



DE-STRESS

Join us in our Webinar on Stress Management
to learn tips and tricks to keep stress at bay

Date : 3rd Feb

Registration required

Time : 4:30pm to 5:30pm

(Link in bio)

Platform : MS teams

Last date : 2nd Feb

Speaker: Dr. Thomas Seara



PhD in Counselling and
Psychology

Director, AutumnMind.com

(online Counselling Platform)



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Workshop on Stress Management
Organized by the Psychology Department

Title – De-Stress

Date – 25th September 2024

Time – 4:30-5:30 pm

Venue – Online – Microsoft Teams

Resource Person – Dr. Thomas Scaria, Director, AutumnMind.com.

REPORT

On 25th September, an insightful webinar on Stress Management was conducted online, aimed at equipping participants with effective tools to manage stress in both their personal and professional lives. The session, led by Dr. Thomas focused on understanding the causes of stress and implementing practical strategies to cope with it.

The webinar began with a thorough explanation of stress—its physical, emotional, and psychological impact on individuals. Dr. Thomas emphasized how chronic stress can contribute to mental health issues such as anxiety and depression, and how it affects the body's systems, including the cardiovascular and immune systems.

Dr. Thomas introduced various stress management techniques, including:

- **Mindfulness Meditation:** Participants were guided through a brief mindfulness exercise to help them stay present and manage negative thoughts.
- **Breathing Exercises:** Practical deep breathing techniques, such as diaphragmatic breathing, were demonstrated to activate the body's relaxation response and reduce tension.
- **Time Management Tips:** Strategies for better organizing tasks, setting boundaries, and prioritizing activities were discussed to minimize stress caused by overcommitment.
- **Physical Activity:** The importance of regular exercise in releasing endorphins and reducing stress was emphasized.

The facilitator also provided advice on cognitive restructuring, teaching participants how to challenge negative thought patterns that can exacerbate stress.

Throughout the session, participants were encouraged to ask questions, share personal experiences, and discuss how they manage stress in their own lives. The resource person answered queries and provided individualized tips for managing work-related and personal stress.

The webinar concluded with a summary of key takeaways and additional resources for further learning, leaving participants with practical tools to reduce stress and enhance their well-being.