

Report of Seminar on Stress Management

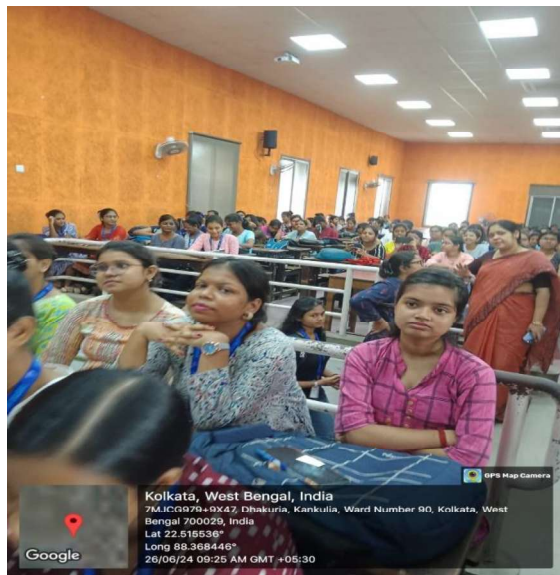
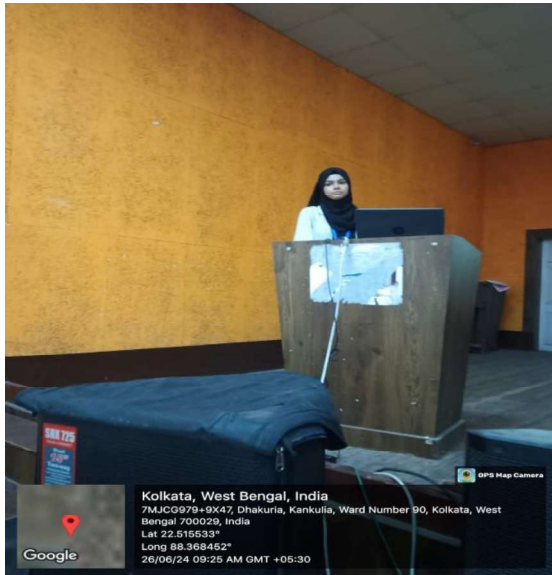
In today's hectic world, most of the people pass through a stressful state. The students are not of exception. The Department of Education, in association with IQAC, came forward to organise a seminar on Stress Management on 26th June, 2024.

Smt Anindita Mukherjee, one of the renowned Psychologists, conducted the workshop and shared her valuable insight.

The programme was organised with a view to develop life skills part of value -added life skill development. **The specific objectives** of the programmes are:

- 1.To acquaint students with the nature of stress
- 2.To identify stress in various situations
- 3.To show the ways to handle the situation properly.



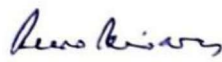


Outcomes

60 Students have shown their interest and interacted with resource person.

They enjoyed the session and expressed their views regarding the situations practically faced by them. They required more such programmes in future.




Principal
(DR. RUNA BISWAS)
Sivanath Sastri College

Principal
Sivanath Sastri College



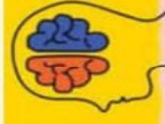
श्रद्धापान् सततो ज्ञानम्

Sivanath Sastri College

VENUE: COLLEGE AUDITORIUM

26th June, 2024

**SPEAKER:
ANINDITA MUKHERJEE**



Stressors



Stress Management

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De-stress Activity



Gardening Rest



Yoga Exercises



Chatting with Friends



Speak with Specialist



Friends Can Help



Control Your Emotions



Spend Time with Pets

STRESS



Stress is a state of worry or mental tension caused by a difficult situation

Stress is a natural human response that prompts us to address challenges and threats in our lives.

Everyone experiences stress to some degree .

Causes Of Acute Stress Disorder



01

Natural disasters



02

Accidents



03

Domestic violence



04

Physical or
sexual assault



05

Life-threatening
injury/terminal
illness



06

Sudden death of
a loved one



07

Mass shooting
or witnessing
a murder



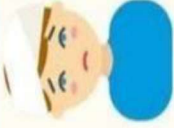
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Terrorist attacks



09

Unexpected
life crisis



10

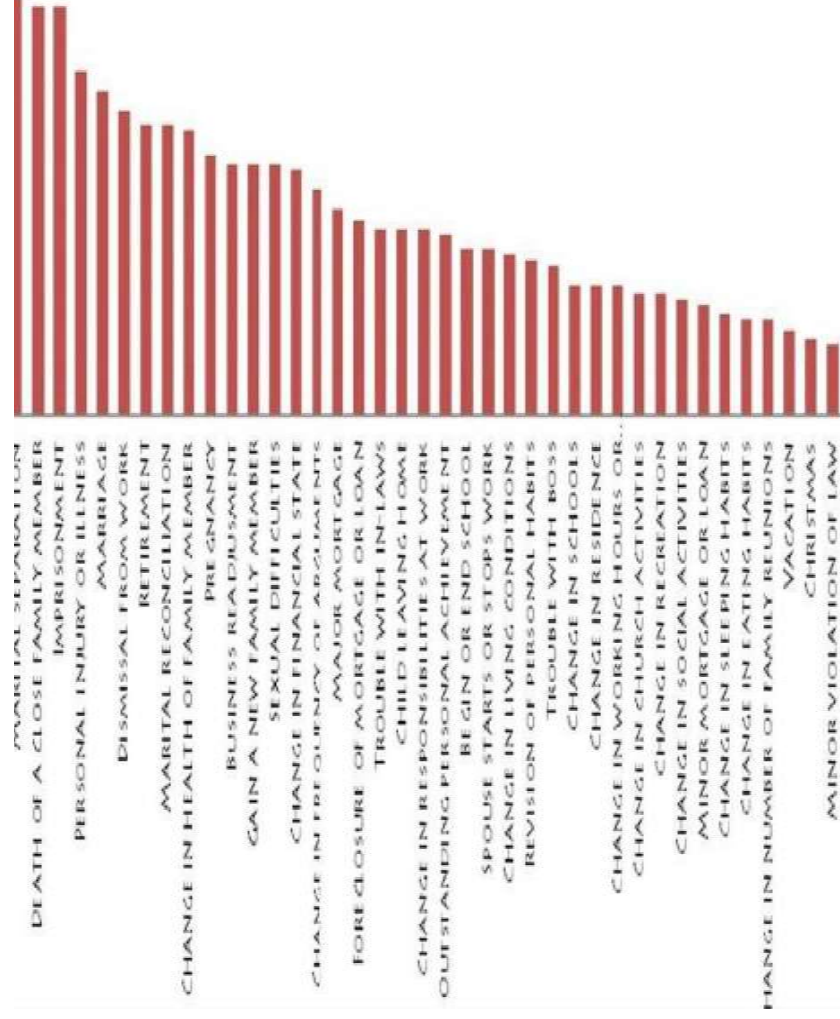
Surviving a brain injury



11

Facing difficult life challenges

MAJOR LIFE STRESSORS

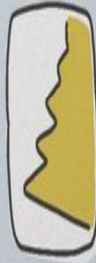


TYPES OF STRESS:



POSITIVE

NORMAL STRESS & ANXIETY MAY BE INTENSE BUT RESOLVES QUICKLY.



TOLERABLE

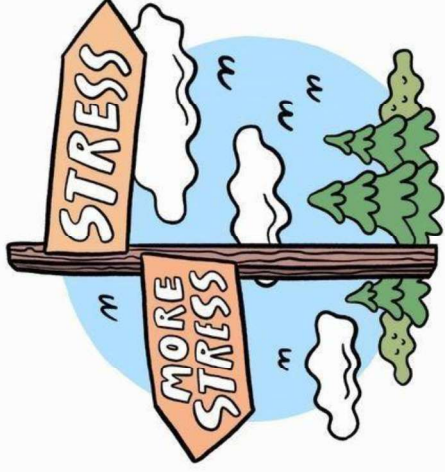
LONGER LASTING STRESS (GRIEF, JOB LOSS, ETC) CAN BE MITIGATED THROUGH HEALTHY RELATIONSHIPS.



TOXIC

INTENSE PROLONGED ADVERSITY WITHOUT SUPPORT.

@LINDSAYBRAMANE



Eustress

- Makes us feel motivated, determined, or excited
- Improves focus & performance

Distress

- Makes us feel anxious, overwhelmed, or frustrated
- Impairs focus & performance

Mind

Worrying
Indecision
Negativity
Foggy Thinking
Hasty Decisions
Impaired Judgement

Behavior

Substance Abuse
Loss of Appetite
Accident Prone
Restlessness
Loneliness
Insomnia

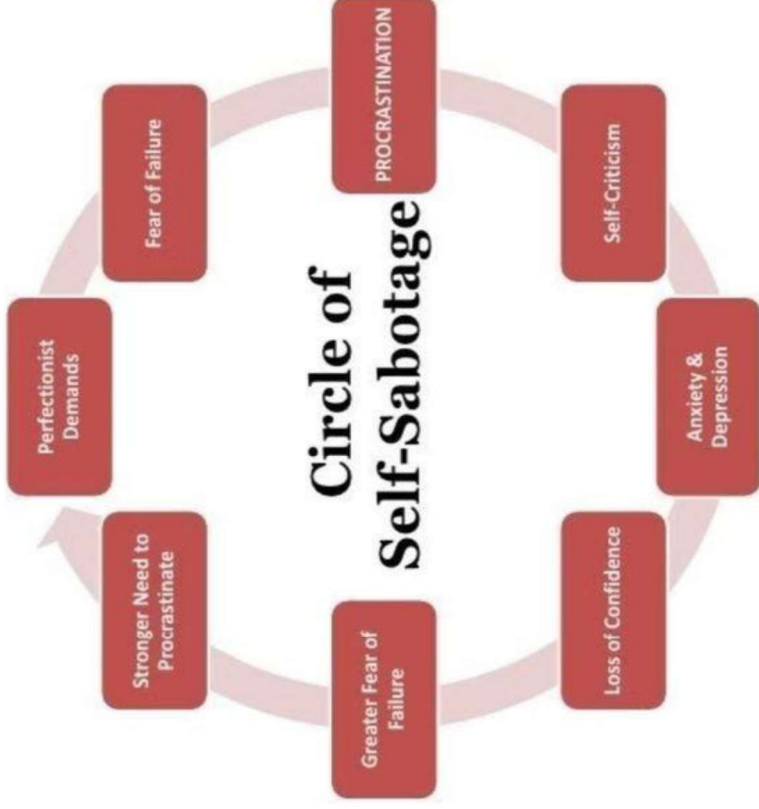
Body

Fatigue
Headaches
Taut Muscles
Skin Irritations
Frequent Infections
Constricted Breathing

Emotions

Loss of Confidence
Apprehension
Indifference
Depression
Irritability
Insomnia

Stress



THE WORRY CYCLE

DREAMS TO LIFE COACHING

DESTRUCTIVE THOUGHTS

INACTION

STRESS & ANXIETY

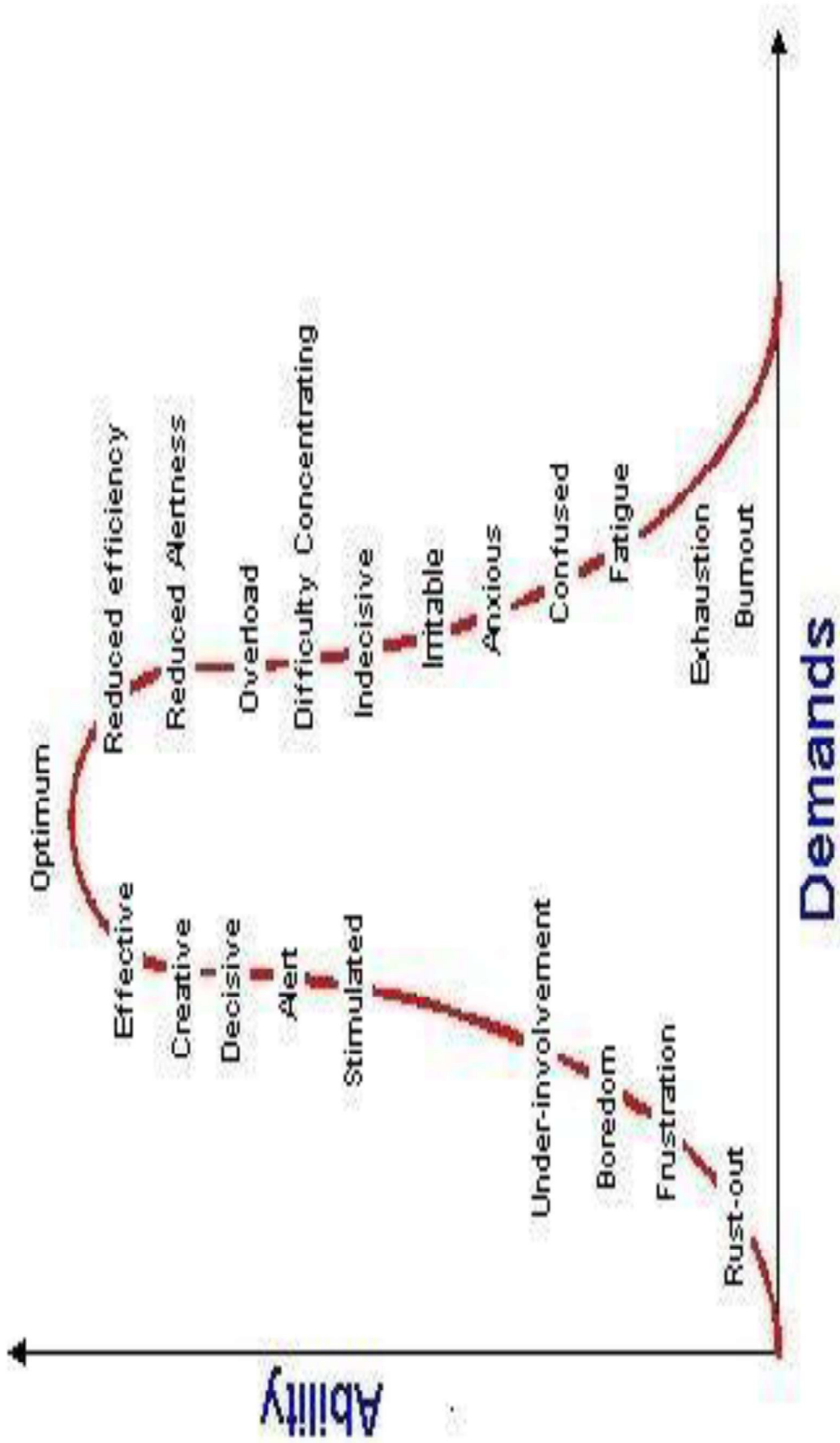
PHYSICAL
SYMPTOMS

NEGATIVE COPING
MECHANISMS

MENTAL BLOCKS

DREAMS TO LIFE COACHING





Typical Emotional Reactions to Stress:

MaryAnn Dawood @The.Peoples.Therapist

Fight

Irritated
Defensive
Hostile
Volatile



Flight

Avoid
Delay
Anxious
Withdrawn



Freeze
Numb
Apathy
Detached
Paralyzed
Overwhelmed



Signs and Symptoms of Stress

Behavioral Symptoms

- ★ Decrease in sex drive/libido
- ★ Habitual craving for salty or sweet foods
- ★ Habitual craving for salty or sweet foods
- ★ Sleeping too much or too little
- ★ Neglecting responsibilities
- ★ Avoiding contact with others
- ★ Using alcohol, tobacco, or drugs to unwind
- ★ Using caffeine to stay going

Emotional Symptoms

- ★ Constant worrying
- ★ Fearful anticipation
- ★ Agitation and moodiness
- ★ Restlessness
- ★ Short temper
- ★ Irritability, impatience
- ★ Inability to relax
- ★ Feeling tense and "on edge"
- ★ Feeling overwhelmed
- ★ Sense of loneliness and isolation

Cognitive Symptoms

- ★ Forgetfulness
- ★ Poor short-term memory
- ★ Difficulty focusing
- ★ Indecisiveness
- ★ Difficulty concentrating
- ★ Trouble thinking clearly
- ★ Poor behavior/being unlike one's self
- ★ Racing or anxious thoughts

Physical Symptoms

- ★ Chronic fatigue
- ★ Tense pain in head and/or back
- ★ Stiffness and tension in muscles
- ★ Constipation or diarrhea
- ★ Difficulty sleeping/insomnia
- ★ Increased heart rate/chest pain
- ★ Increase or decrease in blood pressure
- ★ Loss or gain in weight

Doctor Wilson's
Original Formulations

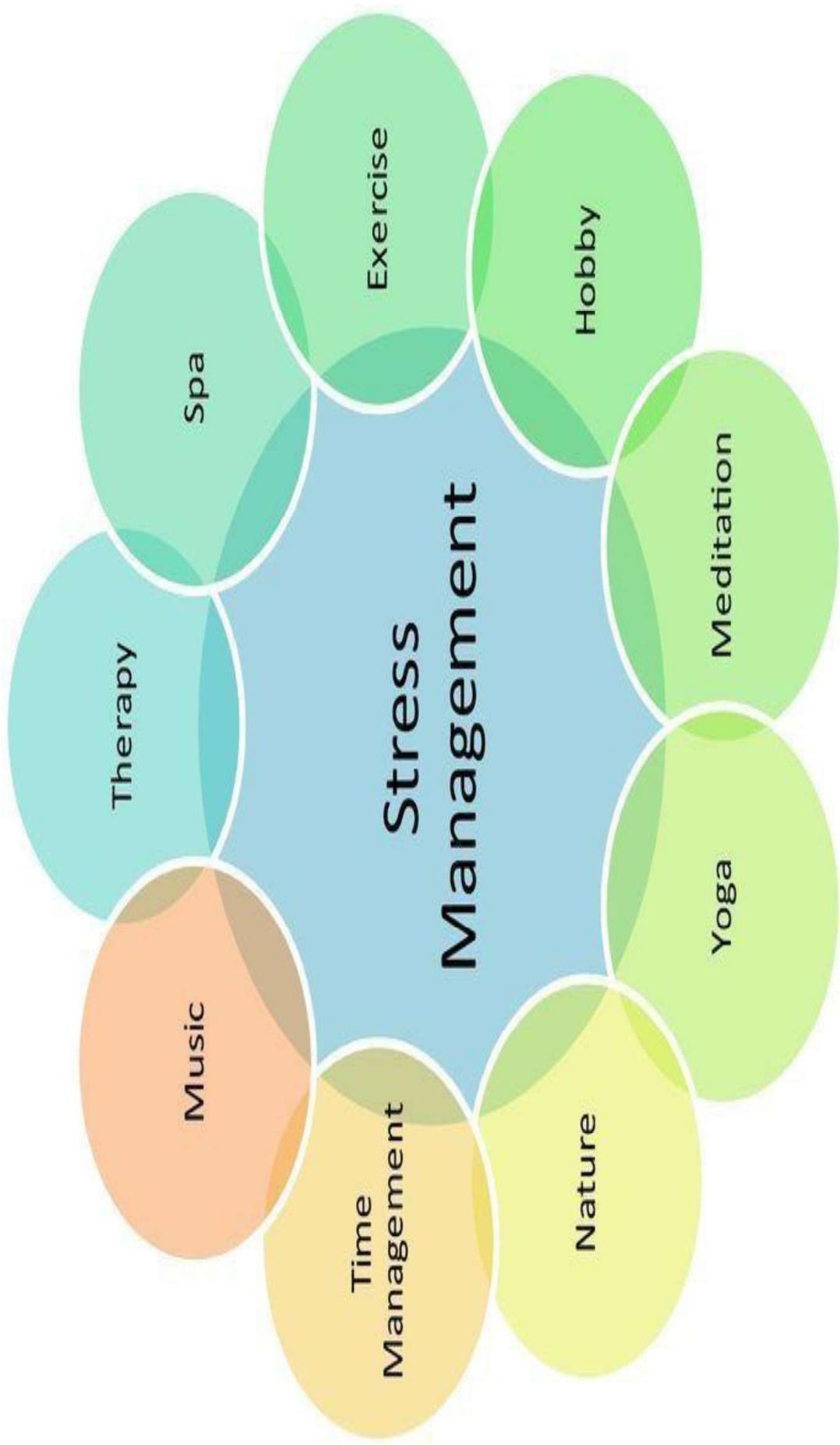
got stress?
we've got the solution.™



How to Stop Suffering & STRUGGLING



to
Live in
this world?



HOW TO GRACEFULLY HANDLE STRESS

1

Take In Deep
Slow Breathe

2

Remember That
You Can Only
Control So Much

3

Lots Of
Positive Talk To
Yourself

4

Know Who &
What To Give
Your Energy To

5

Release Any Built
up/Anger Through
Physical Sports

6

Don't Bottle It Up
Laugh About It If
You Can

7

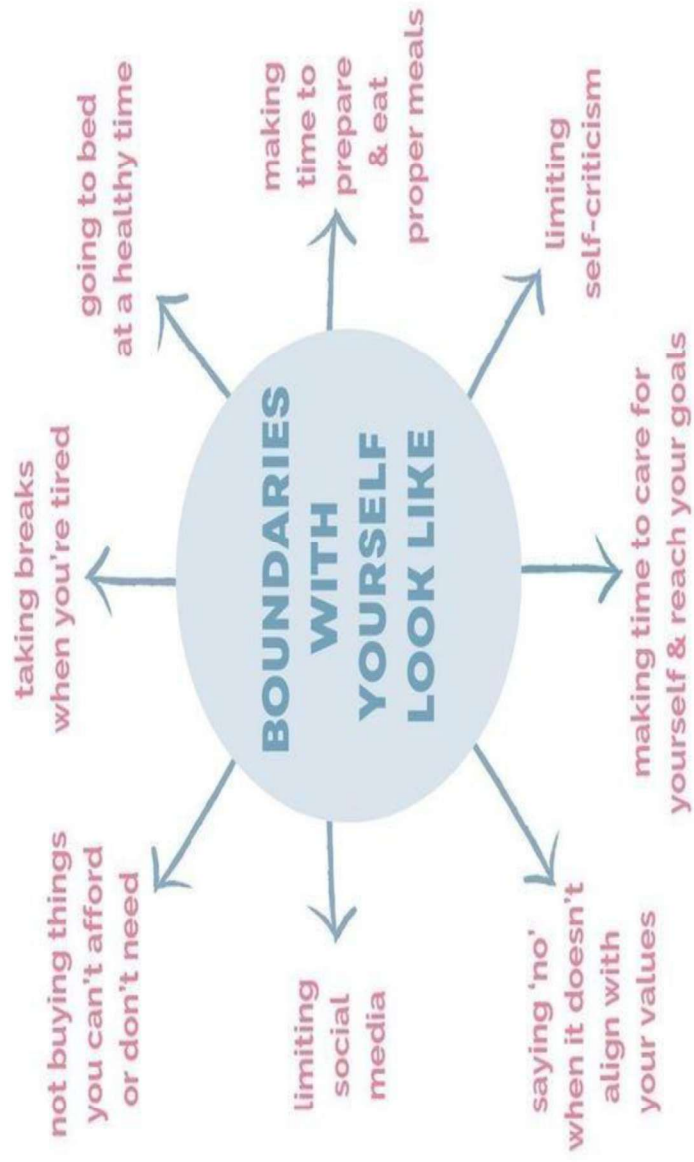
Speak To Or
Confide In
Someone

8

Hit Pause & Take
A Moment To
Regroup



WE WERE ALL MADE
DIFFERENT TO LEARN FROM
EACH OTHER.

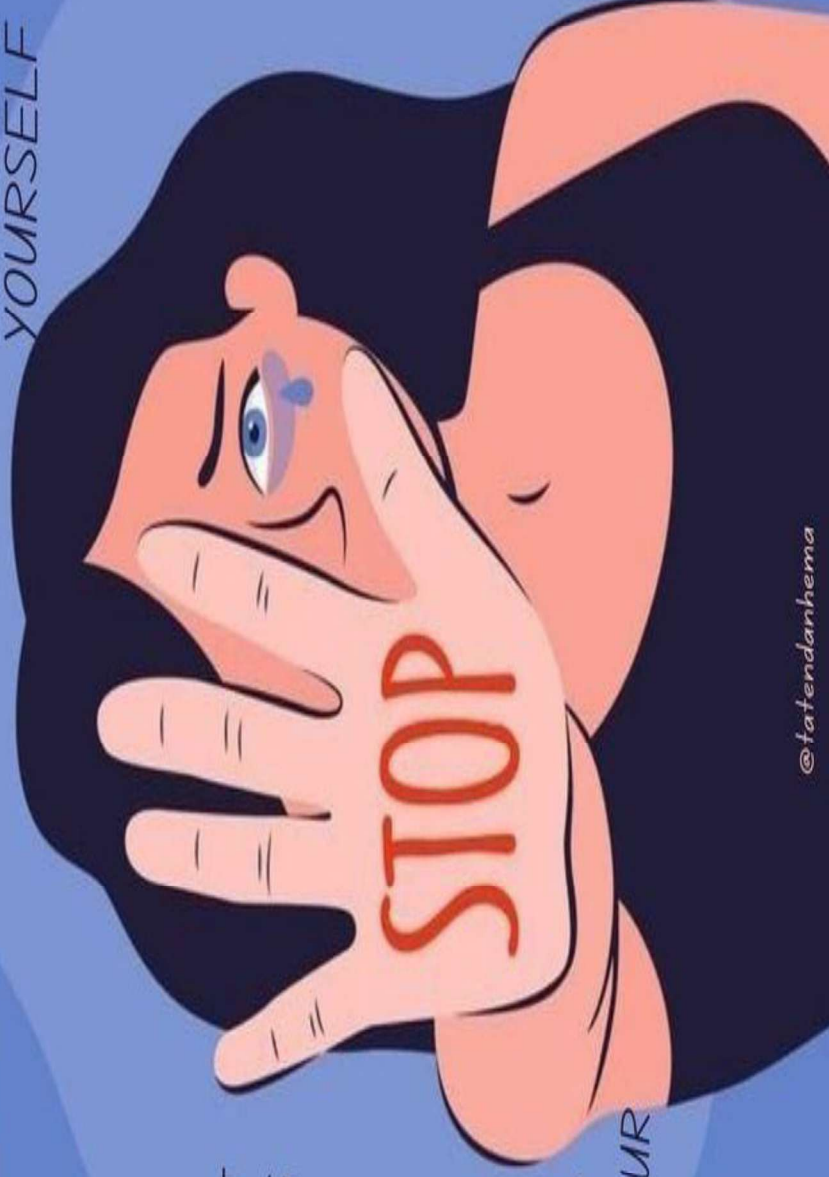


STOP LETTING PEOPLE
NEGOTIATE YOU OUT OF
YOUR BOUNDARIES.

STOP
ALLOWING
PEOPLE TO
DICTATE WHAT
YOUR HEALING
SHOULD LOOK
LIKE.

STOP TAKING IT
PERSONALLY
WHEN PEOPLE
CHALLENGE YOUR
BOUNDARIES.

STOP FEELING
REMORSEFUL FOR
CHOOSING
YOURSELF



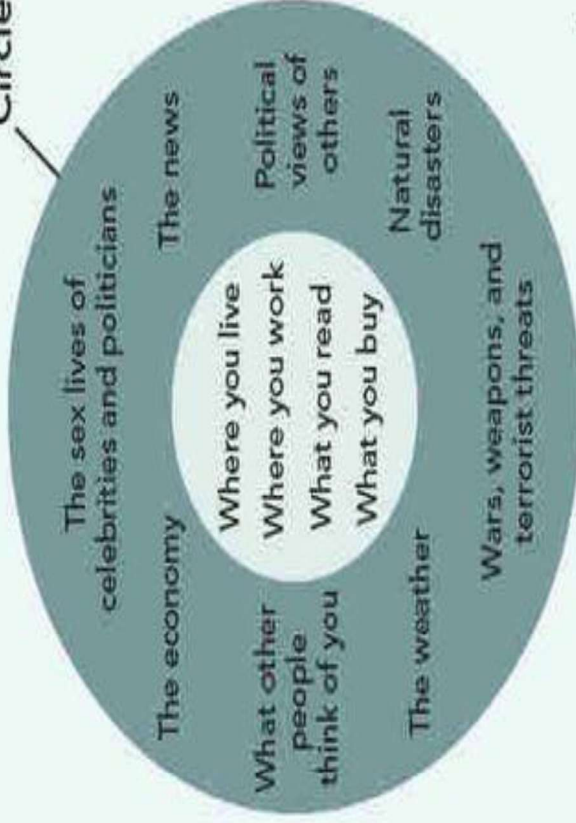
@fatendanhema

Circle of Concern vs. Circle of Control

How Reactive People Act

Large Circle of Concern and a small Circle of Control. A lot of time and energy is wasted reacting to issues that they can't control.

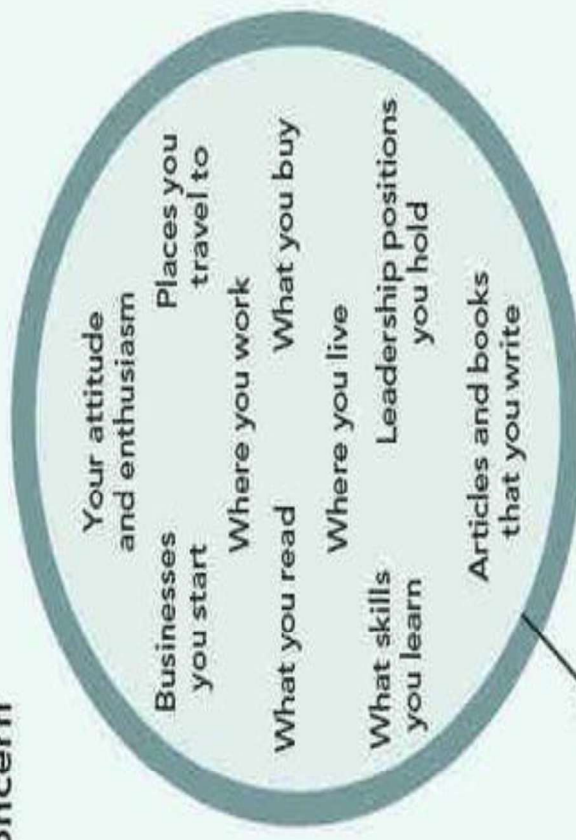
Circle of Concern



How Proactive People Act

Small Circle of Concern and a large Circle of Control. A lot of time and energy is focused on issues that are within their control.

Circle of Control



If an egg is broken by
an outside force, life ends.
If broken by an
inside force, life begins.
**Great things always begin
from the inside.**

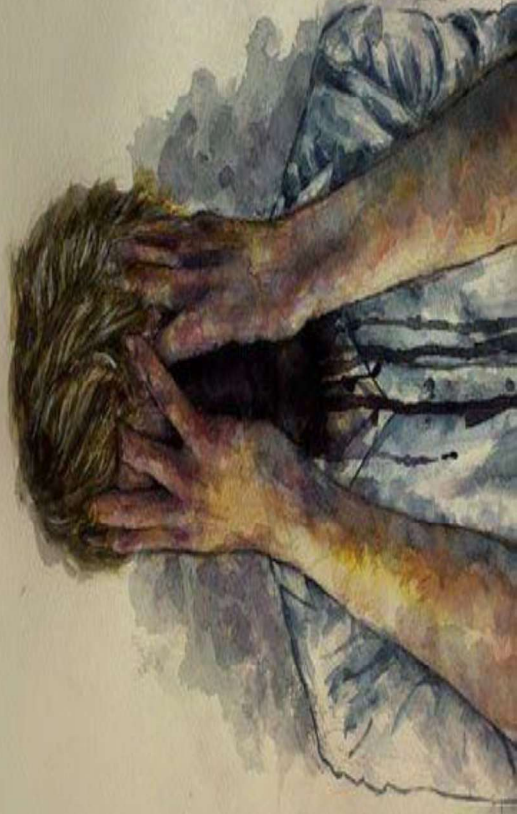




**Everything
comes to you
at the right
time.
Be patient.**

PSYCHOLOGY FACT

People who overreact in stressful or difficult situations are prone to depression.

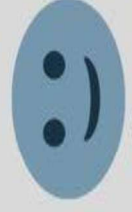


ways to manage Stress

INSTANTLY



Breathing Exercises



Watch Funny Things

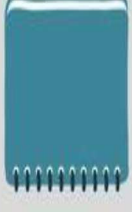


Try Aromatherapy

SHORT TERM



Go For A Walk



Journal Feelings



Practice Meditation

LONG TERM



Make time For Leisure



Take time To Exercise



Eat Healthy

FOR STRESS RELIEF, JUST TAKE A DEEP BREATH.

Start the week calm with four deep breathing techniques.



#DeStressMonday

DeStressMonday.org

DeStress
MONDAY



THIS LEADS TO

Emotional Burnout

Striving for perfection in all areas of life

Placing unrealistic expectations on yourself

Taking care of others but not yourself

Working hard without being appreciated for it

Trying to control what's out of your control

Supporting people without the emotional capacity to do so.



Stress

Burnout



- OVER-ENGAGEMENT
- HEIGHTENED EMOTIONS
- SENSE OF URGENCY, HYPERACTIVITY
- DECREASE IN ENERGY
- INCREASES CHANCES OF ANXIETY
- PHYSICAL DAMAGE (PRIMARY)



- DISENGAGEMENT
- BLUNTED EMOTIONS
- SENSE OF HOPE/HELP-LESSNESS
- DECREASE IN MOTIVATION
- INCREASES CHANGES OF DEPRESSION
- EMOTIONAL DAMAGE (PRIMARY)

Impact to emotional, physical, mental health

SELF CARE IS ALSO:

Social Media
Habits

Making time for
hobbies

Boundaries

Sleep

Exercise

Therapy

Reading

Goals

Yoga

Meditation

Sunlight

Learning

Spirituality

Nutrition

Cleaning

Journaling

Financial
Management

Developing
friendships

Taking a walk

SELF CARE IS:

The 4 A's Of Stress Management

1

Avoid

- Stressful situations
- Stressful people

- Negative feelings
- Negative actions



2

Alter

- Stressful situations
- Behavioral strategies
- Communication methods

- Priority lists
- Schedules
- Social skills



3

Accept

- Responsibilities
- Mistakes
- Good Communication

- Positive self-talk
- Forgiveness
- Saying "No"



4

Adapt

- To situations
- To new schedules
- To new Standards

- To positive thoughts
- To positive actions
- Stress management strategies

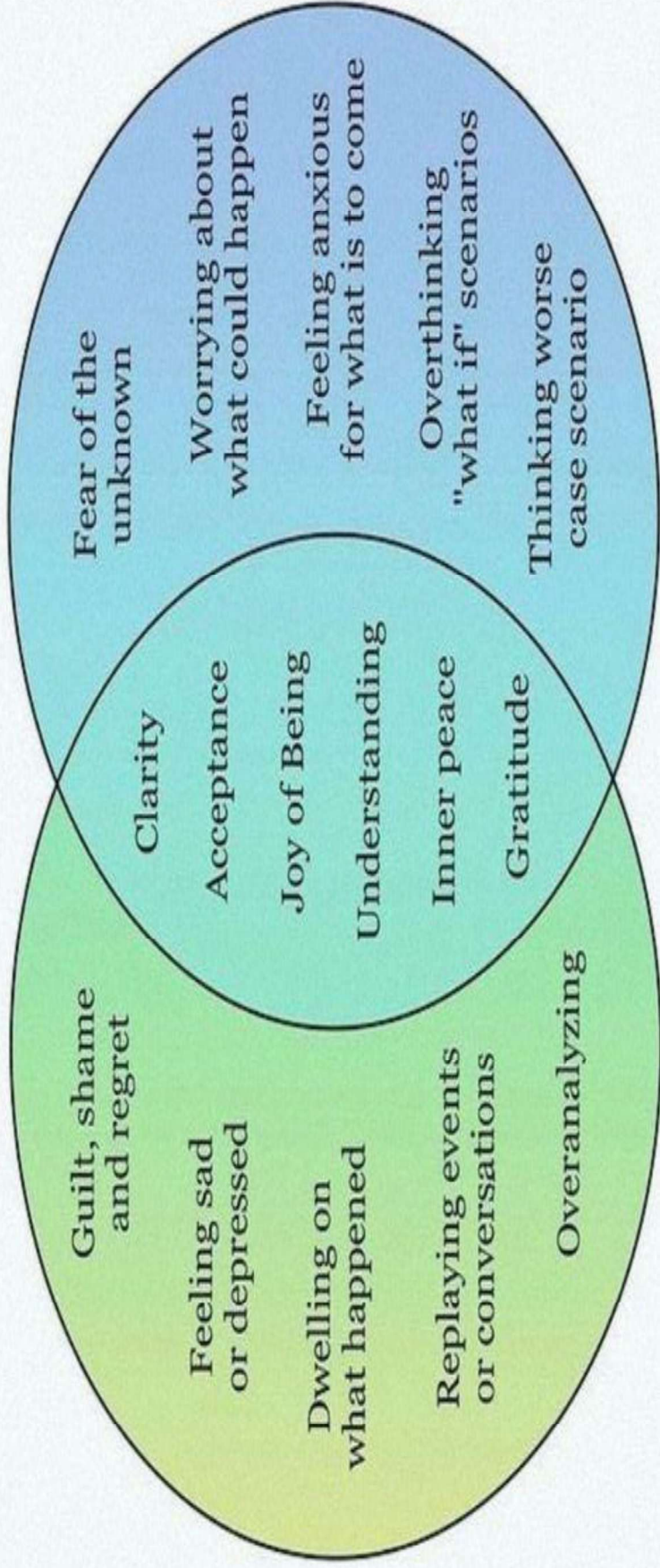


Where are you living?

Past

Present

Future



THANK YOU

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