

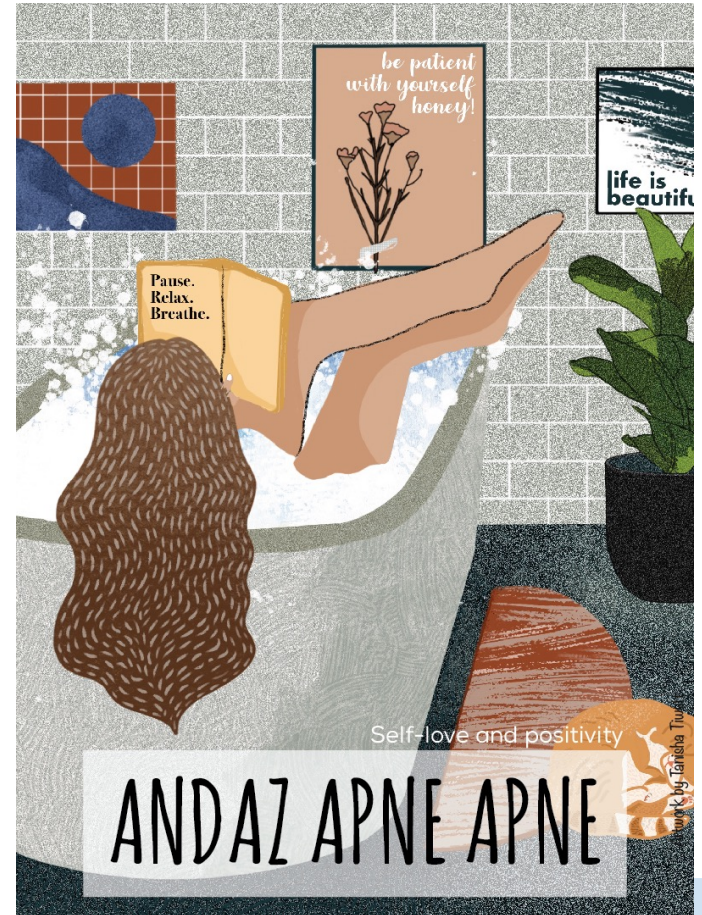
VISION NEXT



Trend byte

ANDAZ APNE APNE

Self-love and positivity in a tumultuous world



ANDAZ APNE APNE

“In today’s world, it takes courage to be happy”

The crusade for self love begun as the simple realisation that one’s individual needs could be put at the forefront, without necessarily being labelled selfish. But the thoughts around this exercise have matured since it’s boom some time ago. So have the conversations about positivity and validation. They’ve matured from an eagerness towards blind positivity, to the positivity that looks at the emotions of the individual, and beyond all, facilitates personal growth.

With so many things going wrong with the world one after the other, it is an act of rebellion just to be positive, more so in one’s own skin. As issues of identity-based discrimination flares up in several pockets in the world, people have taken the extra steps to ensure their own safety and well-being.

FOCAL POINTS

Maverick Marvel: Non-normativity is being celebrated and worn with pride.

Mind Warriors: The push towards happiness is no longer just a platitude, active systems are being created to achieve it.

Selfish care: The doubt about self-care being selfish has been razed, putting yourself first is here to stay.

Roshni Kumar - 'proud cancer survivor'
"What do I do? Everything I can."
[browngirlgaazin](#)



MAVERICK MARVELS

Reclamation of nonconforming traits

Even while the mainstream is steeped in one dimensional representations of the 'attractive', 'normal' body, there has been explorations into what 'real' bodies look like, highlighting the same features which may earlier have been dismissed as abnormal.

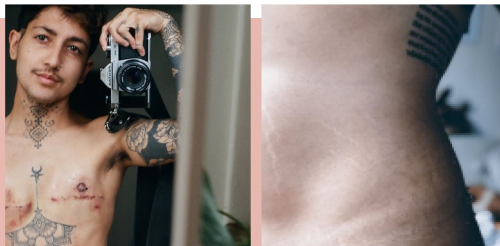
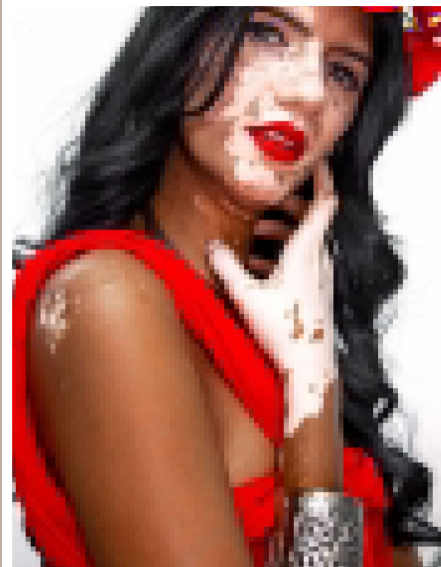
This is a celebration of diversity and the traits that make one's body unique and worthy. The body has become the testimony of a rebellious journey, especially one against years of ingrained bias.

These people may exist a little bit outside the lines, but they inhabit that space with pride.



(clockwise from leftmost) [Native BoyToy - Top Surgery Scars](#) - [Brown Girl Gazing - Zaheem \(artidotes_\) for The Un/Learning Collective](#) - [Chhapak Movie Trailer - Paromita Gupta, on Alopecia Areata - Sonya Danita c](#)

CHHAPAAK
छपाक



MIND WARRIORS

Support structures for mental health

The earliest iterations of self love and calls for positivity - 'good vibes only' - may have begun as a bid to control the flurry of self doubt and despair, but faced with to counter-arguments about what self love might mean for someone who would be practicing destructive behaviours, it quickly devolved to toxic positivity. On the basis of that earliest, simple concept of positivity and self love has formed the system of accessible mental health programs and resources, in the form of easy-to-consume lists, support groups, or just and increased discourse on the nuances of mental health issues.

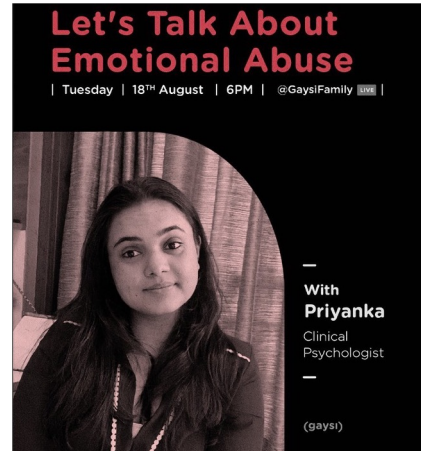
This is the form of self love that puts emotional growth in the forefront.



therapize.



Finding trust-worthy mental healthcare support should not be another source of anxiety in your life.



(clockwise from right) [Roshni Kumar, Gaysi - Emotional Abuse Session](#) · [Mental Health Talks India - Therapize - Curated Therapist Resource](#) · [Kartik Aaryan - Session with Psychiatrist](#)



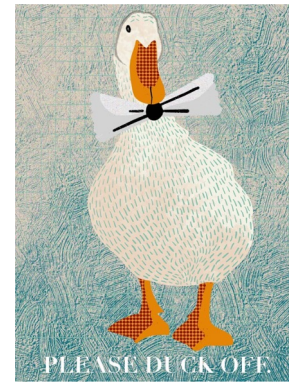
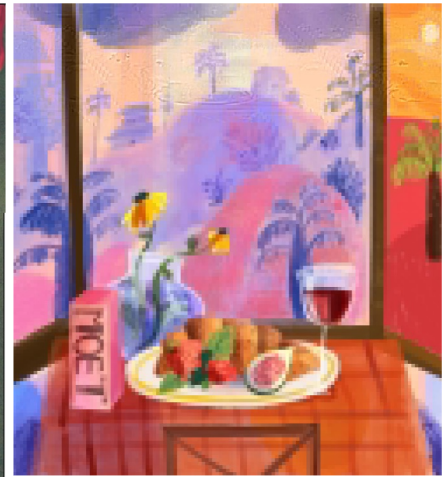
SELFISH CARE

Boundaries, forgiveness

Being comfortable in one's skin has as much to do with growth as it is to do with detoxing the painful parts. Whether in work or relationships, clear boundaries are being set, with those boundaries defined by the need to protect one's own self at priority. This finds renewed relevance in the pandemic, when the need for boundaries is not only important in a physical space, but in the mental space.

The kindness one is expected to mete out to others are turned inwards and used to forgive our own failures and shortcomings.

The result is an unabashed, unapologetic realization of self worth.



Common myths about Boundaries

- Boundaries are walls.
- Boundaries push people away.
- Boundaries cannot be flexible.
- Boundaries are a form of rejection.
- Having boundaries makes you selfish.
- When I set a boundary, I am being mean.
- If I begin setting boundaries, people will leave me.
- Setting a boundary is a form of control/manipulation.
- Boundaries make me feel guilty so they must be wrong.
- Boundaries are permanent and I can't change my mind after I set them.
- If I set a boundary, that means I will be hurting someone.

Bhavya Kulshreshtha
@adeclarationofsentiment

(clockwise from top left) [Sayantan Ghosh - Ashita Relap - Delicious - Canch Whisner - Saayanii Badas - Meal for One - adeclarationofsentiment - Bhavya Kulshreshtha - fishwithapole - Tanisha Tiwari - hannaharand - Hannah Rand](#)



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