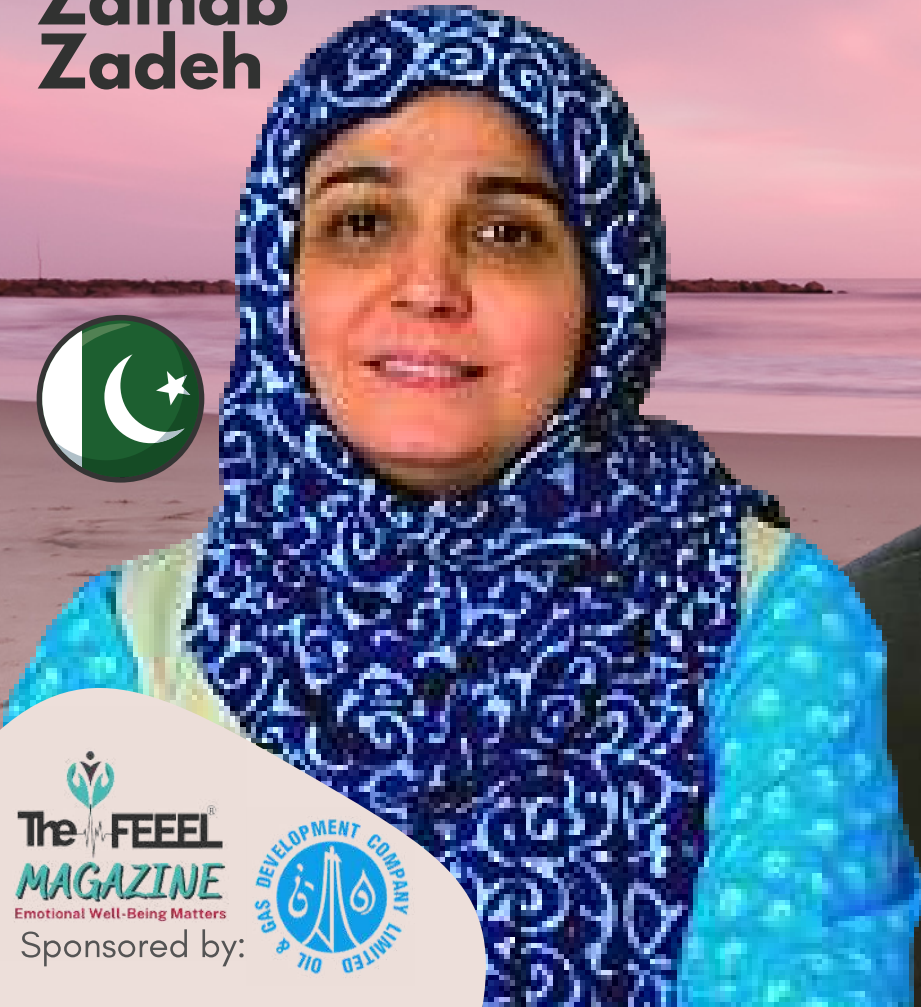
Re-entry Anxiety

*Overcoming Anxiety,
Ethics of Good People,
Gaslighting COVID &
much more inside!*

Rediscovering the New Normal

**Prof. Dr.
Zainab
Zadeh**

**Prof. Dr.
Steven
Mintz**



THE FEEEL MAGAZINE

PAKISTAN'S FIRST DIGITAL MAGAZINE ON EMOTIONAL
PREVENTIVE CARE. ALL RIGHTS RESERVED.

ANNIVERSARY ISSUE, AUG, 2021



Patron-in-Chief
Dr. Faryal Razzaq

Editor
Amna Siddiqui

Sub-editor
Samia Maqsood

Content & Creatives
Samia Maqsood
Amna Siddiqui
Qaiser Ali

Sponsor
Oil & Gas Development Co. Ltd


The FEEEL®
MAGAZINE
Emotional Well-Being Matters



CONTENTS

WELCOME

- MESSAGE FROM CEO **01**

- EDITOR'S NOTE **02**

#MINDHACK101

- WHAT IS RE-ENTRY ANXIETY? **04**

#LISTEN2EXPERTS

- OVERCOMING ANXIETY **08**

DR. ZAINAB ZADEH

- WHY GOOD PEOPLE SOMETIMES
DO BAD STUFF? **14**

DR. STEVEN MINTZ

#EMOTIONALWELL BEINGMATTERS

- EMBRACING THE NEW
NORMAL **24**

- GASLIGHTING COVID **28**

ART CORNER: WINNING ENTRIES

- I'VE BEEN PRACTICING **36**

- MY SHOT

- REOPENING CLOSED DOORS

- EXPLAINING ANXIETY TO MY 9
YEAR OLD

MESSAGE FROM CEO

We are delighted to launch our anniversary issue on Independence Day of Pakistan! May we have the freedom to practice our religious and political beliefs with peace, and have equal opportunities regardless of race, ethnicity, religious or political affiliations. This is only possible when we value human life, tolerate difference of opinions, coexist, and are emotionally strong to practice empathy, kindness and value peace.

We had been working relentlessly to create awareness for a year and now it's getting momentum. Like-minded people and organisations understand that mental health of their employees is as important as the skills required to do the job. We are proud to announce that we have sponsorship of Oil and Gas Development Co. Ltd of Pakistan (OGDCL) to take our magazine and vision for providing free emotional preventive care knowledge to the next level. We are so proud of the hardworking team determined to empower people through self-management of emotions via coping strategies, creating awareness and educating about the contemporary knowledge for developing emotional intelligence (EQ).

The FEEEL stands for Framework for Emotions, Ethics, Empowerment & Life Skills. We are thankful to our readers and specially our contestants and the quality of submissions we receive, but due to space limitations we always have to make a difficult choice to select the entries to be published.

The post-COVID new normal has created more importance and advocacy for mental health. The researchers fear that the next pandemic is going to be the mental health crisis. We strive to shed in-depth knowledge and share wisdom of experts on different complex emotions. This issue sheds light on coming back to work and trying to make sense of chaos, re-entry anxiety and embracing the new normal post-Covid. It is in the darkest hours that we can see the light inside.

The most important quality for any species to survive was found out to be 'resilience' by countless researchers, so adaptability to new norms is the key to survival and it carries with itself management of lots of complex emotions, yet talking about emotions is still a taboo. We aspire to instill the highest level of ethical standards and a balanced emotional life for our professional pursuits to lead a meaningful life.

Our Magazine is an effort to bring authentic expert knowledge freely accessible to all and help people develop their best version of personality and achieve emotional stability.

Huge congratulations to the team for accomplishing this momentous occasion of publishing the first anniversary issue!

Dr. Faryal Razzaq
Founder + CEO, The FEEEL

EDITOR'S NOTE

Hello!

Here it is - our first anniversary issue! Six of these, down the hatch! Incredibly grateful to the patronage of our CEO, Dr. Faryal Razzaq, my remarkable sub-editor, Samia and the design team for their continued input into making The FEEEL Magazine a reality every two months. It really is our collective effort that has led to our first sponsorship as well - very proud of that too!

This issue comes at a time when we are at crossroads with both increased anxiety over the ever-changing COVID variants, as well as dealing with the pressure of re-integrating into society. And trying to maintain some semblance of pre-pandemic normalcy. I first heard the term 'Re-Entry Anxiety' on a podcast where the host was talking about canceling plans to meet a friend after a long time just because they were not ready to socialize again and felt weird. And the truth is, I have felt the same for the most of 2021. Hence, the inspiration behind this issue's theme. I know for a fact that everyone is dealing with some sort of stress and anxiety over this, and it helps to explore the topic in more detail.

Our #MindHack101 piece this time explores the actual phenomenon of Re-Entry Anxiety, and we have two distinguished subject matter experts for our #Listen2Experts series, including Dr. Steven Mintz, a returning guest. Dr. Zainab Zadeh talks about how to overcome anxiety. We are covering two aspects of COVID-related issues in our #EmotionalWellBeingMatters series as we talk about 'Embracing the New Normal' and what happens when someone gaslights us.

As always, we opened up submissions for the Art Corner for people to express their own re-entry anxieties and trepidation over coming back to normal, and we received some stellar work yet again. Congratulations to all the winners!

And last, but definitely not the least, the reader contest is back!! Go through the magazine in detail in order to answer the questions at the end to be eligible for the Rs. 5K bumper prize. Good luck!

Thanks for reading, we appreciate your support!



Editor, The FEEEL Magazine



**#MIND
HACK
101**

**WHAT IS
RE-ENTRY
ANXIETY?**

Original Article by Amna Siddiqui

We are well into one and half year deep into the COVID-19 pandemic. Some would argue that it has been so long, the pre-pandemic life seems like a distant past. Of course this perception of past and present varies from person to person and from circumstance to circumstance, but there is a general acceptance of life pre- and post-pandemic. With vaccinations in full-swing and vaccine hesitancy coming and going in with the concurrent waves of the numerous variants of COVID causing upswing in cases, life seems to be somewhat slowly creeping back to normal. There are ups and downs with lockdown regulation and protocols, but there is a general sense of the society opening back up towards the end of 2021. And with this comes a smorgasbord of emotions.

At the top of the year, a viral piece in the New York Times suggested that the general feeling of 'meh' around the globe could be an actual phenomenon known as **languishing** where there was a feeling of hopelessness other than burnout. After that, first coming into the internet sphere as a term towards March/April of 2021, 're-entry anxiety' quickly latched on. Re-entry Anxiety: The feeling of anxiousness about activities that would have been totally normal in your pre-pandemic life.



When you visualize large crowds, gathering, social events and face-to-face conversations, some parts of the brain start to go a little wonky - an uneasiness settles in. This is precisely what re-entry anxiety entails. Because of the stressors and collective grief and trauma of last year, our mental health as a society has definitely plummeted. Just recently published statistics estimate 23 suicide deaths linked to COVID-19 in Pakistan and the mental health effects of it are projected to continue even post-COVID.

Re-entry anxiety is the varied feeling of stress related to all pre-pandemic activities like navigating traffic, social events, interactions all day, family gatherings, traveling - habits which we have fallen out of over the last year. According to psychologists and therapists, people's anxieties and stress levels have increased during their sessions with them and a lot of them talk about trepidation over entering back into social circles again and navigating socializing as a forgotten habit.

i Re-Entry Anxiety: The feeling of anxiousness about activities that would have been totally normal in your pre-pandemic life.

Here are some things to look out for and to seek professional help in extreme cases because your re-entry anxiety may become debilitating and disturb normal functioning:










- You're not sleeping well, and your sleep cycle is disturbed
- You are purposefully avoiding social gatherings and excusing yourself from invites
- Your body is showing physical symptoms usually associated with anxiety
- You're also experiencing exhaustion from having to think about all of the ways you are anxious of returning back to society

It is also worth mentioning here that the experience of re-entry anxiety is a varying phenomenon. There are some people who did not observe strict guidelines and isolation, whereas others took precautions to the other extreme. Just like our COVID precautions, our re-entry experiences will also be different from one another. It is important to respect and give each other space to navigate this new normal at our own pace and in our own preferred way. Communicating your needs to handle re-entering society in a certain way is essential. If you feel like suddenly too much is happening, take a step back and let others know that it is beginning to overwhelm you. Empathy and understanding in interpersonal relationships is important here. As we have become used to understanding lukewarm facial/social cues over phone and video chat, having face-to-face interactions will be able to provide a lot more context into the person's body language

and aura. Use that to empathize, not overstimulate the others. Mental health experts offer various advice to navigate this fear and stress of the new normal. Going back to being a normal functioning human in society could be tricky, but it can be done!



GUIDELINES FOR ENTERING THE NEW NORMAL

-  Start in incremental steps, don't push yourselves to start doing everything at once.
-  Stop hoping for 'zero' COVID. Anxiety will remain if circumstances remain the same. It won't go away on its own.
-  Keep doing the healthy and positive habits that you picked up during isolation. Greater cleanliness and being mindful of infectious diseases is always good. It's not only COVID that can get you!
-  At the same time, pick up healthy habits that can contribute to reducing anxiety like exercise, meditation and outdoor-based activities that can help in overcoming the barrier.
-  Try to balance your anxiety with excitement over trying new stuff and returning back to activities that you used to enjoy.
-  Using visualization as a helpful guide to imagine yourself in situations and try to feel okay about it
-  Always remember that everyone is experiencing it at the same time as you and you are not alone in your stress.

It is also apt to mention here that utilizing habits that are going to be helpful in the future and be more resourceful and less wasteful is a welcome change in our society. Teleconferencing for work that does not require physical meetings, online shopping and ordering that reduces transportation and reduces time spent - all these are things that can help re-prioritize and re-frame our understanding of the Earth and make us more mindful of how much we are contributing to the environment. And what can we do to make it less harmful and more clean.

At the end, it is pertinent to mention that if your anxiety is becoming unbearable, seeking help is always the best idea.

Sources:

[The Nervous Person's Guide to Re-Entering Society - NYTimes](#)
[Feeling Re-Entry Anxiety? - UCSF](#)
[Re-Entry Anxiety is on the Rise - InStyle](#)
[COVID-19 & mental health challenges in Pakistan - SAGE publishers](#)
[Feeling blah during the pandemic? It's called languishing - NYTimes](#)

#LISTEN

OVERCOMING ANXIETY
WITH

DR. ZAINAB ZADEH

WHY GOOD PEOPLE
SOMETIMES DO BAD STUFF?
WITH

DR. STEVEN MINTZ

2 EXPERTS

DR. ZAINAB ZADEH

Prof. Dr. Zainab Zadeh is one of the most respected psychologists in Pakistan. A Senior Professor, (Bahria University, Karachi), Ex-Director for Institute of Professional Psychology, Karachi, President of Pakistan Association of Clinical Psychologists, Chartered Member of the British Psychological Society, VP for Pakistan Society for Excellence in Psychology, Consultant Clinical Psychologist at Midlink, Karachi. She is also an advisor to The FEEEL.



Overcoming Anxiety

WITH DR. ZAINAB ZADEH. INTERVIEW TRANSCRIBED BY SAMIA MAQSOOD

Dr. Faryal Razzaq:

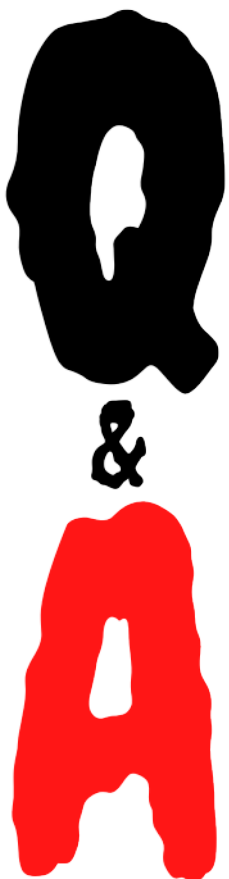
The topic of today's interactive session is very important; overcoming anxiety. Especially in Covid when no one is safe from it. Dr. Zainab, please tell the readers about yourself and your accomplishments. Why did you come towards psychology?

Dr Zainab Zadeh:

Assalamualaikum, and a big thank you to Dr. Faryal for giving me the opportunity to discuss such an important issue with a larger audience. Onto the questions asked; What motivated me to come to this field? There are very personal reasons that I have to be in this field. My father wanted me to be a medical doctor. When the time came, I had a big fight with my father because I never wanted to be a medical doctor. Scoring all the marks required for medical college and being eligible, but still I chose to join the field of psychology. The reason would be that when I was in school, I was given an opportunity to study child psychology which helped me understand myself a lot. So, in a way, you can say that I've been studying psychology since I was a stubborn child. Studying psycho-

Q -logy helped me understand why I am behaving the way I am behaving. It helped me learn a lot about myself so I knew I was going to become a clinical psychologist. I would like to share a personal story here as well. My grandmother suffered from a psychological illness. It was bipolar disorder. I was very close to her and looking after her for more than a decade made me learn about mental illnesses. I realized that she had all the medications necessary for her physical health but there was no psychological support. All countries provide patients with psychologists to keep

their mental stability intact but it was not the case in Pakistan. I am talking about 30 years ago when the situation was not the same. People did not know that psychology was. There was a gap between what I was learning from the world and what Pakistan was offering in the name of psycho-therapy and psychological support. This is how I decided that I'll do something in life to help those with mental illnesses. People say one must have a personal experience to have the passion to work in this field. So, this was my story and the reason for my passion.



Dr. Faryal:

Absolutely heart touching story. You're talking about 30-35 years back, but even today people have very little knowledge. Parents are skeptical of letting their children study clinical psychology.

Dr. Zainab:

That's very right. I remember when I told my parents about pursuing clinical psychology, my mother thought I was crazy. Even some family relatives told my parents that after some years you'll find your daughter psychologically disturbed. People are terrified of this field because of the lack of knowledge. After completing my degree, I went to the same relatives and asked them if they find me any different in that sense. They said, 'No, in fact, you have turned better'. So, I also try to change people's perception of psychology.

Dr. Faryal:

Coming to the topic: anxiety. Even school-going kids these days say that they're stressed and feel anxious about things. Can you define anxiety? How do you differentiate between anxiety and other mental health issues like stress, etc.?

Dr. Zainab:

Well, I know for a fact that in our childhood, anxiety was still there but we did not have the vocabulary to express that. Children show anxiety in the form of annoyance and confusion. It surfaces when we

compare them to others or when they are bullied. Anxiety depends on our own experiences but it is always present in one way or another. The best part is that youngsters know the terms to express their feelings now. Emotional literacy has increased. Children get over-active and aggressive when they are unable to handle something or some situations where they don't feel loved and are lonely. Or when they are being ridiculed, belittled, and have control issues. Now, what is the difference between stress and anxiety? This is debated a lot. In simple words, anxiety is a bodily state which comes in the form of unpleasant feelings. It is a kind of defensive and responsive emotion. The body tells you that you need to pay attention to a threat, so it comes as a defense like heart palpitations, sweat, restlessness. On the other hand, stress is an external pressure. It comes from an experience you are unable to handle. When you feel like you have no resources to deal with a particular issue, then you become stressed. That's why stress varies from person to person just like anxieties.

THE BEST PART (TODAY) IS THAT YOUNGSTERS KNOW THE TERMS TO EXPRESS THEIR FEELINGS NOW. EMOTIONAL LITERACY HAS INCREASED

Dr. Faryal:

In the post-Covid world, a lot of things have changed like the way we used to communicate. We don't feel secure anymore in terms of health, finances, family etc. Everything is uncertain which triggers anxiety as a response like you said. Anxiety is like a new normal in the post-Covid world. How would you advise to deal with it?

Dr. Zainab:

Unpredictability leads to restlessness which is anxiety, and that is something we are good at dealing with. We learn to live with unpredictability. Initially, Covid was something supernatural. We were thrown into it having no prior idea about it. But now when we look back, more than the virus itself, we were overwhelmed by our anxieties, like what would happen to us, health risks, job security, family relationships etc. We react to these uncertainties with anxieties. It's like when a fly is outside your room, it is stressful, but when it comes inside, it becomes anxiety and you have to deal with it somehow. Similar is the case with Covid. If you want to deal with your anxieties, learn to accept it first. There is no harm in feeling anxious. It is a natural psychological reaction. After accepting the reality, you can better understand how it is affecting you. About 70-75 % anxiety is physical. So, identifying it and then learning to counter by living in the present instead of thinking about past or future experiences is the key. Focus more on what you have now, and what you can do with it.

As I said, anxiety is mostly physical, so you need to calm down - try mindfulness and relaxation activities i.e. deep breathing, counting your present blessings, and positivity help a lot. A little bit of bodily exercise, eating habits, sleeping habits, having a routine, dressing up etc., it's all about being positive to beat anxiety. Be easy on yourself and be practical. It is okay to feel anxious because it is what humans feel. Address and then accept it with positivity. However, if it is getting unbearable, seek help from a professional . We have a lot of great psychologists around. All you have to do is to connect. In today's technologically advanced world, online therapies are also available.



Dr Fayral:

Even talking about mental health is considered a taboo. People feel that others will take advantage of their vulnerability. Parents do not pay much attention to their children's mental state. There are a lot of things to be considered, so your message is really important that one should seek help before it is too late. Let's talk about preventive measures. How to avoid anxiety and related disorders?

Dr. Zainab:

There is a certain level of anxiety that every human experiences at different points in their lives and that's completely normal. It keeps you going. But when it becomes a disorder where you can not function anymore, then its dangerous. It prevents you from performing actively and being productive. A bit of anxiety that makes you do things on time, so that kind of pressure works like a body temperature which keeps you normal. If it gets too high, you get a fever and if it's low that also leads to problems. If you don't worry, you won't be able to work. So anxiety in this way is healthy and important. In case of anxiety disorders, you get panic attacks,, and other forms of generalized anxieties. We need to work on these kinds of anxieties. For such issues, I recommend and suggest that please seek professional help. Its important to take care of yourself from any emotional illnesses that could lead to you being dysfunctional.

It is very important that you believe in the idea of regular psychological cleansing. It means that you take care of your emotional and psychological hygiene regularly, just like you take care of your physical hygiene. Take out time for rest, reflection, expression and connecting with people. It is so that you can understand yourself in order to express your feelings better and get required support from people. Do things that you like doing. I think me-time is very important for psychological strength. It protects you from minor emotional barriers that later lead to disorders. So, why not take care before it gets worse. There are of course other brain-related organic issues that need to be addressed too but I am talking about those psychological concerns that can be treated by healthy living.

Dr. Faryal:

What would you say about the support system - people around the person who has severe anxiety. How should we support such cases? Because I think society's support is very important when it comes to psychological problems.

Dr. Zainab:

I would say, just listen to them actively rather than being judgmental and biased. Be there for them. Give them space for expression without making them feel judged. They should feel engaged and that people are not dismissing their ideas. It is actually the best therapy for

people with anxiety. Just understand their feelings and respect them. Feelings are feelings, they are not right or wrong. So, don't tell people what they are feeling is not okay. If you think someone is being dramatic, that's on your part. You are not trying to understand the other person. So, actively listening to others is a token of love that people around you need.

Dr. Faryal:

We have no proper education on mental health. What is your advice for readers to become more emotionally intelligent in such an ignorant society?

Dr. Zainab:

It is very important to have a curriculum for mental health. I think the sooner the better. We are already lagging behind. So, any step towards it would be a great service to the nation. Kids should be learning life skills and emotional health, so when they grow up they are able to not only take care of themselves but people around them as well. In this way, they can grow up being kind and empathetic toward others. I think two important things need to be checked, included and taken care of in different institutions and overall society; 1) Learn to stay in the present. It means to enjoy and experience what you have. Think about what is the task in hand and focus only on that. 2) Learn to be kind to others and to your own self. Giving space to others and yourself. It will help you understand what kindness actually means.

Because if you are harsh on yourself, you wouldn't know how to be kind to others. Sympathy comes from self experience. So, in short, it is basically a kindness and gratitude lesson that starts from oneself and then makes a journey towards others. I think if we include these two things in our lifestyle, it would save us from many psychological issues.

Dr. Faryal:

Thank you so much Dr Zainab. Any last words you would like to say?

Dr. Zainab:

Thank you very much for the invite. I enjoyed the talk a lot. Just one last thing for the readers. **No pain, no gain** in life. It is a commonly used phrase. After realizing the true essence of this phrase, hard work and passion became my life. I'll leave this forum with the same idea. If we want to make a difference, we need to learn to take pain.

Dr. Steven Mintz (PhD) is an Emeritus Professor teaching accounting at Cal Poly State University, USA. He has been awarded the Accounting Exemplar Award & the Max Block Distinguished Article Award in fields related to ethics in accounting. Dr. Mintz is most popularly known for his blog written under the moniker 'The Ethics Sage'. He has written dozens of internationally recognized articles & is also an author of two books, one of which was recently published. It is called 'Beyond Happiness & Meaning'. He returns to our Magazine for a 2nd feature on the ethics of good people doing bad things!

**DR.
STEVEN
MINTZ**





**WHY
GOOD
PEOPLE
SOME-
TIMES
DO
BAD
STUFF**

LIVE INTERVIEW WITH DR. FARYAL
RAZZAQ. EXCERPT TRANSCRIBED BY
SAMIA MAQSOOD

Dr. Faryal Razzaq:

Welcome Sir, and thank you again for giving us time despite the pandemic. Before we move towards the topic of our discussion, I would like you to talk about your motivation behind writing such an insightful book.

Dr. Steven Mintz:

Well, I teach Ethics at the University level. In one of my lectures, a student raised his hand and he said, 'You know, sometimes a bad person does something bad and they get away with it. And sometimes good people will do a bad thing which doesn't mean they are bad people, but in some actions they deviate from ethical norms.'

I took this to be the underlying theme of my book, where I discussed if you want to become a happier individual you need to turn to more ethical behavior. Based on this idea, I explain how and why in this book. Now, with respect to why good people sometimes

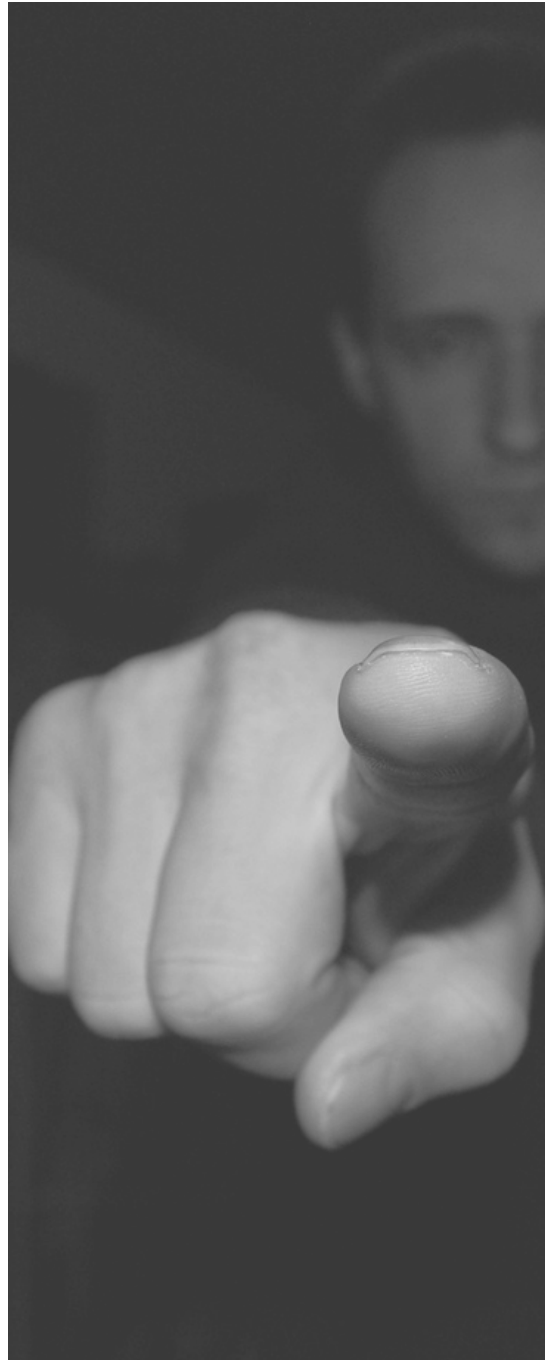
do bad things. There is this idea in ethics called '**cognitive dissonance**' which means difference between the kind of person you think you are and how you act in particular situations. And I go on and give some examples on that. Mainly the underlying idea is situational ethics. That's where I think a lot of people may turn to a bad decision. They say, I am not a bad person but in this situation I am going to do something which may not completely conform to how it should be in terms of ethics. So, people start to rationalize why they are doing something bad.

Dr. Faryal:

So, can we call it self-serving biases, where we blame our behavior on circumstances? Or is it something deeper than that, ethically speaking?

Dr. Steven:

Well of course, the more often you deviate from ethical norms, the less likely you are an ethical person in general. But what I find more occurring than not is, a person allows others to dictate their behavior. So, maybe the pressures applied on them are like peer pressure which happens a lot in young people and they basically make decisions based on circumstances. I'll give you an example because here in the USA, we've been coping with a problem that sometimes young children cheat on tests in online mode. And when you ask them or their parents why they did that, they say, well it's hard enough to learn virtually so we've to cheat. Or I remember one student told me when we discussed this, they thought the teacher was doing a bad job with virtual learning. So they blame the teacher. Blame others for your actions. So the more you do this, the more you're not accepting the consequences of your own actions, which is paramount for an ethical person.



Dr. Faryal:

So it comes down to becoming an ethical person, which is hard work. So how can a person develop this attitude where one has the ethical lens to approach every problem and have some kind of internal control before they deviate from that ideal behavior. How would you suggest that we do not deviate from this ethical behavior? What steps can we take?

Dr. Steven:

A good way of looking at it is through the concept of emotional intelligence. So by emotional intelligence, I mean first of all you need an awareness of your own beliefs, attitudes and motivations. What drives you? So if you're an ethical person, you try to do the right thing. That's a very good motivator. Then very importantly, you have to self regulate your behavior. You have to exercise self-control so you don't let what some person might say to you, which is somewhat harmful and dictates wrongful behavior. You know, there's the expression, two wrongs do not make a right. So self regulation, as you said self-control, considering the consequences of your actions. And what I believe the most important ethical trait is simply being kind and empathetic with others, because I think you'll be a better person and make more ethical decisions.



Dr. Faryal:

Absolutely, the ethical lapses are always rooted in some sort of emotional mismanagement. Hurting others could be a coping strategy or way of getting even with the troubles in your life. So I agree that ethics and emotional intelligence are linked together. Let's come towards the topic. What do you think about the good people who do bad stuff, why don't they just repent? Mostly, people try to defend what they have done instead of making things better. If they know that they have wronged somebody, they could just go and just try to make it up. But usually, we don't see that in good people too. So how would you comment on that and give us some strategies to become more empathetic and be bold enough to own the bad decisions and correct them?

Dr. Steven:

Well, I think coping skills are very important which include regulation of your own behavior. It starts with considering the consequences and in most people, they don't see that their actions affect others. So you're not necessarily doing something to make yourself more ethical, but you're trying to do things that don't harm others. We always say, first do no harm, which is the mantra for medicine and doctors. It's very important. I've always found that ethics education is very important and we don't teach ethics enough, at least here in the States.

studies of why people did what they did. Analyze that and be better prepared when and if it happens to you.

Dr. Faryal:

I don't think that's only the case in the United States. We struggle with students lying and other sort of ethical dilemmas as well here in Pakistan. So it's kind of a universal phenomena. We do have an ethics course but once during a degree, which is not enough. This is why I call myself an evangelist for emotions. I think some course modules at least should be added to the curriculum. Research has shown

Even if you don't tell them what's right or wrong, you can give them basic principles to live their life by.

When you ask educators they'll say something like, each person has a different set of ethics. And we don't want to tell students what's right or wrong. Even if you don't tell them what's right or wrong, you can give them basic principles to live their life by. Simple things, for example, don't lie, don't cheat. So you have a standard of behavior that you tried to follow in everything that you do. First Education and then formal training programs are very good because a lot of people don't know what it means to be an ethical person, to be a good person. I know in the workplace, a lot of companies have ethics training and that's a great way to develop the skills as well, because you can look at actual case

that even eight weeks of ethical training produce a lot of good behavioral changes in the participants. So why do you think academia is so reluctant to embrace this knowledge?

Dr. Steven:

I know a lot of professors who feel like they're not even capable of teaching ethics. They don't think they have the background, even though I point out to them it's based on certain basic ethical principles or they say that students can't learn ethics through education. They learn it at home, they learn it through their religious institutions. 'You can't teach ethics' is something I hear more often than not. Believe

me, you can teach ethics. I've been doing it for 20 to 30 years. Whether students learn the lesson of ethics, that's another matter. Just like you could teach psychology and whether they learn psychology is another matter.

Dr. Faryal:

That's obviously true. A Lot of the students have been taught mathematics, but most of the students don't have use of it in the long run, it doesn't mean that we should stop teaching it. I mean, it's not a very sound argument. That would mean we should just stop teaching. What do you think is the best way to teach it? Considering we have a limited curriculum and syllabus. What is the best way that we can include more of these things into our teaching methodologies?

Dr. Steven:

Here in the US, we constantly debate, what's the best way to teach ethics? Some people say, you just need one course on ethics that all students take. I think that's important because it provides the underlying foundation. Maybe you look at philosophers and their reasoning methods. But I think it's equally important to have a course in ethics related to your discipline. So if you're an accountant, accounting ethics, if you're an engineer, engineering ethics. That's still not enough because I think you have to integrate ethics into all courses that you teach. Every subject has an ethical dimension to them.



Dr. Faryal:

So, a lot of work has to be done as far as the role of the institution goes. Let's talk about the role of a person. If the institution is not doing their part. How can a person be a good ethical person and where to learn and how to learn?

Dr. Steven:

Well, I think it is true that we learn our ethics at home from our parents, so it has to start there and also our religious institutions where it's typically taught in one way, shape, or form. So, that's sort of the foundation that we get as a very young person and that's very important. I think what's lacking more than anything else is ethical role models. Always seeing and hearing about bad things. Rarely would a television station show a person as a paragon of virtue and talk about what they did right. It seems the public is more interested in what people do wrong than what they do right. So the whole idea of role models is probably missing in all societies today.

Dr. Faryal:

Maybe it's because of the rating. In general, it leads to a lot of ethical lapses too. The young generation is very independent and have their own ethical standards. They have their own value system which was not taught by us. It is what they're picking from the media. So we really need to emphasize the role models. **Where do we find role models or the right ethical education? Because I don't think there are many ethical courses out there if somebody wants to improve their ethical commitment through ethical reasoning. So where to find that?**

Dr. Steven:

That's a good point also. Well, I think you need somebody in your life, who influences you from an ethical point of view and in general, be friends with good people, not bad people because you'll be able to become more ethical. And, as I mentioned in my book, there is a payoff of being an ethical person especially in the long run because I do believe it will bring more happiness. People will respect you more because most people want to be ethical and do the right thing. So it builds up your self-esteem, enables you to actualize the behavior you want to have and also it gives more meaning to life because you're more respected in your field. Regardless of the fact, good people sometimes do bad things. I don't think most people are going to respect that kind of behavior, but ethical happiness and meaning go hand-in-hand. One brings the other and vice versa. Also, we have to do something about social media. The image is the tongue, the culture on social media works against being ethical and let's face it. Our young children are exposed at very young ages to very bad behavior on social media, maybe even in the movies, television shows as well. So the media has a very important part to play.

The culture on social media works against being ethical, let's face it.



Dr. Faryal:

I would like to say thank you, for writing the book because people need to know that to be ethical is in their own interest. All of the things we do to find meaning and happiness, it's impossible to find it in the wrong. Lastly, what suggestions can give our readers to help them realize the importance of being an ethical person. Please advise the young people on how they can be more happy through their ethics and how important it is for them?



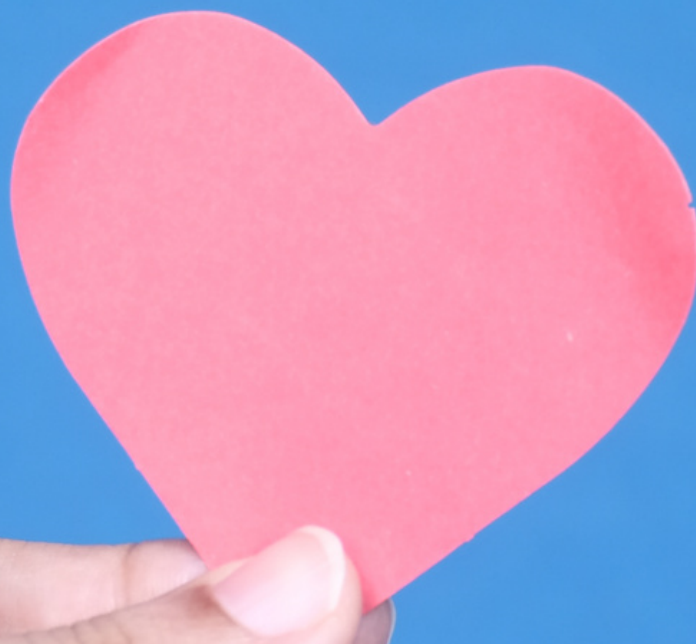
Dr. Steven:

Well, the problem with being an unethical person or at least in certain situations is it brings on the concept of an ethical slippery slope. So you make an unethical move, let's say for example, you're cheating in school, if you get away with it it's going to lead to more cheating very possibly and it's going to catch up with you sooner or later I believe. Most people do not want to be friends with unethical people. We ask ourselves the time-honored question, treat others the way you want to be treated. So what does that mean? Empathy, Kindness, honesty, respect, fair treatment of others. Accepting responsibility for your behavior and being accountable. So, I think if we can show examples in school of role models, 'why was this person considered a

good person?' Especially if it's a person well known by others. It will have a big impact. In business, for example, one of our leading business people is Warren Buffett. He is a well-known investor, and he is considered to be an excellent person and a role model. So, we teach a little bit about how and

why he became the way he did. Reading about his character when he writes his own books. And I think the more attention we pay to this issue, the better the results.

Especially as teachers, if we see students being affected by what we do, what's better is a teacher than seeing your teaching impact others. Now, the real problem is with our leaders. They just don't react to those sorts of things. They always put their own selfish interests ahead of the interests of others. And that's not a sustainable ethical approach to life. Because if everybody put this selfish interest ahead of others. Nobody would be thinking about how their actions affect others. And we have to overcome that selfishness that exists today in many societies.



Dr. Faryal:

Thank you so much. That was very profound advice. I hope people can follow that, develop empathy, be kind, respectful, and treat others the way they would like to be treated. I hope that these sorts of talks will continue because we need to talk more about it. The word needs to understand that happiness starts with ethical behavior. **Any last word that you would like to say to the readers.**

Dr. Steven:

I think the main message I would send is, we need to be more civil toward each other. Civility is very important and I think it's sort of a lost art in society. Constantly arguing bickering, one side blaming the others. So, if we can focus on civility, I think that'll lead to more ethical behavior in the long run.

#EMOTIONAL WELLBEING MATTERS

1

*EMBRACING THE
NEW NORMAL*

2

*GASLIGHTING
COVID*

EMBRACING THE NEW NORMAL



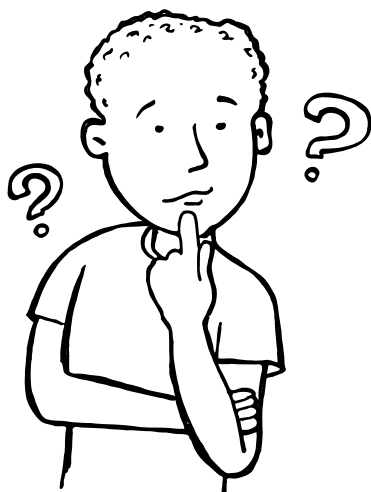
WHAT IS NORMAL ANYWAY!?

Before understanding and accepting the concept of new normal, it is important to ask what is normal anyway? In winter, people wear warm clothing to maintain body temperature but do we need such protection in summer? Human beings are the only species who need clothing according to the weather. Otherwise, animals live in whatever skin they are born with. Before the global pandemic, we were so used to the busy and hectic life. And we made that work life our normal routine. Without any warning, Covid came and we were forced to sit at home. Which means that we had a lot of time on our hands. Ironically, time is something we always complained about e.g., I don't have family time or I can't manage work life balance. Now when we had all the time in the world, we're still not happy, why? In this article, let's discuss this idea of accepting whatever's happening around us. In the case of middle class people, who don't have existential crises as a result of Covid, our problems are mostly related to mental well-being. We don't know how to accept the new normal. We have

always been workaholics, who shy away from responsibilities and hide behind work to avoid confrontations. Communicating effectively with your family, friends, and loved ones is hard work because it requires continuous efforts from both sides. To avoid it, we subconsciously indulge ourselves in work. We don't realize that we are sabotaging the commitment that is needed towards relationships. And it is not only communication but effective connection at an emotional level that keeps relations healthy. For instance, dealing with your child, if he is upset about the most simple thing, it requires a lot of patience to understand them. Unfortunately, we are not ready to put in that mental hard work in each other, instead we find it easier to hide behind work.



This is where all the problem lies. According to a research, an average person spends 7 hours at work, other than the essential chores like eating, shower etc. which need almost 3 hours a day. But we have extended that 7 hour work period and now our lives revolve around work. We can't sit at home and spend some healthy time with our family. Covid has unveiled this truth. We have forgotten how to make connections on an emotional level.

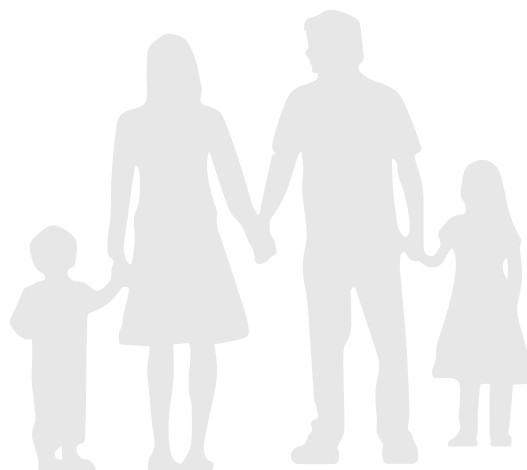


THE QUESTION IS

Why after all this time we are still unable to accept Covid as normal? As far as I can understand, it's not going anywhere for a long time. We can't destroy our emotional health and relationships with our families, while waiting for it to end so we can go back to working 20 hours and stay away from home and avoid communication.

I would say, make peace with it. Don't put the blame on Covid, it has only told us the truth. Whatever wrong is happening, we are responsible for it. If we look at it rationally, we don't fear Covid but the anxieties created by interaction problems. Because we did not spend enough time with people around us so when we are bound to stay in with them, problems are getting real. For example, domestic abuse, strain in family relationships. The reason is not Covid but the fact that we have not given considerable attention to our relationships. It is time to reflect back and know what normal is. It is not what we have been doing for so long but what we are bound to do today, i.e. spend time with family. The human brain doesn't like change. Change means situations that it can't predict. And there is a lot of ambiguity due to Covid.

Research says, people don't resist change, they resist ambiguity that comes with change. We were not trained to overcome barriers in relationships through communication and spending time together. However, it's time to relearn that. We need to see below the icebergs, e.g. what is it that is constituting such a response from a person. Leaving all the problems unresolved created these icebergs. Luckily, Covid has provided us with all the time to resolve these matters.



Overwork and screen addiction disturbs the mental rhythm. Little bits of joy from work keeps the loop of dopamine levels going. Due to overwork, you don't get the Alpha state of mind before sleep which helps you relax. The only way to counter the worsening relationships is to spend quality time with your family instead of blaming Covid. Sitting in one room while indulged in your mobiles doesn't mean family time. Instead, give each other active attention. Have a work break which also includes a mobile break. It would help you with mental alertness that is very effective in communication.

Summarizing the whole talk, Why is it difficult for us to stay at home? Because we are not ready to spend some quality time with each other. We have made our lives busy, jobs strain you and schools strain your kids. But now you are home, so try to make this time memorable. Understand each other. Use assertive communication style i.e. say but don't force each other. Show some flexibility. Our miserable state of mind is due to our own behavior and not the sudden pandemic. Denial and conspiracy against Covid won't take you anywhere.

DO WHAT YOU CAN. COVID IS NOT IN YOUR HANDS, BUT YOUR RELATIONSHIPS AND MENTAL HEALTH IS. SO, IF WE THINK LOGICALLY, COVID IS NOT A CRISIS BUT A NEW NORM. GO THROUGH IT WITH EMOTIONAL INTELLIGENCE TO OVERCOME THE PROBLEMS.

M, E, N, T, A, L,


H, E, A, L, T, H,

M, A, T, T, E, R, S,

A top-down photograph of a person's feet on a sandy beach. The feet are positioned at the bottom of the frame. Above them, a footprint is visible, which is shaped like a glowing lightbulb. The background is a textured, greyish-brown sand.

GASLIGHTING

COVID



Being aware of the global pandemic, we know for a fact that it's been almost a year that Covid has forced us into lockdown. In some cases, people are in abusive relationships. Gaslighting is a common phenomenon in abusive relationships.

WHAT IS GASLIGHTING?

It is a kind of mental abuse where the abuser wants you to doubt yourself i.e. your sanity, and the things around you. It is like sowing the seeds of doubt about everything in the mind of the victim. Your sanity is questioned. You start doubting whether a particular event happened or is it only your imagination/hallucination. The abuser manipulates your thoughts and memories in order to control your life. They want you to be dependent on them by making you feel unsure about yourself all the time. They want you to de-legitimize your beliefs. It is a very common occurring abuse. Unfortunately, most of the time people fail to identify it.

First thing to understand is that it is not about you. The other person is manipulating you. It's their psychological warfare against you because they want to control you. They fear that if they don't gaslight you, you won't stay in that relationship. It is their insecurity and you are the victim. So, one must never blame themselves when gaslighted.

STAGES of Gaslighting

disbelief

First one is disbelief. When it first happens to you, you are in utter disbelief. It is a state of denial.

DEFENSE

Secondly, you become defensive. When you say I didn't do it, the abuser starts blaming and manipulating you into believing something that you didn't even do. So instead of your query being handled, you become defensive. In this way, Gaslighting is an awful tool used by the abuser to manipulate you. At this stage, it is the time to set boundaries.

DEPRESSION

The third stage of gaslighting is depression, when you are totally drawn into their psychology and become mentally immobile.



If you as a victim withhold information from the abuser and do not want to share anything with them, then it is time to question yourself, Why are you doing this?

Secondly, if you doubt yourself and things are not going your way; if it has become really difficult to make your own decisions due to self doubt. Then, you are likely to be a victim of gaslighting.

SYMPTOMS

Third, if your behavior has changed, for example, you were a joyous person before. You used to like stuff. But now you don't enjoy anything anymore. Sudden down in your behaviour is also a sign of you being abused. These and different other symptoms show that you are a victim of Gaslighting or at least some kind of emotional abuse is going on in your life.



DIFFERENT WAYS TO GASLIGHT

Apologizing for things that you have not done because you are so unsure about your actions. Thinking that it must have been your fault. Or apologizing to save yourself from the wrath of an abuser. Accepting and apologizing for something that you have not done, only because they are making you believe it, is nothing but you being gaslighted.

If a person is constantly telling you that you overreact, then it is also Gaslighting. Because nobody should tell you what you are feeling. Feelings and emotions are as real as your own body. They exist and have a life span. If someone is gaslighting you, it is important to know that the problem lies with them and not your emotions. You need to set boundaries in this case.



???

Are you the Abuser?

One of the most important questions that you should ask yourself is, are you the one gaslighting someone? Are you the abuser? Reflect back on your behavior. It is never too late to learn and be empathetic. Whether you are the victim or abuser, make sure to reflect on yourself and bring the changes necessary in your behavior and mental health.

SOLUTIONS

To Cope with Gaslighting

Believe in your intuitions. If your sixth sense is telling you that someone is Gaslighting you, then you must give it a thought. It is God's way to tell you. Your subconscious mind is aware of what is happening. It processes 100 times faster than your conscious mind. So, I would suggest you trust your feelings in these matters.

You should meditate. The abuser shakes your core beliefs. You need to find the peace and stillness inside you before fighting on the outside. Feel the calm inside you through meditation and deep breathing. Gain back your sanity and self confidence. Meditation should be your first goal when going through an emotional trauma.

If you are in a relationship where a person is constantly Gaslighting, you can not win from them because they have narcissistic and abusive personality. You have to get out of that situation. Stay away from such people . If it is possible, leave that relationship. Otherwise, take that person to some psychiatrist. Seek professional help. You need relationship counseling at this stage or it will damage your own mental health to a great extent.

Lastly, whatever the situation is, have faith in yourself. Right before you go to bed, the mind is in an alpha state, it absorbs what you tell it. So, practice self belief by talking to your subconscious mind.



Glimpses

The FEEEL Magazine is proud to be associated with the CSR team at OGDCL for its next leg of issues. OGDCL's patronage is a testament to their commitment towards mental health awareness & continued support for its employees' wellbeing. Our efforts to bring accessible emotional preventive care will reach newer avenues as we explore our partnership with OGDCL. Here are some glimpses of the community & corporate social responsibility initiatives by OGDCL to foster goodwill and environmental awareness, health & wellness of its employees.



L to R (top): Clean & Green Pakistan tree plantation, Gifting of wheelchairs (#LFWheel Initiative) in Hyderabad through implementing partners
L to R (bottom): OGDCL free mammography camps at its operational areas, OGDCL Sponsored 3rd Mega Baluchistan Intl Squash League 2020.

Employee Testimonial



Zain Rasool Awan
Procurement
Officer, OGDCL

In the current spread of the COVID-19 pandemic, the management of OGDCL took the lead seeing the sensitivity of the matter & its impact on the mental well being of the employees because the situation reflected anarchy & lack of resilience based on the fear of spread of the pandemic & its deadly impact. A dedicated COVID management team was constituted to respond to the queries of the affected employees & their family members round the clock with instructions to provide extended assistance if deemed necessary. Numerous awareness sessions were arranged to guide the employees on how they can remain safe followed by fortnightly advisories to insure the SOPs. Apart from this, in the normal business routine, special sessions are arranged where renowned speakers & scholars are invited to advise the employees on different aspects of life. OGDCL is not an entity, rather a family & employees are bonded in the true spirit of a family.

Message from GM-CSR, OGDCL

OGDCL's CSR team & its initiatives are reflection of a vibrant & dynamic organization. Since its inception, OGDCL has always given top priority to the development of communities residing in & around the Company's area of operations. OGDCL management understands that there is a need to strike a balance between the overall objectives of achieving corporate excellence vis-à-vis social responsibility towards the community. It is our belief that "*businesses cannot succeed in societies that fail*" and this dual objective of business & social commitment has prompted OGDCL to embark upon massive programs of education, health & infrastructure development. The core objective of CSR is to promote an enabling environment between local communities & OGDCL that fulfill its obligations through investment in the areas of Education, Health, Water, Civic Amenities, Infrastructure, Sports, & Emergency Relief in collaboration with local communities & district government to undertake poverty alleviation efforts among marginalized communities for improving their quality of life on sustainable basis, with continuous efforts of CSR team.

Salim Baz, GM-CSR, Oil &
Gas Development Co. Ltd

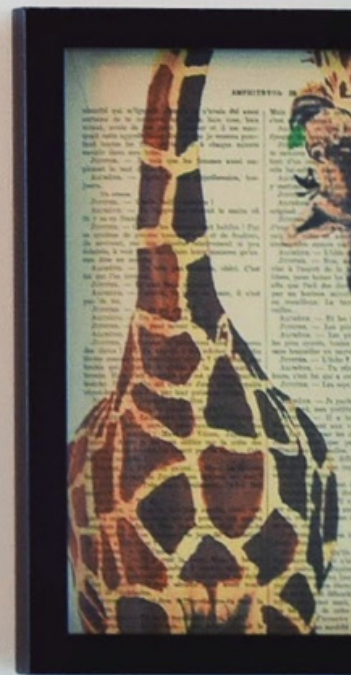




Congratulations to the winners of the art submission contest for August, 2021. We received a large number of entries, out of which we selected the best!

The theme of the art submissions was Re-entry Anxiety

Here are the winning entries!





ABOUT ARTIST

Name: Lois Perch Villemaire

Age: 72

Location: Annapolis, Maryland
USA

I was inspired to write this poem several months ago when it was indicated we could begin to interact with others who were fully vaccinated. I had been used to filling my days at home with zoom and other online activities. I felt anxious about change. Writing poetry proved to be a helpful and positive way to express my feelings during my time of quarantine.

Again, thanks very much!

I'VE BEEN PRACTICING

LOIS PERCH VILLEMAIRE

1

I'm ready to go out with friends,
when this time of isolation ends.
Where is it that we liked to go?
I need to practice, take it slow.
Let's drive to special scenic places,
Take time enjoying outdoor spaces,
that waterfront park, then leave the car,
walk around a bit, not too far.
I struggle to recall the things
we used to do, what joy it brings.
For months we've known such limitations,
routines at home, no vacations.
Now we've had our vaccinations.

2

I'll practice calling a friend for lunch,
times before we'd meet a bunch
at restaurants, lots to say,
inside, outside by a river or bay.
Did we shop inside a store,
buying things to wear? That was before
we wore the same old comfy clothes,
not much was needed except those
leggings, tops, and yoga pants,
exercising at home, or watering plants.
Transition from a class on Zoom,
drive to a building, walk into a room?
(I won't be doing that too soon.)
Grocery shopping inside the store,
instead of curbside or delivery at the door.

3

It will take practice to figure it out,
overcome the fear and doubt,
remember what living is all about,
being reunited with those we miss,
with a long awaited hug and kiss.





ABOUT ARTIST

Name: Niles Reddick

Age: 56

Location: Jackson, Tennessee,
USA

While I have been vaccinated, I hated the isolation, wearing the mask everywhere, and the inability to travel and be involved in large group activities. Now, we thought the pandemic was over or at least decreasing until the Delta variant began to sweep our communities. It's quite a depressing state.

The inspiration for this piece came from the experience of getting the vaccine and the thoughts I had about what might happen.



MY SHOT

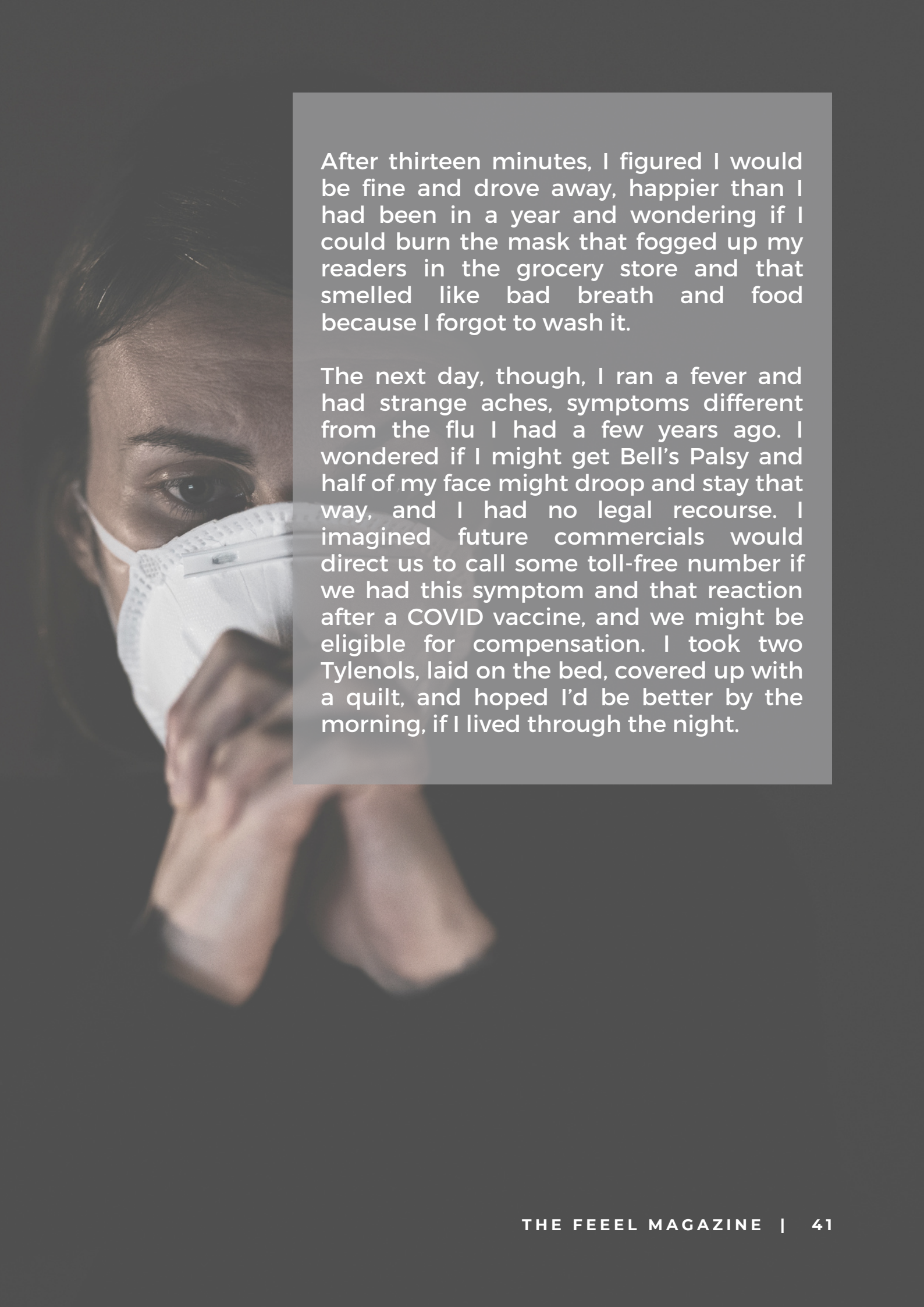
NILES REDDICK

My first COVID shot scared me worse than my second. I knew my anxiety level was high. I could feel my heart thumping in my chest, but I shuffled through the line and took my seat. I had to unbutton my dress shirt and push the t-shirt and dress shirt down from my left shoulder and arm, and before I knew it, the first vaccine was over. I had to wait fifteen minutes to make certain there was no reaction. I was more worried about catching something from the room of people, many wearing tights as pants, sporting greasy hair that spiked out in different directions, or hacking and spewing germs without covering their mouths. Years ago, I had had a reaction to penicillin, and my skin birthed red welts, my lips swelled like a bad Botox procedure, and I swallowed Benadryl pills to keep symptoms at bay.

I'd read about sudden deaths and allergic reactions and was happy I was okay, but I got my second COVID shot a couple of weeks later. The nurses were giving one shot at a time, directing people to wait fifteen minutes in their vehicles and to turn on their hazard lights or honk their horns if they needed assistance. She told me they finally figured out it was safer to move people out than keep them in the room together, and they had a paramedic in an ATV in the parking lot ready to aid anyone in distress.

Before she gave me the shot, I created scenarios. First, I imagined falling over dead in the clinic, and my wife not having my passwords and being locked out of our checking account. I envisioned my funeral where they played some hymn I'd never liked instead of Joan Baez like I'd requested in my will, and I saw those in the line behind me snapping pics of my corpse, tongue hanging out of my mouth, a puddle where I'd wet myself, and posting the pics on Facebook, Twitter, or Instagram. When the nurse told me it was over and I could button my shirt, I wanted to shout, do a dance around the clinic, and even hug her, but I went out quietly to my car to wait.





After thirteen minutes, I figured I would be fine and drove away, happier than I had been in a year and wondering if I could burn the mask that fogged up my readers in the grocery store and that smelled like bad breath and food because I forgot to wash it.

The next day, though, I ran a fever and had strange aches, symptoms different from the flu I had a few years ago. I wondered if I might get Bell's Palsy and half of my face might droop and stay that way, and I had no legal recourse. I imagined future commercials would direct us to call some toll-free number if we had this symptom and that reaction after a COVID vaccine, and we might be eligible for compensation. I took two Tylenols, laid on the bed, covered up with a quilt, and hoped I'd be better by the morning, if I lived through the night.



ABOUT ARTIST

Name: Sumaira Asghar

Age: 22

Location: Rawalpindi, Pakistan

These are unprecedented times. I've been experiencing a lot of mixed feelings - anxiety, and waves of panic. However, it has helped me cope, bond together from a physical distance, and slow the spread of the virus hands in hands with others.

The world is a strange place right now. Downright surreal even. And it's hard to deny that there are a lot of emotions at play. Whatever I feel can be a lot to carry at times. Expressing emotion through poetry is an incredible way to release those feelings before they get too deep and begin to create other problems. I write to unload and redeem.

REOPENING DOORS BUT FROM OUTSIDE

SUMAIRA ASGHAR

Behind the door
difficult emotions would flow by me
as I sat upon my old restful couch
and onwards they went
while vicious war raged outside
of invisible predators preying on connections.
I'd ask myself often:
"Will the doors ever open?"
Until the heat and fear simmered down,
locks unlocked and air eased.
Finally, I had to step outside
of my shell of comfort and nothingness
towards a pool of people, real people.
Weighty questions fell upon my soul –
"Am I recognizable, behind these layers and
layers of masks?"
"Am I selfish for coming out, when the war
might recur?"
"Should I be scared to death for a task
so mundane as buying grocery?"
I ignore the anxious thoughts
as if they were some distant radio
with a humble acknowledgement
that the art of greeting and goodbyes
is yet to be mastered.
While I don't want to go back to yesterday,
contemplating a tomorrow, a free tomorrow
seems like a hard pill to swallow
but the only cure.



Name: Leila Martinez

Age: 39

Location: Houston, TX, USA

ABOUT ARTIST

My daughter has an autoimmune blood disorder and in our household, we've always looked at flu season with apprehension and fear as she was hospitalized and underwent an infusion treatment when she had the flu. When the pandemic began, we stayed home and kept to our bubble. By the fall/winter, it dawned on us that we've always lived in a bubble but with everyone masked up, sanitizing and staying home when sick....everyone was suddenly living inside our bubble. With Covid rising again and most Texans not wanting to be masked up, we're thankful for the bubble that we got to live in as she was able to experience a lot more than in the past, but our fears are surfacing and we're currently dealing with that.

Children watch their parents process emotion and how to navigate and tackle through hard things. My daughter asked one day how I deal with anxiety and I told her about my breathing techniques, about my journaling, my prayers, etc but then she asked why did she have anxiety and how come she feels anxious. I couldn't tell if I was projecting my own fears into hers or if she was mirroring me, or if her anxiety came about because of her body's response to going back to school, to getting Covid and or seeing her doctors. This poem came from those questions and while I don't have the answers, the only thing I can give her is support and love and the understanding that mama goes through hard times and mama doesn't have all the answers and that's okay. We're going to be okay; it may not be today or tomorrow, but one day, we will be.

EXPLAINING ANXIETY TO MY 9 YEAR OLD

Leila Martinez

How do I explain what anxiety looks like,
when you are a mirror of my own?

I watch pieces of my heartbreak in real
time. I watch the tears flowing, unsure of whose
I'm wiping away. Your fears are my fears.

Your big feelings are my big feelings.

I want to place you back inside of my soul,
free from this ache and fear that you cannot describe,
But only I can name. I want to absorb all your worries
and catch all the wishing stars to relieve you
of never knowing this burden.

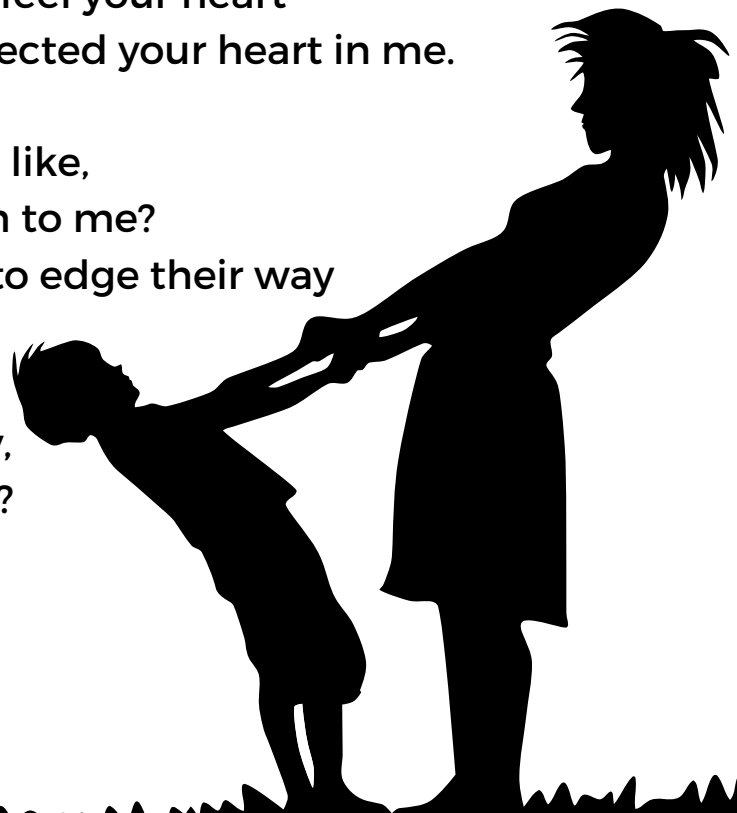
I want so much but can only offer my arms.

I envelope your body into mine and feel your heart
beating; a reminder that I once protected your heart in me.

How do I explain what normal looks like,
when normal has never been known to me?

I catch hold of the scream wanting to edge their way
Out of me and rein in the fears.

How do I say everything will be okay,
when my body is humming in flight?





READER CONTEST IS BACK!

The Digital Magazine team at The FEEEL is proud to present the sixth issue of the magazine. We would like to acknowledge the contributors who made this possible.

**Patron-in-Chief
Dr. Faryal Razzaq**

**Editing and Creatives
Amna Siddiqui**

**Content and Creatives
Samia Maqsood
Qaiser Ali**

**Sponsors
Oil & Gas
Development Co. Ltd**

**scan or click this
for other issues!**



**For any queries, sponsorship details, partnering opportunities,
please contact the editors at:**



editorfeeelmag@gmail.com

