



Report

Webinar on

TOXIC POSITIVITY

Conducted on
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PRINCIPAL
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Enactus Aryabhata, in collaboration with **Zentered Minds**, held a webinar on a very gripping topic - "**Toxic Positivity**". It was directed and conducted by **Mr. Sakar Narula** who is a very learned and dedicated clinical psychologist, CBT coach and a practitioner.

The webinar was conducted to:

- Provide insight and understanding regarding toxic positivity.
- How it affects oneself and what are its consequences.
- How to deal with it effectively.
- providing understanding and distinction between toxic positivity and the related terms.
- To answer all the queries regarding the topic put up by the attendees.

The webinar was attended by quite a large number of people which also included the Principal of Aryabhata college. The teacher in charge of the programme, **Mr. Harish Dhawan**, enlightened the audience with his words in the beginning. The **Principal**, too, addressed everyone and then **Mr. Narula** took over, beginning to talk about toxic positivity.

Starting by asking a simple question "how are you all feeling?", he stated how people generally respond by saying "I'm fine", "I'm good" which isn't really the scenario every time and thus we suppress our genuine emotions and feelings under the veil of such responses. He emphasized on the importance of mental health and how it actually impacts our physical health.

He defined toxic positivity as when we over generalise our positivity and happiness or when we show too much optimism (as excess of anything is toxic) and take into consideration that everything happening with us is normal and fine and having a general notion about it that it happens with others too. But the main idea behind this was that by saying all this, we are trying to convince our minds that it is all fine, perhaps, we are, in the true sense feeding ourselves with the wrong notions. Instead, what actually should be done is that our emotions need to be registered, felt and expressed freely.



then discussed the damages from toxic positivity which includes suppressing our true feelings and emotions and being in a denial stage. These damages not only affect us but our surroundings too.

The matter of “validating our feelings” was also picked up, as only after we have fully validated our feelings can we overcome them and feel relieved.

Validating our feelings includes

- * **Accepting** that we are feeling certain emotions and that its okay to feel them

- * **Acknowledging** the true nature of our emotions

- * Being Aware of our surroundings, and what might have caused those emotions to be elicited

- * **Connecting** to our inner selves and letting ourselves completely feel those emotions

- * **Being mindful** of these emotions in the future and keeping a check on them so as to promote a healthier way of dealing with these.

The following activity was conducted as a way to illustrate how to validate our feelings.

Heading towards how faith and being positive are different, he stated, faith is when we believe we can do it whereas in positivity, we put positive affirmations.

Faith is like a rope, when we know we can climb the rope, it's about positivity. But we need faith in order to be positive, thus they go hand in hand.

As to infer, from what toxic positivity really means to how it destructs the person and his/her surroundings, from how to validate ourselves to how necessary it is to express one's emotions freely, all these elements of the webinar resonated the most positively with us and everyone comprehended and learnt a lot from this webinar.



SCREENSHOTS FROM THE WEBINAR

