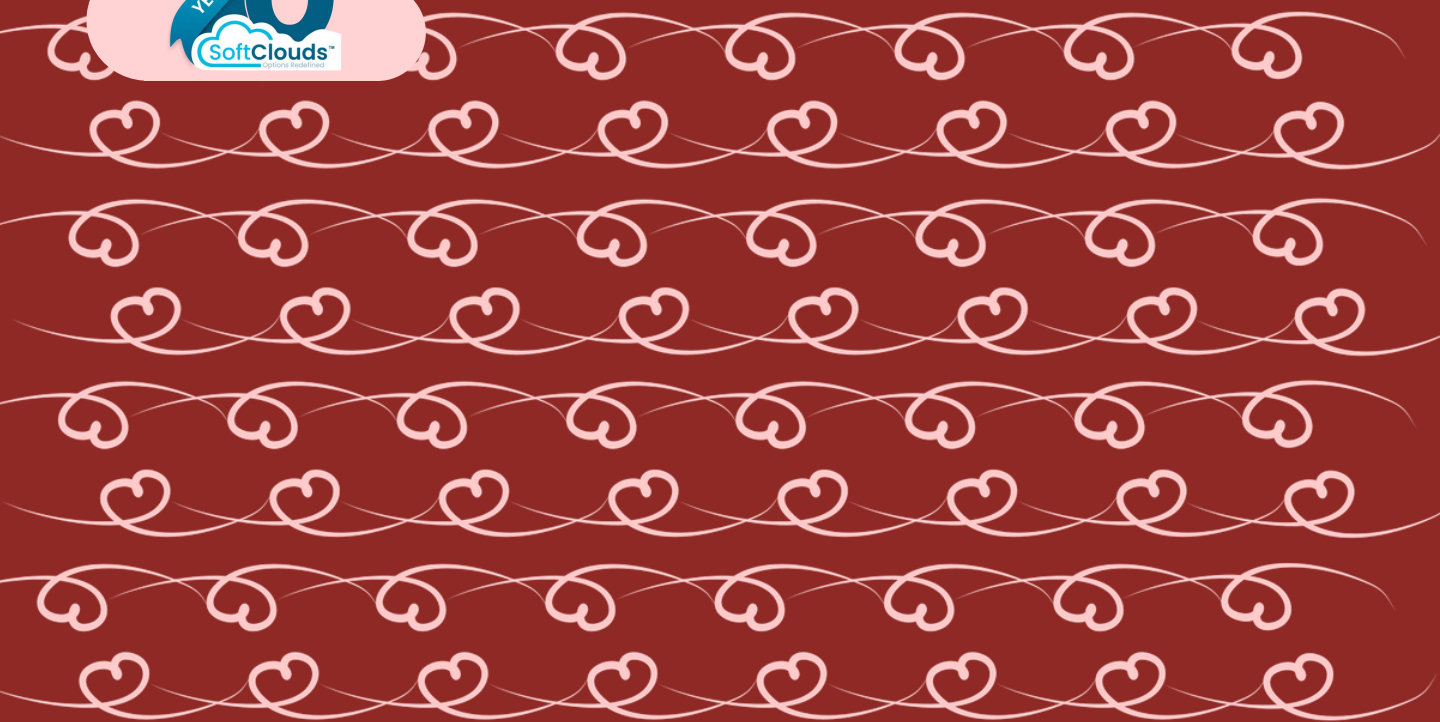


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**world.
mental.
health day.**



World Mental Health Day 2025

Life at work is a canvas, and every day gives us the chance to add color, light, and joy. In this collection, our SoftCloudians share the moments, habits, and choices that bring balance, clarity, and happiness to their daily lives.

These reflections remind us that mental well-being is not an event, but a living, breathing part of how we think, create, and connect. Small pauses, mindful choices and gestures of care ripple outward, transforming ordinary days into opportunities for growth, laughter, and shared energy.

Through these experiences, we see that resilience is built in moments of stillness, strength is found in connection, and joy is discovered in the little victories we often overlook.

Every mindful act shapes a culture where curiosity, creativity, and kindness thrive. This eBook is a celebration of how awareness, empathy and simple practices allow each of us to shine, together creating a workplace full of life, purpose and positivity.



Balaji Ramachandran

CEO, SoftClouds

The heart of every achievement is a mind at ease. ”

Every SoftCloudian brings energy, ideas and dedication that shape our journey forward. Each contribution carries passion and commitment, yet we know some challenges remain unseen. Recognizing this inspires a culture where everyone feels supported, valued, and empowered.

Mindful moments and acts of care transform our workplace. Listening, connecting, and creating space for reflection energize individuals and strengthen teams. Confidence grows, creativity flourishes and collaboration becomes effortless when people feel nurtured.

Supporting mental wellness sparks resilience and clarity. It allows SoftCloudians to take bold steps, explore ideas freely and uplift one another through shared understanding. Every gesture, conversation, or pause contributes to a vibrant, positive environment.

Mental health is a continuous journey and a shared commitment. Valuing well-being sparks innovation, deepens trust, and enhances personal and professional growth.

When SoftCloudians shine together, the organization shines with them. Every mind cared for, every voice acknowledged, and every individual empowered creates a workplace where people shine, create and grow with purpose.

#MindfulAtSoftClouds

Life brings its share of stress, and how we choose to respond defines our strength. Smiling through challenges with courage and confidence has always been my way forward. My relief comes from Unwinding myself in the activities I love. **Singing** is one of them. Whenever stress or anxiety builds, I find a quiet corner, sing my favourite songs, and instantly feel my mood lift. It is like giving my mind a reset.

Spending time with my **daughters** is another way I find joy. We go for long walks and talk about their hobbies, school, and interests. These conversations keep me connected and grounded. Weekends hold a special place for me as they are opportunities to refresh and bond. They do not always mean vacations; even the simplest things can bring a smile. A visit to the public library with my daughters, an evening with close friends over dinner, or even washing the car or fixing something at home all become moments of joy.

I believe in keeping myself engaged so that stressful thoughts do not linger. More importantly, I ensure that **family** time is never compromised. Those moments of togetherness are among the best stress busters I know.

My philosophy is simple. Focus on what you can influence & place trust in God for what lies beyond. Life was created for us to find happiness in one form or another. Challenges are temporary; just like a sunrise follows the longest night, hope and light always return.

Rohin Sinha

Associate Manager, SoftClouds



**Beyond the
“Rohin” Smile**

”

***We cannot direct the wind,
but we can adjust the sails.***

*Working across on-site and offshore teams often means juggling different time zones, long hours, and back-to-back meetings. The pace can feel overwhelming at times, and that is where mental health becomes important. For me, it is less about big fixes and more about **embracing small, meaningful moments** that help me reset.*

*I have realized that I cannot cut out screen time completely, since it is part of both work and life. What I can do is divert it. Keeping my phone on silent for a while, taking a short walk, or stepping away from my desk for a few minutes helps me manage the constant flow of calls and messages. These **pauses** create space to breathe and return with clarity.*

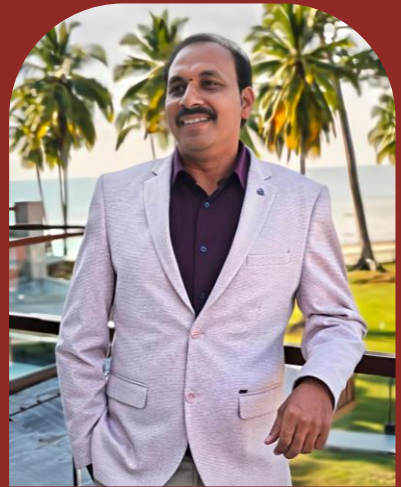
*Recently, I have added **violin** practice into my routine. I may not play perfectly, yet those few minutes with the instrument completely shift my state of mind. The calmness of the music allows me to disconnect from the rush and find balance in the middle of a busy schedule.*

*During demanding projects, breaking tasks into smaller steps also helps ease pressure. Instead of carrying the entire workload at once, I focus on one important piece at a time. This makes the journey easier and keeps motivation steady. I also make it a point to **acknowledge our wins** and appreciate the team's efforts. Gratitude creates a positive environment that strengthens well-being for everyone.*

For me, mental health is about simple choices such as moments of calm, music, gratitude, and focus that help me stay grounded and show up fully for both work and life.

Uday Javangula

Senior Technical Manager, SoftClouds



**Beyond the
“Uday” Smile**

5 C's for Better Mental Health

"Carry the C's, craft a life of focus & joy."



Calm - Choose calm, create clarity.

Connection - Cherish connections, cultivate care.

Compassion - Carry compassion, comfort counts.

Clarity - Clear choices, confident course.

Courage - Conquer challenges, chase change.

these C's cultivate calm & confidence.



Beyond the “Raghavendra” Smile

In the corporate world, we have built a system of hierarchies, projects, annual goals, and rewards. This structure ensures accountability, drives progress, and aligns us toward common outcomes. At the same time, it often brings pressure and stress.

From my experience, the difference lies not in the system itself, but in how we engage with it. I ask myself:

- Am I genuinely interested in what I am doing?
- Do I feel valued for the work I contribute?
- Do I enjoy the process of solving challenges, whether technical, functional, or collaborative with my team?

When the answer is yes, my mental health flourishes. Work becomes fulfilling, progress feels satisfying, and challenges awaken curiosity instead of strain.

For me, ***mindset*** is the quiet differentiator. Corporate structures may remain fixed, yet the way we respond to them transforms the entire experience. A positive, growth-focused approach allows resilience and well-being to thrive even in demanding environments.

Mental health in the workplace is shaped by choices. By finding meaning, recognizing value, and nurturing joy in our daily efforts, we create balance and energy that extend beyond professional success. It is in these choices that well-being takes root and grows strong.

Raghavendra Uniche

Technical Project Manager, SoftClouds



Beyond the “Mahesh” Smile

*When projects get hectic or deadlines feel tight, I manage stress by **organizing tasks** based on priority. Sometimes I write items on paper, and other times I use a calendar with to-do reminders. If a task needs planning with dates or calculations, I often use tools like Excel to track the status.*

*For tasks I am not familiar with, I do some research online or **discuss** with peers and mentors to get the right guidance and move forward.*

*Most importantly, I make time for **family and friends**. Spending those moments with them helps me overcome stress and feel recharged.*

These simple practices help me stay focused and balanced, even during busy times. I believe that small efforts every day build resilience over time. With the right balance of work, learning and relationships, stress becomes easier to handle.

Mahesh Jeyakumar
Senior Director, SoftClouds



Beyond the “Divyansh” Smile

AI can predict your choices, and social media can showcase perfection, yet neither defines your peace of mind. Every day does not need to be productive enough for an algorithm or picture-perfect for a post. Life allows space for pauses, laughter, mistakes, and ***moments of calm***. Your worth is measured in how you care for yourself and find joy in your journey.

Even in a fast-moving digital world, ***being human*** with all your imperfections is your greatest strength. Mental health is about honoring small, meaningful choices that bring balance. It could be taking a mindful walk, spending time with loved ones, or simply sitting quietly to reflect. These moments show that peace grows when life is embraced as it unfolds.

Mistakes and imperfections are part of being human. The laughter of family, the comfort of friendship, or the quiet joy of personal reflection matters more than any digital metric. Every pause is an opportunity to recharge, and every smile is proof of resilience.

Technology will continue to evolve, but it cannot replace genuine human presence. Embracing our emotions, imperfections, and capacity to care makes us strong. Beyond the smile lies the reminder that being fully human is the most powerful expression of mental well-being.

Divyansh Mishra

DevOps Engineer, SoftClouds



Beyond the “Hemanth” Smile

For me, mental well-being begins with perspective. In project management, challenges, deadlines, and shifting priorities are part of everyday life. Over time, I have learned that stress is inevitable, yet the way we handle it shapes both productivity and peace of mind.

*One practice that helps me most is **breaking big goals** into smaller, achievable steps. Large tasks can feel overwhelming, but **celebrating progress** along the way builds momentum and keeps energy high. Prioritizing and delegating ensure my focus stays on what truly matters.*

*I also believe in the power of **short pauses**. Even a few minutes of deep breathing, stretching, or stepping away from the screen can reset the mind and prevent burnout. These micro-breaks are simple yet powerful in restoring clarity and balance.*

Work-life balance is another anchor for me. Clear boundaries create space for family, hobbies, and rest. Rituals like a daily walk or an uninterrupted meal with loved ones bring joy and keep me grounded.

*Wellness of **body and mind** go hand in hand. Good sleep, regular exercise, and staying hydrated fuel stamina and focus. Reconnecting with the purpose behind my work reignites motivation. Mindfulness and gratitude, whether through journaling, meditation, or appreciating small wins, shift my outlook toward positivity and resilience.*

Stress is always present, yet it doesn't define the journey. With the right mindset and habits, we can navigate even the busiest days with clarity, balance and a genuine smile.

Hemanth Kumar K S
Senior Project Manager, SoftClouds

get your daily dose of happiness at work



Boost your mental well-being by activating key “feel-good” chemicals naturally throughout the day. Small daily habits make a big difference.



1

Oxytocin – Connection

Build bonds with colleagues.

Offer help, show appreciation, share a smile.

“Little acts of kindness strengthen trust and belonging”



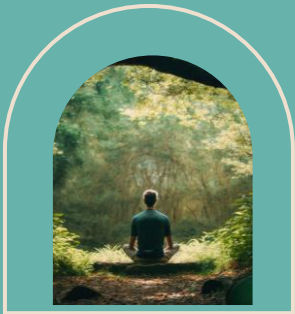
2

Dopamine – Achievement

Break work into small wins.

Celebrate milestones, even tiny ones.

“Recognizing progress fuels motivation and satisfaction”



3

Serotonin – Reflection

Take mindful pauses.

Practice gratitude, note positive moments.

“Awareness and appreciation boost mood and clarity”



4

Endorphins - Energy & Joy

Build bonds with colleagues.

Offer help, show appreciation, share a smile.

“Physical activity and joy release natural stress relievers”

Combine these daily and watch your focus, energy, and happiness grow. Little consistent moments create a balanced and resilient mindset.



Beyond the “Devashish” Smile

Every shift in life teaches something new, and for me, working nights from home has been a journey of discovery. It has shown me that mental health thrives on small, steady practices that bring **peace and balance**. The calm of the night has become my quiet companion, giving me space to focus deeply and deliver my best without the noise of the day.

To stay refreshed, I lean on short **micro-breaks** that reset both mind and body. Every few hours, I pause to stretch, drink water, or simply step onto the balcony and look at the stars. These brief pauses create a surprising calm and prepare me to return to work with clarity. Sometimes I add **music** to these moments, turning a simple break into a spark of joy that brightens my night.

Rest is the anchor that holds everything together. I follow a routine that helps me **switch off completely** closing the laptop, dimming the lights, and creating a peaceful sleep environment with blackout curtains. This habit restores my energy and allows me to be fully present with my family when the day begins.

Movement is another part of my rhythm. A **quiet midnight walk** outdoors refreshes my thoughts and lifts my spirits. Even a short walk brings clarity, eases the strain of long sitting hours, and adds energy to the rest of my shift.

Balance for me is found in these simple choices. Each **small step** builds resilience, keeps me motivated, and allows me to move forward with calm and purpose.

Devashish Rai

Sr Client Specialist, SoftClouds

World Mental Health Day 2025

Gentle Reminders



Prioritize Balance

Work is important - but so is rest, family & personal time. Create boundaries that protect your mental space.



Take Micro-Breaks

A 5-minute pause to stretch, walk, or breathe deeply can reset your mind and boost productivity.



Sleep is Non-Negotiable

Quality sleep fuels focus, creativity & emotional resilience. Aim for 7–8 hours.



Stay Connected

Talk to friends, colleagues or mentors. A simple conversation can lighten the heaviest day.



Gratitude Matters

Practice appreciation - at work & at home. Gratitude strengthens positivity & resilience.



Move Your Body

Physical activity isn't just for fitness - it's a natural stressbuster. Find what works: walk, yoga, gym or dance.



Mind Your Digital Diet

Take screen breaks. Limit endless scrolling. Protect your focus and mental clarity.



Ask for Support

It's okay to not be okay. Seeking help is a sign of strength, not weakness.



Beyond the “Sujith” Smile

A healthy mind shapes how we experience every moment. Mental health allows us to stay calm, happy, and resilient even when life gets demanding. It gives clarity, energy and the strength to face challenges with balance and positivity.

*During busy times, stress and pressure are natural. I have learned that managing them becomes easier when I break work into smaller steps and take **short breaks**. This simple approach makes tasks feel less heavy and helps me stay focused.*

*Equally important is maintaining balance between work and personal life. After long hours, I make time for family, friends, or hobbies. These moments relax the mind and keep me refreshed. Even on the busiest days, **pausing** for a few minutes of deep breathing, taking a short walk, or sitting quietly can bring peace and restore energy.*

Travel is another way I care for my mental health. Exploring new places keeps me energized and motivated. Meeting people, trying different foods, and experiencing new cultures fill me with excitement and positivity.

*Above all, I believe in mindfulness and **gratitude**. Being present and appreciating the **simple blessings of life** brings joy and peace. These practices remind me that balance and calm can be found every day.*

Sujith Kumar Deverajan
Software Engineer, SoftClouds



Beyond the “Rajat” Smile

Discipline, the Silent Strength Behind Mental Well-Being.

Mental health is often seen through the lens of feelings and emotions. While these are important, I have learned that discipline gives us the foundation to manage them with balance and clarity. It is the quiet strength that keeps the mind steady even when life feels demanding.

For me, discipline is not about strictness. It is about building ***small routines*** into daily life that create stability. Simple actions like getting enough rest, taking short breaks during work, eating on time, or spending a few minutes each day in reflection or doing something enjoyable bring a sense of structure. This structure calms the mind and creates a feeling of control.

At work, discipline becomes a guide that helps build healthy boundaries and improves time management. It prevents the sense of being overwhelmed and reduces unnecessary stress. Planning tasks carefully and completing them as intended not only improves productivity, but it also gives a strong sense of achievement. That progress fuels confidence and directly supports mental well-being.

Of course, discipline works best when it is combined with ***kindness***, support, and openness to share how we feel. Even so, without discipline, these values can lose their strength. I often think of it as the foundation of a house. When the base is strong, everything else stands firm. For me, mental health and discipline move together. When discipline shapes the day, focus improves, peace of mind grows, and happiness becomes a natural outcome.

Dr. Rajat Goel

Senior Delivery Manager, SoftClouds

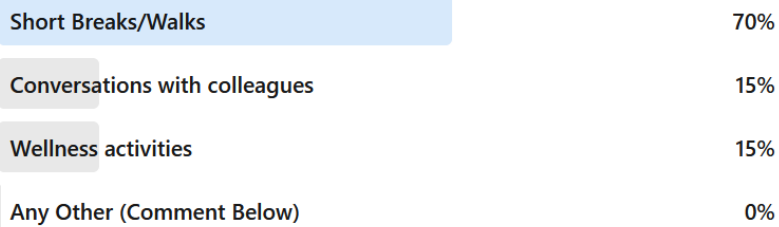


[#WorldMentalHealthDay](#) (Oct 10) is a month away. As we approach this important day, let's reflect on how we take care of our mental well-being at work.

[#MentalHealth](#) [#MentalHealthAwareness](#) [#MindMatters](#) [#WorkLifeBalance](#) [#MentalHealthMatters](#)

What's your most effective way to manage stress during working hours?

You can see how people vote. [Learn more](#)





Beyond the “Guru” Smile

*Mental health begins with the **choices** we make each day and the **habits** we nurture over time. In our profession, hectic projects and tight deadlines are part of life. What makes the difference is how we **manage ourselves** through the pressure. Over the years, I’ve learned that it is less about avoiding stress and more about **building steady practices** that bring balance and clarity.*

*When projects get intense, I break the workload into **smaller, achievable steps**. This approach reduces overwhelm and creates a sense of progress. To balance work and personal life, I set clear boundaries. Evenings are dedicated to **family**, and I avoid carrying unfinished tasks into that space. Small habits like these create lasting impact.*

During busy days, I carve out short moments of calm. A walk, a pause for deep breathing, or even five minutes of silence between meetings helps me recharge in ways I once overlooked. These micro-breaks keep me focused and grounded.

Another practice that supports me is reserving time for myself each day. With so much energy spent on work, family, and responsibilities, even one hour of self-care, reflection, or learning makes my mental health stronger and steadier.

*Staying energized also comes from reminding myself of the bigger “**why**.” I revisit the purpose of my work and practice gratitude, noting even the smallest wins or gestures of support. **Gratitude shifts perspective, turning pressure into purpose. As Carol Dweck shares in Mindset, adopting a growth mindset helps me learn, adapt, and face challenges with resilience.***

“Mental health is a journey of awareness and consistent practice. By being mindful and intentional, I strengthen myself and hope to inspire others to do the same.”

Gururaja Basavaraj
UX Architect, SoftClouds

Beyond the “Shyam” Smile

Some days feel like juggling five balls while riding a unicycle, and one of them always seems to be on fire. I have learned that the key to navigating these moments is to **pause and recharge**. A short power nap, even for 15 minutes, resets my mind and helps me return sharper, calmer, and ready to tackle challenges.

Gratitude plays a central role in how I maintain balance at home and at work. Appreciating my colleagues for their efforts or enjoying the surprise of a comfort meal from my family brings a sense of lightness and joy. These small acts remind me that everyday **kindness** can create a lasting impact and shape how we feel throughout the day.

Movies serve as another form of therapy. Sometimes they make me laugh, sometimes they make me reflect, and always they provide a moment of pause. Life balance became even more meaningful after my latest promotion to Dad. **Parenthood** continues to teach patience, presence, and the art of **cherishing small moments**, like hearing baby giggles after a long day.

I am also grateful to my wonderful reporting manager Ashok, whose **support** makes work-life balance easier to achieve. With **guidance and encouragement**, goals feel more manageable, challenges feel lighter, and motivation stays steady both personally and professionally.

For me, mental health is about creating **alignment**. Taking breaks, expressing gratitude, and making space for joy help me stay grounded. Deadlines and responsibilities are always there, yet life becomes richer when we focus on living fully, celebrating small victories, and smiling along the way.



.Mental Health Treatment.

Therapy & Counselling



Talking helps heal the mind.

Early Intervention



Quicker help = better recovery.

Medication Support



Balances brain chemistry.

Self-Care



Small daily practices build resilience.

Lifestyle Changes



Sleep, exercise & nutrition matter.

Holistic Approach



Mind, body & spirit all connected.

Mindfulness & Meditation



Reduces stress & anxiety.

Accessibility Matters

Affordable & stigma-free care.

Support Systems



Family, friends & community are vital.

You are Not Alone



Seeking help is a strength.



Beyond the “Menaka” Smile

*When life gets busy and projects feel overwhelming, it's easy for pressure to build up quickly. I have found that taking **short, mindful breaks** makes a significant difference before stress becomes too heavy. Sometimes, I step away from my desk, stretch, or prepare a warm cup of green tea. These small **pauses** give me a moment to reset.*

*Spending time with **family** in the evening and listening to my favorite **music** also helps me release the day's tension. These simple rituals remind me that letting go of stress is not a luxury but a necessity.*

Balancing work and personal life is an ongoing journey. It requires finding the right structure and boundaries that suit each of us. Managing stress during hectic projects can be challenging, but consistent, small practices like these make it manageable.

*Taking a moment to slow down, breathe and pause mindfully reinforces an important lesson that **self-care** is just as essential as completing tasks. By nurturing our well-being, we can approach work and life with clarity, energy, and a genuine smile.*



Beyond the “Bhupendra” Smile

Happiness and balance often hide in the ***smallest moments*** of life. Visiting temples, walking with loved ones, or ***listening to calming music*** gives me space to recharge and approach each day with clarity. These simple joys help me pause, reflect, and ***focus*** on what is most meaningful.

I find inspiration in the teachings of the Gita, which remind me to ***focus on duty and effort*** rather than being attached to results. Applying this wisdom in my work brings clarity and reduces the weight of expectations. It encourages me to give my best while remaining calm and balanced, even during challenging projects.

Enjoying my work itself is another key factor. When I see the positive impact of my efforts on others, it fuels motivation and keeps me moving forward with purpose. Recognizing that each task contributes to a larger goal helps me maintain perspective, even during demanding phases.

Daily practices of mindfulness and reflection also support my mental health. ***Pausing*** to acknowledge progress, ***appreciating*** small wins, and taking time for personal hobbies or walks with family create a sense of balance and satisfaction. These small rituals, repeated consistently, help me manage stress, build resilience, and sustain energy over time.

For me, mental health is about creating a life where effort, joy, and purpose coexist. By ***focusing*** on what brings happiness, staying connected to loved ones, and practicing mindful reflection, I can remain grounded, motivated, and ready to meet both professional and personal challenges with a smile.

Bhupendra Modi

Delivery Manager - Oracle, SoftClouds



Maintaining an **optimistic** outlook and sustaining joy comes down to two guiding principles I hold close. The first is to **embrace the journey** as much as the destination. The second is to **seek out the good** and celebrate it. If happiness is postponed until the finish line, we miss the countless small treasures along the way.

True happiness exists in the present moment when we allow ourselves to **notice** it. Life is like walking through a forest. We will reach our destination regardless, but those who walk with open eyes are rewarded by flowers in bloom, butterflies in flight, and sunlight streaming through the trees. These are the simple wonders that make the path worthwhile.

Even in life's darker chapters, there is always something to be grateful for, however small it may seem. Choosing to see and **appreciate** those moments keeps the spirit light and the heart resilient. **Gratitude** turns even ordinary days into meaningful ones, and that shift in perspective is what nurtures both joy and mental well-being.

For me, this is a practice more than a pursuit of perfection. Some days are easier than others, but the effort to focus on joy, however small, is always worth it. Happiness grows step by step when we **intentionally** choose it along the way.

Jeremy Cazares

Senior Project Manager, SoftClouds



**Beyond the
“Jeremy” Smile**





Eat Balanced

Fuel your body with whole foods, fruits & veggies.



Stay Hydrated

Water is your best friend for energy and focus.



Move Daily

Even light activity supports heart & joint health.



Manage Stress

Practice mindfulness, meditation, or deep breathing.



Prioritize Sleep

Quality rest restores your mind & body.



**Support
your
health**



Regular Checkups

Prevention is better than cure.



Get Sunlight

Boosts vitamin D & mood.



Stay Connected

Strong relationships support emotional well-being.



Digital Detox

Reduce screen time for better mental clarity.



Think Positive

A healthy mind fuels a healthy body.



Beyond the “Neha” Smile

For me, mental health is about **slowing down** and finding small ways to stay balanced, even on the busiest of days. When meetings and tasks feel never-ending, I have discovered that even a few minutes of **pause** can make a big difference. Stretching, stepping away from my desk, or simply taking deep breaths helps me return with calm and focus.

Working from home has made this easier in many ways. Being close to my family keeps me motivated and connected. A quick dinner together, a short chat during the day, or evening tea with them always brings a smile. **My dog** also plays a big role in my well-being. Her playful breaks, short walks, or even just sitting quietly beside me take away stress and remind me to live in the moment.

I look forward to weekends as an important part of my routine. A simple drive to a nearby place, a meal at a new restaurant, or exploring a tourist spot creates happy memories with my family. These **experiences** recharge me for the week ahead and remind me why balance matters.

At the end of each day, I make it a practice to shut my laptop and reflect on the things I am **grateful** for. This habit brings closure to my day and helps me rest better. In the morning, I cherish spending time with my family before the day begins, which sets a positive tone for everything that follows.

To me, mental health is not only about handling stress, but also about **embracing small joys**, creating meaningful memories, and nurturing gratitude in daily life. These little choices bring balance and keep me grounded, both personally and professionally.

Neha Kumari,

Sr. Client Specialist, Managed Services, SoftClouds



Beyond the “Ankit” Smile

*Sometimes the most powerful moments for mental health are the ones that make you laugh until your cheeks hurt or simply take your breath away with love. For me, mental health is about **balance, resilience, and cherishing** the little victories. Managing multiple projects can feel like juggling flaming torches, exciting and exhausting at the same time. I’ve learned that breaking work into smaller steps and celebrating tiny wins makes everything feel lighter. Even the smallest victory can brighten the heaviest day and remind me that progress is always possible.*

*What recharges me most is time with my **family**. Playing with my twin boys fills life with laughter, surprises, and energy. Whether it is racing their favorite tractor toys, dancing around the living room, or watching them marvel at something new, these moments bring pure joy. My daughter adds a different kind of **calm**. Our conversations, stories, and her laughter create a sense of happiness that no deadline can replace. Life’s beauty often lies in these simplest of moments.*

*Even on hectic days, I carve out space for calm. A **walk**, mindful breathing, a **cup of tea**, or immersing in **music** helps me regain clarity. I also practice gratitude, noting small blessings like my boys’ spark of discovery or my daughter’s kind words. These reminders keep me grounded and grateful.*

*For me, mental health means thriving, celebrating progress & embracing joy even through challenges. Strength comes from love, presence & **gratitude**. This journey invites us to pause, reflect & connect with those who bring color & laughter into our lives, reminding us that joy is the greatest source of strength.*

Ankit Jeswani,
Technical Manager, SoftClouds



Happiness shared is happiness multiplied and at SoftClouds, we choose to multiply it every day. In the spirit of Mental Health Day, we launched the SoftClouds Positivity Chain on September 10th. This month-long initiative was designed to spread joy, encouragement, and connection across our teams, culminating in a collective celebration of well-being.

The concept was simple yet powerful. Each SoftCloudian shared something uplifting, whether it was a quote, a funny story, a personal reflection, or even a lighthearted meme, and then tagged a colleague to continue the chain. What started as a small spark has grown into a vibrant exchange of voices, laughter, and meaningful insights.



The Positivity Chain - A Journey Together

The Positivity Chain was more than an activity. It reflected the culture of SoftClouds where even small acts such as sharing a kind thought or passing on a smile create an atmosphere of connection, value, and motivation. As we approach Mental Health Day, we carry forward this spirit of togetherness, knowing that every positive word shared is a step toward a healthier and happier workplace.

Because when positivity flows, so does the strength to thrive together.

As the chain unfolded, creativity & authenticity shone through. Some contributions brought humor that made everyone laugh, while others offered thoughtful reflections on gratitude, discipline, and resilience. Every thought was inspiring in its own way, reminding us that positivity is contagious and that mental well-being grows in a supportive environment.

#MindfulAtSoftClouds





Beyond the “Sara” Smile

A peaceful mind is the anchor for a healthy life. It guides the body, sends signals that keep everything in balance, and helps us function at our best. When the mind is unsettled, the body quickly reflects it. In many ways, mental health shapes the overall health index of our entire being.

Corporate life often brings long hours, tight schedules, and constant screen time. To ease my mind, I take deliberate steps to **disconnect from devices** for a while each day. Even **short breaks** away from screens make a big difference. **Nature, for me, is the best healer.** A walk among trees or simply being outdoors helps clear my thoughts, reduce stress & bring a fresh sense of calm.

I also believe in the simple truth that **what we give to others returns to us.** When we remain calm, composed, and respectful at work, it sets the tone for how others respond in return. This creates a ripple effect that lowers stress not just for one person, but for the entire team. Mutual respect builds a healthier, more positive environment for everyone.

For me, mental health is about nurturing both the inner self and the space we share with others. Taking mindful pauses, reconnecting with nature, and **treating people with kindness** may seem like small habits, but they bring lasting strength and balance. These choices remind us that while challenges will always be present, peace and positivity can always be created.

Sara Philip

Business Analyst, SoftClouds



Beyond the “Aarthi” Smile

As a Project Manager, I constantly juggle shifting priorities and tight deadlines. Stress is an inevitable part of the role, but I have learned that mental health is not about avoiding stress, it is about finding balance within it.

*To stay energized, I prioritize **fitness**. Going to the gym helps me clear my mind and return to work with sharper focus. At home, **time with my kids** brings laughter and perspective, reminding me to slow down and truly enjoy the moment. Writing in my **gratitude journal** shifts my attention from challenges to blessings, while reading books offers calm and fresh insights that often spark ideas at work.*

*Even during the most demanding projects, I make space for **mindful pauses**. Sometimes that means stepping away from my laptop, practicing a few minutes of deep breathing, or celebrating small wins with my team. These simple resets keep me grounded and reinforce the idea that progress matters more than perfection.*

*My motivation comes from **purpose and gratitude**. Every small step, whether achieving a project milestone or sharing quality time with family, adds up to something meaningful. Beyond the smile, it is these daily choices that keep me centered- fitness for strength, family for joy, reflection for clarity, and learning for growth.*

*When we choose to **care for our minds** with intention, we create space not just to cope but to truly flourish.*

Aarthi Jennifer

Project Manager - SoftClouds

Beyond the “Ravalika” Smile



For me, mental health is about finding smart ways to juggle work without dropping too many balls.

*During hectic times, I have learned that stress doesn't vanish, but it negotiates. My STRATEGY? Break big tasks into smaller wins, **celebrate** progress (sometimes with chocolate) and take quick “reset breaks.” A 5-minute walk, a strong chai, a **beauty nap** in the afternoon or even a **random chat** with a teammate often works better than forcing myself to stare at the screen.*

*Work-life balance is trickier - especially since work has a habit of sneaking into life (and life has no problem sneaking into Zoom calls). I try to draw a line by logging off at a reasonable time & giving evenings back to family, friends or Netflix. **Boundaries**, I have realized, are the best productivity tool.*

*On busy days, I rely on “**micro-moments of calm**.” That could be deep breathing, a favorite **playlist**, or just staring out of the window pretending to be in a movie montage. These tiny pauses are surprisingly powerful in keeping me energized and focused.*

Motivation, for me, comes from knowing I am part of something bigger - a team that values people. And when things get too overwhelming, humor becomes my stress-buster. A well-timed joke or a funny meme in the middle of work often does wonders. After all, laughter is still the best life management hack.

*For me, mental health is about thriving with **BALANCE**, **GRATITUDE** and a **SMILE** that is authentic... not just the one we put on for selfies.*

Ravalika Medipally,
Senior Manager, Marketing, SoftClouds



Beyond the “Kiran” Smile

Life brings its share of challenges, but caring for our mental health ensures we face them with clarity and strength. Mental health is the foundation of overall well-being, shaping how we think, feel and respond to daily pressures. While most people recognize its importance, fewer take deliberate steps to nurture it.

Personally, I manage the pressure from work, projects, and other responsibilities by engaging in activities that bring me joy and energy. **Workouts** keep my body active & my mind refreshed; while **traveling & photography** allow me to step into new environments , discover fresh perspectives & recharge.

Just as my own well-being is important, my family’s well-being matters just as much. I make sure that by spending **quality time** with them, playing with my kids, watching movies together, going for drives, and enjoying many other moments. For others, the activities may be similar or completely different, but what truly matters is discovering what brings you joy and making it a regular, meaningful part of your life

I follow a simple philosophy that has always guided me - **“Do what you like and like what you do”**. This approach helps me handle stress & inspires me to approach every day with positivity and gratitude.

Kiran Rajendran

Software Engineer, SoftClouds



Beyond the “Sunitha” Smile

*Mental health, for me, is about finding sunshine even on ordinary days. It is the little sparks of joy that keep me energized and balanced. A **genuine smile**, a **hearty laugh**, or a **quick chat** with people who know us best often carries more strength than we realize. These simple moments create calm, connection, and resilience that last far beyond the moment itself.*

*I feel **grateful** every time I pause and look around. I see a supportive family that stands with me in every situation, colleagues who bring positivity into my day, and the privilege of being part of a community that values both growth and care. Gratitude itself acts like an anchor, helping me stay centered and steady when life feels overwhelming. It reminds me to focus on what I already have and appreciate it fully.*

*My practice is simple- I remind myself to smile more, talk openly, and cherish the bonds I have. **Smiles** carry power. When shared, they uplift our own spirit while brightening someone else's day. That is the essence of mental health for me, where well-being grows stronger through togetherness and shared joy.*

Beyond the smile lies something deeper. Real strength comes from honesty, genuine connection, and the courage to lean on one another when needed. Through that support we discover that we are more resilient, more hopeful, and more capable than we sometimes believe.

Sunitha Chatharasupalli

Manager - Employee Happiness, SoftClouds

“things to remember”



SoftClouds™
OPTIONS REDEFINED

**You are enough as
you are.**

**Kindness creates the
purest joy.**

**Every day is a
fresh start.**

**Rest is
productive too.**

**Saying “no” is
perfectly okay.**

**Comparison
steals joy.**

**Beauty and strength
come from within.**

**Small steps still
move you forward.**

**Gratitude turns little
into enough.**

**Your emotions
deserve space and
care.**

**Mistakes are often
how we learn.**

**Slow progress is still
progress.**



Asokan Ashok

CTIO, SoftClouds

every day is a chance to lift others & lead with heart.

”

Every day provides an opportunity to support one another, to pause & to check in with my fellow SoftCloudians. Mental health is not limited to a single day on the calendar. It flows through the rhythm of daily work & life, shaping how we think, create, innovate & collaborate.

Simple acts of kindness & care have extraordinary impact. Listening, encouraging and fostering understanding help people feel valued & empowered. When mental wellness is prioritized, individuals approach challenges with confidence, clarity & creativity. Teams become stronger, communication flows more openly & the workplace becomes a space where people can bring their full selves.

Spreading kindness & promoting awareness cultivates a culture that uplifts everyone. Supporting each other is a shared responsibility that strengthens resilience, trust & innovation.

Every step taken to nurture well-being makes a difference. When people feel supported & inspired, they grow personally & professionally. Together, we can create an environment where everyone can flourish, succeed & make a lasting impact.

#MindfulAtSoftClouds

**.the last page.
.from our ♥ to yours.**

You are not *behind*.

You are simply unfolding at your own *perfect pace*.



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