



# PARAKH

Insights to mental health

# What We've Been Up To

## STRESS MANAGEMENT WORKSHOP

On the 26th of March, Mind Garden Clinic hosted an offline workshop on 'Stress Management', which was steered by Ms Sonakshi Gandhi. With the fast-paced life and increasing demands, stress has become an inevitable part of our daily lives. The workshop provided a space for participants to comprehend what stress means and the physical, emotional, and behavioural signs and symptoms of experiencing stress.



Ms. Gandhi emphasized the importance of identifying the triggers of stress and how to attempt to identify them. Participants explored various techniques such as keeping a stress journal, identifying patterns, and seeking feedback. Creating a balanced and fulfilling lifestyle refers to making intentional choices about how one spends time and prioritizing their well-being. This workshop proved to be insightful in understanding how to effectively tackle stress by bringing fruitful changes in one's lifestyle.

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The workshop included a guided meditation activity that brought a sense of being grounded in the present moment. Mindfulness, the idea of being fully present at the moment and paying attention to thoughts and feelings without judgment, was also introduced. The participants witnessed the effects of gratitude and affirmations in tackling stress through a gratitude conversation activity. Participants were partnered with each other and were encouraged to list down the things they were thankful for throughout the day. Ms. Gandhi encouraged participants to practice mindfulness techniques such as meditation, deep breathing, and progressive muscle relaxation to manage stress. The importance of self-care and setting boundaries to avoid burnout was also discussed.



The workshop was highly interactive and allowed participants to share their thoughts and experiences. It provided a safe space for participants to discuss their struggles with stress. Ms. Gandhi provided practical tips and advice on how to manage stress and improve mental well-being. The participants left the workshop feeling empowered and motivated to work towards a more balanced and stress-free life.

In conclusion, the stress management workshop was a great success and helped participants understand the importance of identifying stress triggers and developing effective techniques to manage stress. The workshop emphasized the importance of self-care, mindfulness, and gratitude in tackling stress and encouraged participants to prioritize their well-being. Mind Garden Clinic hopes to continue providing similar opportunities in the future to help individuals develop healthy coping mechanisms for managing stress.

# What is academic stress ?



Stress has become part of student's academic life due to the various internal and external expectations placed upon their shoulders. Adolescents are particularly vulnerable to the problems associated with academic stress as transitions occur at an individual and social level. Academic stress is a growing concern among students in today's fast-paced and highly competitive educational environment. Academic stress is the pressure and anxiety experienced by students due to the academic demands and expectations placed upon them. The pressure to excel academically,

coupled with the workload and other responsibilities, can lead to significant stress and anxiety for students. Academic stress affects not only students' mental health but also their physical health and academic performance. Therefore, it is essential to understand the causes of academic stress and how to manage it effectively. Academically, students are frequently expected to thrive, keep good marks, and participate in extracurricular activities. This stress can cause worry, dread of failure, and a sense of inadequacy.





Furthermore, children who fail to satisfy these standards may feel embarrassed or guilty, aggravating their stress. Heavy workloads are another source of academic stress. Students are frequently forced to complete many assignments, projects, and tests simultaneously. This can lead to feelings of overwhelm, sleep deprivation, and less time for self-care and relaxation. Additionally, students who work while studying may face extra stressors such as time management, balancing duties, and financial hardship. A competitive setting can also increase academic stress. Students could feel pressure to perform better than their peers, which can foster unhealthy competitiveness. This may lead to low self-esteem, a sense of inadequacy, and a lack of motivation. Moreover, stress and burnout can result from social pressure to meet a certain standard of success. Academic stress can have a negative impact on a student's mental and physical health. Anxiety, despair, irritability, and weariness can all result from academic stress. Students may also have physical symptoms such as headaches, stomach aches, and sleep disturbances. Academic stress can also damage the immune system, making them more susceptible to illnesses. Students can employ an array of ways to successfully manage their academic stress. Effective time management is essential for reducing academic stress. Students can stay organized and feel less overwhelmed by breaking major activities down into smaller, more manageable ones.

Students can also prioritize their assignments to concentrate on the most important ones, lessening the need to do everything simultaneously. Endorphins, which are naturally occurring mood enhancers that help raise focus and concentration, are released during exercise. It may enhance general health and well-being, which will help to lessen stress. Relaxation and stress reduction are easily achieved through meditation. By taking a few minutes to center themselves and concentrate on the here and now, students can lower stress and enhance their mental health. Finally, seeking help is an important aspect of dealing with academic stress. Students can seek help from mental health specialists, instructors, or academic advisors who can offer support and resources. Students can reduce stress, increase mental and physical health, and achieve academic success by applying these measures

# ASK A THERAPIST



**AS A THERAPIST WHAT TO DO WHEN WE DON'T KNOW WHAT TO RESPOND TO A SITUATION THAT A CLIENT TALKS ABOUT?**

**THIS IS ACTUALLY A LOT MORE COMMON THAN IT MAY SEEM. IN MY EXPERINENCE, IT'S BEST TO BE AUTHETNTIC AND HONEST WHILE MAKING A GENIUNE ATTEMPT TO UNDERSTAND WHAT THE CLIENT IS SAYING AND NOT HESISTATING TO EXPRESS CONFUSION/LACK OF CLARITY**

**\*Disclaimer: The information we provide is offered as general educational content only. It should not be used to treat, assess or diagnose a psychological condition, nor should it be used as an alternative to obtaining professional advice from a qualified psychotherapist, clinical psychologist or psychiatrist.**

**Please always consult a professional health care provider about any health concerns you might have for yourself or on behalf of another person.**

# FEEDBACK

**Feedback from our previously conducted in person experiential workshop on how to become a therapist.**

**"It is easy to provide content, but the content was done ethically. I was able to learn ethical things and I really enjoyed it and I will recommend others (for therapy and for such workshops). I got extremely anxious, but thank you for providing me with a safe, breathing space. I would have already recommended this place, but this gave me another reason."**

**"I liked how much open, calm discussions took place and the relevance of the information I gained today. It was in the sense offered practically relevant information, both therapists have faced in their practice. Timely started, structured presentation and experienced guiders."**

**"The facilitators and the content created was really nice. I also liked how the workshop was interactive throughout."**

**"It was very interactive and all the questions were answered patiently. It was informative, and I had a great time."**

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