

Department: Psychology

Date: 03/02/2021

Activity: Workshop

Topic: De-Stress

Resource Person: Dr Thomas Scaria

Report

De-stress – workshop on Stress management

Dr Thomas scaria, Director, Ecolink Institute of Well-being; Global trainer under the United Nations Office of Drugs and Crimes spoke about how to manage stress and things one can do in their day to day lives to keep stress at bay. He about the various ways to cope with stress such as listening to music, maintain positive thinking and have a healthy lifestyle. One of the way to reduce stress is by maintaining positive thinking in daily life. Those who are suffering with life stresses are encouraged to have a network of friends and family on whom you can rely on. Family and friends are the one who make you to feel appreciated, valued, confident and encourage you to become best possible self.



