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ISO 21001:2018 & ISO 14001:2015 & ISO 9001:2015

FAIRFIELD

INSTITUTE OF MANAGEMENT & TECHNOLOGY

◆ AFFILIATED TO GGS IP UNIVERSITY ◆ APPROVED BY AICTE, NCTE & BAR COUNCIL OF INDIA

◆ AN 'A+' GRADE COLLEGE BY DHE, GOVT. OF NCT DELHI ◆ RECOGNISED UNDER 2(F) OF UGC ACT OF 1956

STUDENT WELL-BEING HANDBOOK



“Mental health... is not a destination, but a process. It’s about how you drive, not where you’re going.”

Naom Shpancer

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About the handbook

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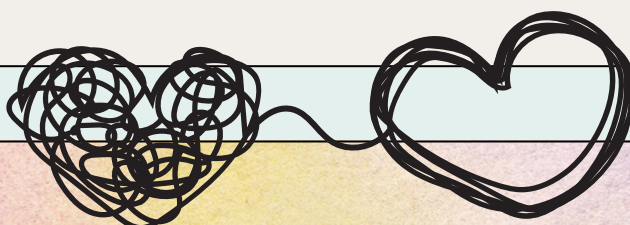
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This Mental Health and Wellness Handbook is a comprehensive guide designed to support students in navigating the various emotional and psychological challenges that may arise during their time in college.

Whether it is stress related to academics, anxiety about the future, personal struggles, or simply the need to talk—this handbook outlines the resources, strategies, and systems in place to help students thrive both emotionally and academically.

The handbook also aligns with national frameworks such as the UGC Guidelines for Mental Health and Well-being of Students, the National Education Policy (NEP) 2020, and the NAAC criterion on student support and progression, while also integrating best practices for mental health promotion.

We believe that seeking help is a sign of strength, not weakness. Through this initiative, the college reaffirms its commitment to creating a compassionate, inclusive, and stigma-free environment where every student feels seen, heard, and supported.



How do I use this handbook?



This book can take so many shapes!
It can be a-

uide for when you need help to manage stress, build healthy habits and seek support when needed.

esource by providing practical tools, information and support options to help you maintain your mental health.

ompanion by offering guidance, comfort, and reflection during challenging times.

Initiatives promoted by the Institute to increase mental health awareness

Student Counselling Cell

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Personalized support through
one-on-one counseling and
student mentorship programs



Engaging mental health
workshops, sessions, and
interactive discussions



Student-led initiatives like
collectives, peer groups, and
campus societies promoting
well-being

Introduction to well-being

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According to the American Psychological Association (APA), well-being is defined as *"a state of happiness and contentment, with low levels of distress, overall good physical and mental health, and a positive outlook."*

Well-being refers to a state of being comfortable, healthy, and emotionally balanced. It encompasses not just physical health, but also mental, emotional, and social aspects that shape how we experience life.

For students, well-being plays a vital role in their everyday lives. From academic performance and relationships to self-esteem and future planning, well-being influences how students cope, grow, and thrive.

Major milestones and challenges, like exams, career decisions, changing friendships, and shifting family expectations, are common in student life. While these experiences are often unavoidable and part of growth, they can still take a toll on one's mental and emotional well-being if not acknowledged and addressed with care.

Activity on wellness

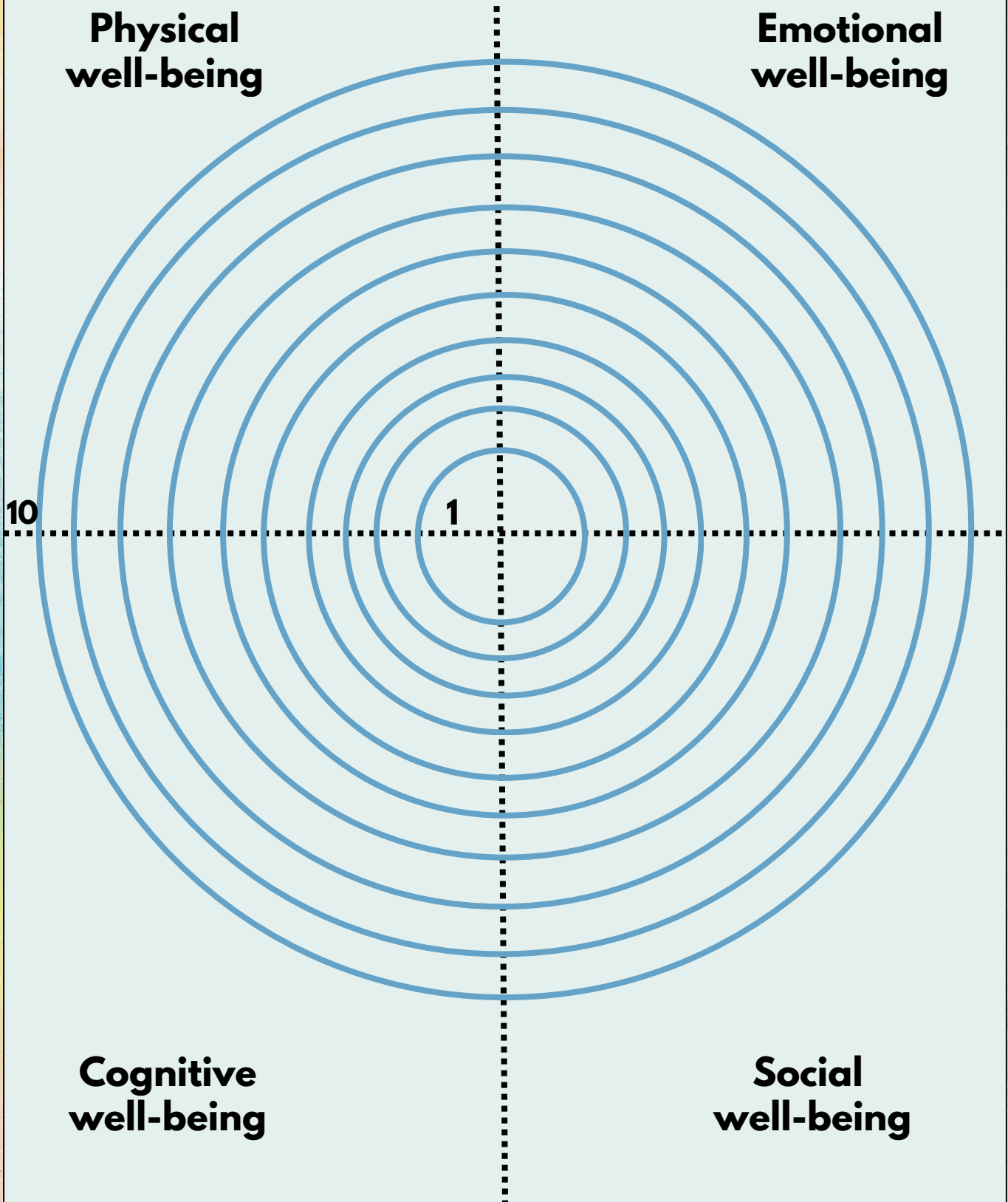
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**Physical
well-being**

**Emotional
well-being**



**Cognitive
well-being**

**Social
well-being**

Activity on wellness

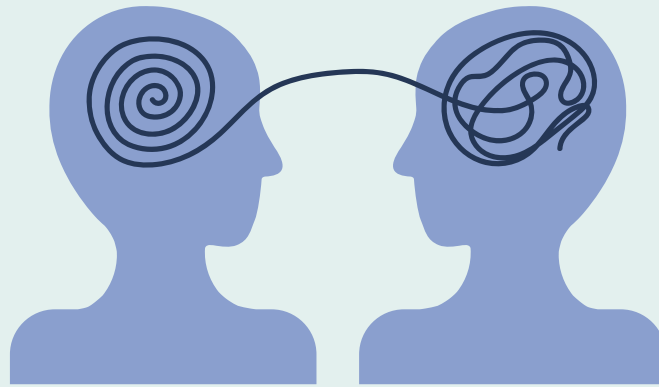
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The above wheel is called the Wellness Wheel. It is a commonly used tool to reflect on your well-being across different areas—physical, emotional, social, and cognitive.

To self-score, place a mark between 1 (center, low) to 10 (outer circle, high) in each quadrant based on how you feel in that area currently. Ask yourself these questions to help score yourself in the various arenas:

- **Physical**– Am I sleeping and eating well? Am I experiencing any physical tiredness nowadays? Am I exercising for an adequate time?
- **Emotional**– Can I identify and express my emotions clearly? Am I being able to acknowledge my emotions recently? Is my daily work being affected (negatively or positively) by how I feel emotionally?
- **Social**– Do I feel connected and supported by others? Am I being able to clearly find ways to resolve conflict in my relationships?
- **Cognitive**– Am I focused, mentally clear, and engaged in learning? Am I able to retain and retrieve new information I learn whenever required?



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Once you've scored the wheel, connect the marks to see which areas are thriving and which need attention. A lower score suggests a need for more support or work but this doesn't mean you are in immediate pressure to "fix" everything. Instead, you should use the wheel to decide which areas require urgent focus and which can be strengthened gradually. Remember, progress might be slow, and that's okay. Slow but steady progress is more sustainable in the long term.

Environmental or situational factors, like academic pressure or personal life changes, can temporarily impact scores. Don't be hard on yourself if things don't improve right away. The key is to use the wheel regularly as a gentle check-in to track changes and guide your next steps.



Here are some small activities to make you feel better!

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1. Listen to your favorite upbeat song
2. Step out into sunlight for a few minutes
3. Watch a short funny video or meme
4. Text a friend something kind or silly
5. Take a quick refreshing shower or wash your face
6. Write down 3 things you're grateful for
7. Dance around your room for 2 minutes
8. Look at photos that make you smile
9. Drink water or a favorite beverage slowly and mindfully
10. Say one nice thing to yourself in the mirror.

Physical Well-being

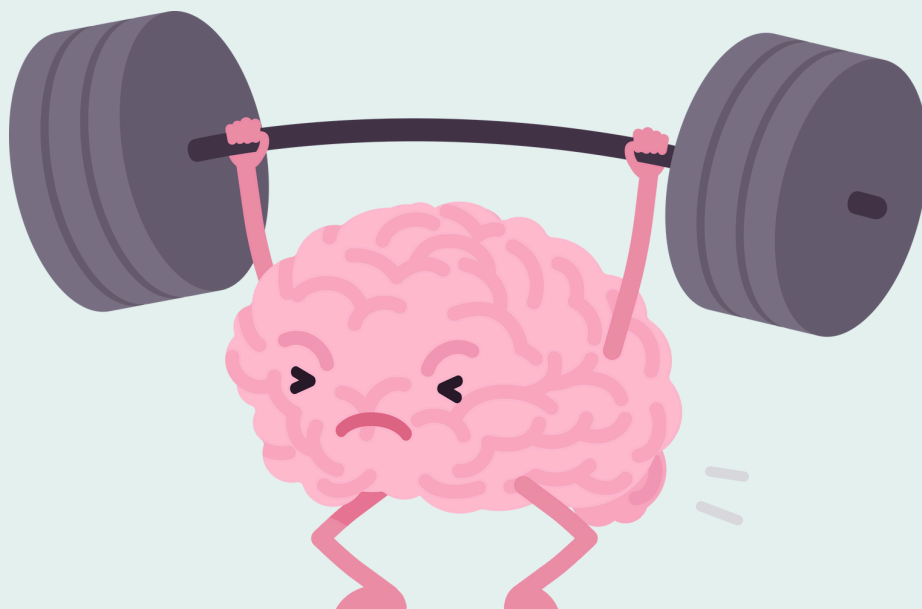
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FOR 20081, 2010 & FOR 10001, 2013 & FOR 10001, 2015

Remember the questions related to sleep, exercising and appetite that you asked yourself in the previous activity? Those are what indicate your physical well being.

The body and mind are closely connected—what affects one often affects the other. When your mind feels stressed, anxious, or overwhelmed, your body might show signs like headaches, tiredness, or a racing heartbeat. On the other hand, when your body is well-rested, active, and healthy, your mind feels clearer, calmer, and more focused. Simple things like moving your body, eating well, or getting enough sleep can actually help improve your mood and mental health. So, taking care of your body is also a way of caring for your mind—and both work together to help you feel your best.



How do I sleep better?

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Go to bed and wake up at the same time every day, even on weekends.

Avoid phones/laptops at least 30–60 minutes before sleeping to reduce blue light exposure.

Light reading, warm tea, or quiet music can help signal the body it's time to wind down.

A quiet, dimly lit, and clean space improves sleep quality.

Exercise during the day (not right before bed) helps you sleep more soundly at night. Recreational activities like swimming can aid in falling asleep too.

Meditation or deep breathing before bed can calm your mind and promote restful sleep.

How do I eat better?

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Take care of your body. It's the only place you have to live.

Jim Rohn



Avoid skipping meals and eat at regular timings.



Try to eat mindfully. Slow down, chew properly and be conscious of every bite you have.



Try to add more colourful fruits and veggies in your meals to make it vitamin and fiber rich.



Choose whole foods over processed, canned or sugary items.



Stay hydrated. Remember to achieve the daily 4-6 cups of water rule.



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According to the Centers for Disease Control and Prevention (CDC), teenagers and young adults need 7–9 hours of quality sleep each night to function optimally. Lack of sleep is linked to increased stress, lower immunity, mood swings, and poor academic outcomes. Harvard Health, in an article titled *"How much water should you drink?"*, recommends 4–6 cups of water a day for healthy individuals, which may change based on individual needs. According to the Centers of Disease Control and Prevention (CDC), adults need at least 150 mins of moderate to intense physical activity a week.



Physical well being, affected by a variety of factors, is essential as a stepping stone to the individual's overall wellness. Let your body be lazy and relax sometimes, your mind will thank you!

Sleep Tracker

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Here is a sleep tracker to help you track your sleep cycle!



SLEEP DIARY

	Target wake up time	Target bed time	How many hours were you asleep for?	What was your sleep efficiency?	Rate your energy yesterday
Sun					
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					

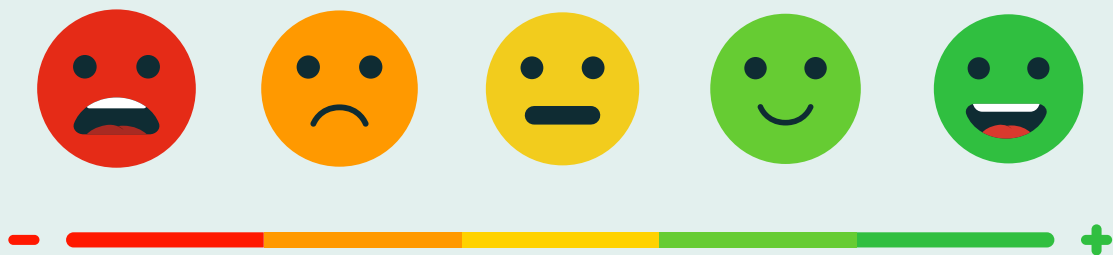
Emotional Well-being

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100 JUNE 2001 - 2019 & 100 JUNE 2021 - 2031 & 100 JUNE 2031 - 2051

According to the American Psychological Association (APA), emotion is “a complex reaction pattern, involving experiential, behavioral, and physiological elements, by which an individual attempts to deal with a personally significant matter or event.”. The specific type and intensity of the emotion is determined by the nature of the matter or event. They are natural and happen to everyone but what matters is how we recognise, acknowledge and manage them in our daily life. This is governed by our current state of emotional well-being.



Understanding our emotions is crucial because it improves our self-awareness and enables us to make more informed decisions. It is simpler to relax, discuss, or seek assistance when we are aware of our emotions and the reasons behind them. Resilience is also increased by emotional awareness, which enables us to remain composed under pressure and recover from setbacks. It's a talent that enhances our ability to interact with people and supports mental wellness.



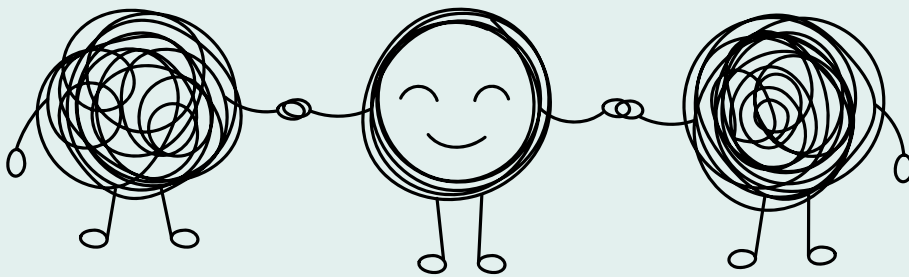
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Let us use this wheel of emotions by Plutchik to help understand how you are feeling right now. Can you recognise the emotions you are currently feeling in this wheel?



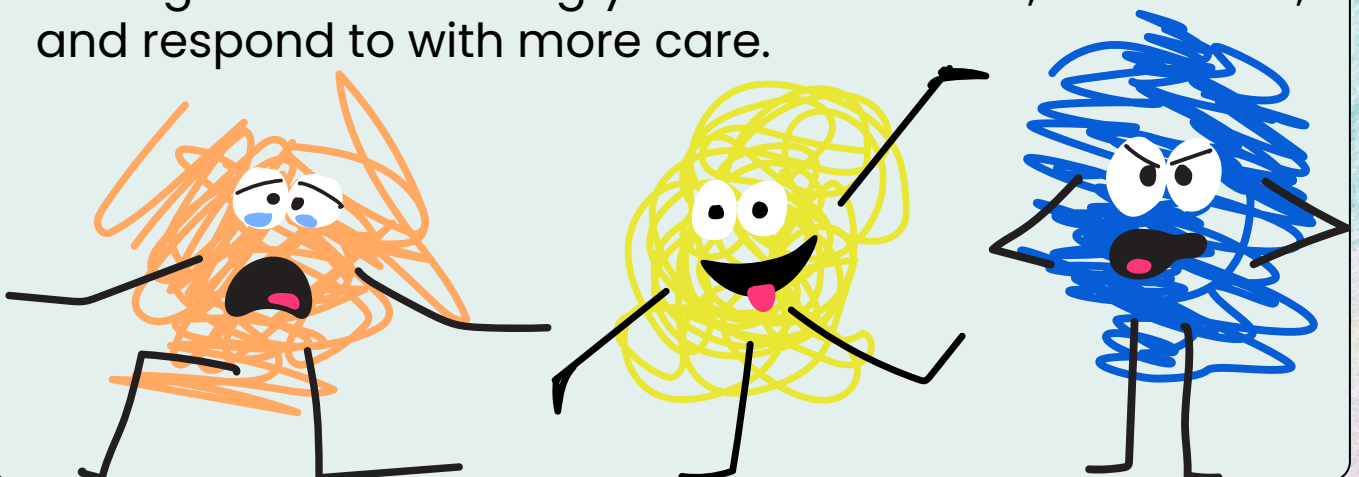


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This wheel shows a range of basic emotions like joy, anger, fear, and sadness, and how they can mix to create more complex feelings like optimism, guilt, or awe. For example, combining trust and joy can create love. The 8 emotions at the centre indicate the basic emotions. As you go from the centre of the wheel to outwards, each basic emotion leads to development of different and more complex emotions. This tool helps us identify not just what we're feeling, but how strong that feeling is. Sometimes we aren't able to find the words to express how we are currently feeling. It helps us do exactly that!

To build emotional awareness, you can try using a "How Am I Feeling Today?" chart. Looking at this chart regularly can help you notice patterns in your mood. Another useful tool is a Mood Tracker, where you record your mood every day (or even a few times a day). Over time, this helps you understand what events, people, or habits affect your emotions—both positively and negatively. These tools turn your feelings into something you can reflect on, learn from, and respond to with more care.



How Am I Feeling Today? Chart

HOW ARE YOU FEELING?



Irritated	Brave	Optimistic	Calm	Worried	Hurt	Compassion
Annoyed	Encouraged	Excited	Content	Alarmed	Lonely	Supported
Frustrated	Supported	Delighted	Relaxed	Shy	Upset	Cherished
Mad	Proud	Joy	Focused	Afraid	Down	Special
Furious	Determined	Hopeful	Mindful	Stressed	Miserable	Treasured
Cross	Prepared	Overjoyed	Restful	Concerned	Tired	Appreciated
Fuming	Grateful	Silly	Pleasant	Fearful	Crushed	Valued
Heated	Belief	Positive	Peaceful	Nervous	Left out	Warmth
Aggitated	Trust	Fun	Soothing	Scared	Sadness	Devotion
Angry	Confident	Happy	Still	Anxious	Blue	Love

Encircle what you feel today. Sometimes, we feel things deeply but struggle to put them into words—and this chart gives us a simple, visual guide to name those feelings. Whether you're happy, confused, anxious, or just "okay," choosing a word or face from the chart helps you slow down and understand what's really going on inside. It's especially useful on busy or overwhelming days, when emotions can get jumbled. Over time, regularly using the chart can help you become more emotionally aware and better at expressing how you feel to others. It's okay to feel multiple emotions at once, that is what makes you human.

Mood Tracker

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Use this mood tracker to track how you feel across different months of the year. Use the keys to draw the face of whichever emotion you feel everyday. Consistent recording and observation can help you notice your emotional patterns more clearly, making it easier to notice signs of fatigue, burnout, anxiety and depression.

Mood Tracker

Year:

#	J	F	M	A	M	J	J	A	S	O	N	D
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2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Keys:

☐ Normal, Neutral

☐ Happy, Excited

☐ Sad

☐ Angry, Annoyed

☐ Frustrated

☐ Scared

☐ Disappointed

☐

☐

☐

Social Well-being

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Social well-being refers to the quality of our relationships and how connected, supported, and valued we feel in our social circles—be it with friends, family, classmates, or the wider community. It involves having meaningful interactions, a sense of belonging, and the ability to communicate and collaborate effectively.



A key part of social well-being is relationship management, which means being able to build healthy bonds, resolve conflicts, set boundaries, and show empathy. When we manage our relationships well, we create safe and supportive spaces around us, which improves our emotional health and reduces feelings of loneliness or isolation.

Goleman's Model of Emotional Intelligence

Social Competence

According to Goleman's Model of Emotional Competence Framework, Social Competence includes two broad categories- Social awareness and Relationship Management.

	SELF	OTHERS
AWARENESS	Self-Awareness <ul style="list-style-type: none"> Awareness of own values and emotions and how they impact our performance 	Social Awareness <ul style="list-style-type: none"> Tuning in to others' emotional states and concerns; having empathy
ACTIONS	Self-Management <ul style="list-style-type: none"> Keeping focused when things are tough Regulating our emotions and ensuring own responses are under control Providing a positive role model to others 	Relationship Management <ul style="list-style-type: none"> Effectiveness in our interactions and influencing others Reinforce purpose and contribution Motivate teams and individuals to work together Improve system performance

While the social awareness cluster refers to how people handle relationships and are aware of others' feelings, Relationship management refers to skills at inducing desirable responses in others. These two factors are also amongst the four main components which are popularly called the building blocks of emotional intelligence.

How do I manage my relationships better?

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Relationship management helps build healthier connections by improving communication, trust, and emotional support in our relationships with others.

Practice active listening!

Practice empathy!

Learn and practice conflict resolutions skills!

Be open to feedback!

Introspect on where you might have made mistakes- and know it is human to make them.

Take a deep breath before you react or reply!

Set Healthy Boundaries!

Communicate clearly and honestly!



Cognitive well-being

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WATCH NOW

Time to Pause for Cognitive Wellbeing (Glenn Finney TEDxGCSOM)

<https://www.youtube.com/watch?v=seSQOCutzaM>

Cognitive well-being refers to the state of having a flexible mind that supports attention, learning, decision-making, problem-solving, and memory. It refers to being mentally active, curious, and open to new ideas, while also being able to process information effectively and adapt to challenges. It can be enhanced by various exercises- such as puzzles and crosswords.

Crossword time!

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Across:

- 2. A feline furry animal
- 4. The ability to understand and share the feelings of another
- 5. A small brown bird known for chirping

Down:

- 1. A large, four-legged animal that is often used for transportation
- 3. Existing or available in large quantities

Psychological Well-being

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100120001 : 2019 & 100120001 : 2013 & 100120001 : 2015

I can do this

How you feel about your life, yourself, and how you deal with daily adversities are all aspects of psychological well-being. It entails having a sense of direction in life, managing stress, being confident in your identity, and feeling content with your life in general. Strong psychological wellness increases your likelihood of feeling inspired, upbeat, and rooted in your principles—even in the face of adversity. It's not about being happy all the time, but about knowing how to face challenges with resilience and being kind to yourself through it all.



Stay Active

Eat
Balanced
Meals



How do I enhance my psychological well-being?

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FOR 2001-2010 & FOR 1991-2010 & FOR 1991-2010

**⇒You're
Powerful**



Journal

Writing down things might help you work through how and why you feel the way you do.



Practice Mindfulness

Staying present and focusing on what you are doing right now can help you stay more present, aiding in anxiety and depression alleviation.



Perform Acts of Kindness

Doing kind things for other people will help you recognise your life's purpose and make you feel more positive.



Connect with other people

Interacting with others may help you feel a sense of belonging and comfort.



Be physically active

This can help increase production of happy hormones in your brain!

ART therapy



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Indulging in creation of art and handcrafts can lead to feelings of calm and help you focus on one activity at a time, promoting mindfulness. This is how art can be used as a therapeutic medium.

However, art therapy is the practice of using art to enhance mental wellness. The creating of art during art therapy helps in exploring emotions, develop self-awareness, cope with stress and boost self-esteem. Techniques used in art therapy include colouring, doodling, scribbling, painting, finger painting, sculpting and using clay.



WATCH NOW

What is Art Therapy?

<https://www.youtube.com/watch?v=4BZynyGzyow>

How Does Art Therapy Heal the Soul?

<https://www.youtube.com/watch?v=BN2rTaFULxs>

Gratitude Journaling

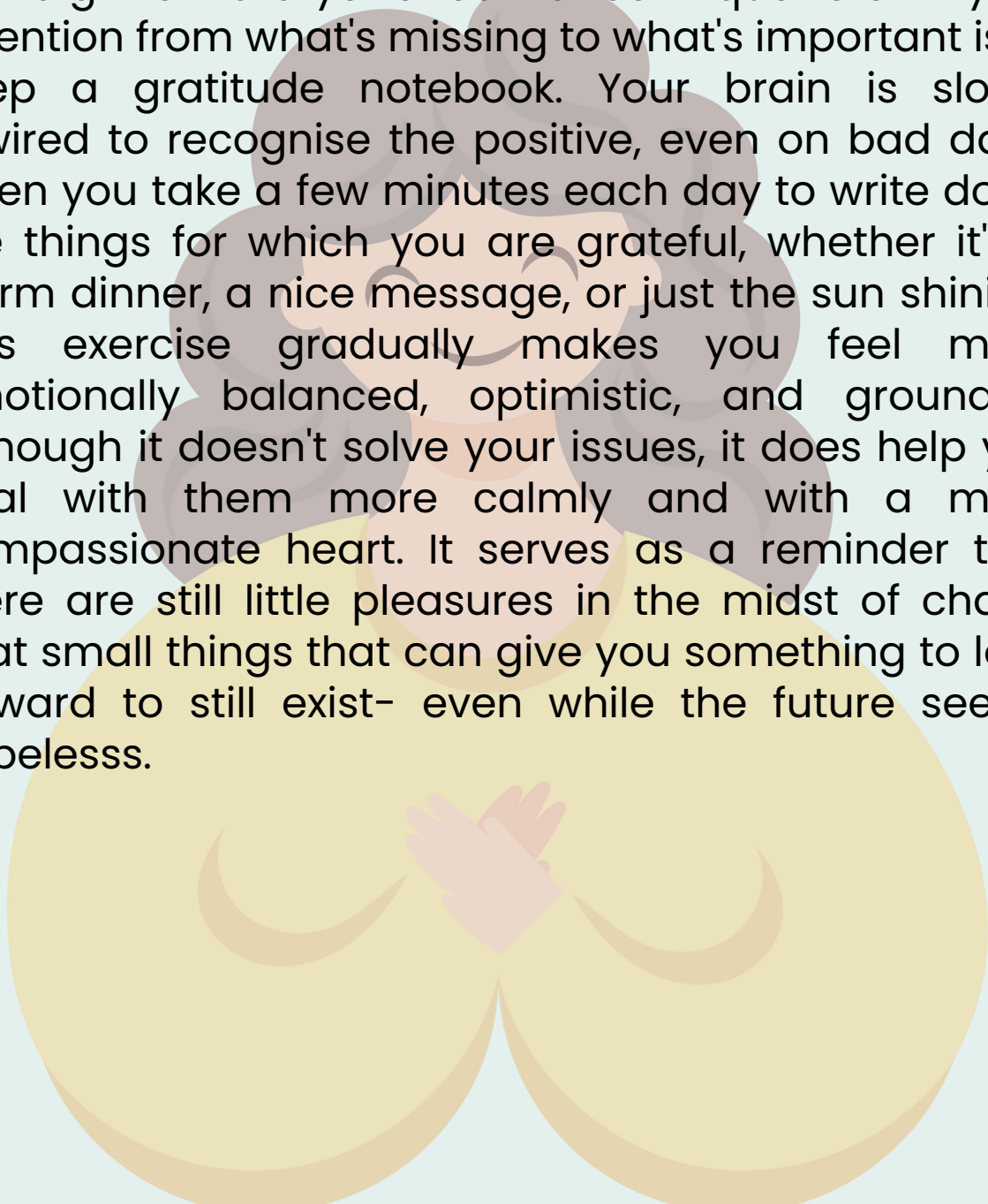
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FOR 20081, 2010 & FOR 10001, 2012 & FOR 1001, 2013



A straightforward yet effective technique to shift your attention from what's missing to what's important is to keep a gratitude notebook. Your brain is slowly rewired to recognise the positive, even on bad days, when you take a few minutes each day to write down the things for which you are grateful, whether it's a warm dinner, a nice message, or just the sun shining. This exercise gradually makes you feel more emotionally balanced, optimistic, and grounded. Although it doesn't solve your issues, it does help you deal with them more calmly and with a more compassionate heart. It serves as a reminder that there are still little pleasures in the midst of chaos. That small things that can give you something to look forward to still exist- even while the future seems hopeless.



Gratitude Journal

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FOR 2001-2010 & FOR 2001-2015 & FOR 2016-2020

Here is a page from a gratitude journal that you can use everyday!

MORNING GRATITUDE PRAYER

Before you begin your day, list 10 things you're grateful for (big or small!).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

WHAT I'M LEARNING FROM MY CHALLENGES

List 3 challenging situations, people, or other obstacles and what good thing you're learning from this challenge.

1.

I'm learning:

2.

I'm learning:

3.

I'm learning:

PEOPLE I'M THANKFUL FOR

List 5 people who made your life a little happier today. They could be friends, family, or even strangers!

- 1.
- 2.
- 3.
- 4.
- 5.

THE BEST PART OF MY DAY

Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep.

Mindfulness

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Mindfulness is described as the awareness of one's internal state and surroundings. It is the basic human ability to stay present in the now, aware of how and what we are doing.



In today's ever active world, it is easy to loose sight of what our body is doing and when. Mindfulness helps bring the body back to the present, so we don't drift too far away. It is as simple as realising, feeling and focusing on the food we are chewing in our mouths at the time. It is an ability everyone possesses, but takes conscious effort to tap into.



Benefits of Mindfulness

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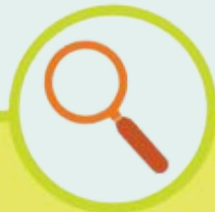


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MORE PATIENCE

In our lightning-fast instant gratification culture, it's easy to get distracted. Mindfulness teaches us to practice patience so it comes more naturally to us when we need it.



BETTER FOCUS & PRODUCTIVITY

It's tempting to get caught up in social media, interruptions, and unhelpful thoughts. Mindfulness helps us recognize distracting thoughts or impulses and let them pass without indulging them.



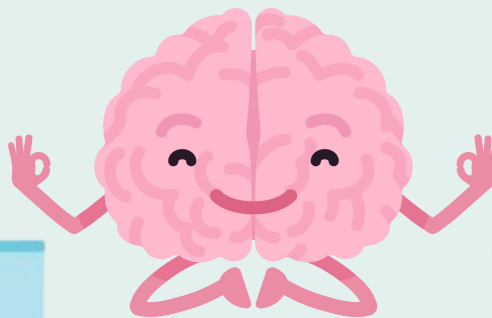
INCREASED COMPASSION

Mindfulness broadens compassion for ourselves and others by helping us suspend self-judgment and bring our attention back to the present moment.



HEIGHTENED BODY AWARENESS

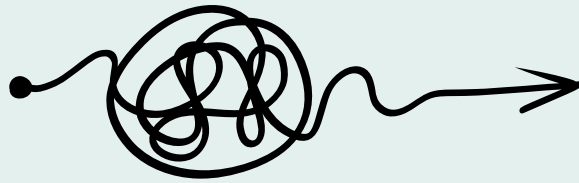
We tend to lose awareness of what our body is feeling when we get too busy or distracted. With mindful awareness, we can listen to our bodies and react in healthier, purposeful ways.



LESS STRESS & ANXIETY

By learning how to be more choiceful about when to think about what, we can rewire our brains to reduce stress and anxiety.

Mindfulness



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FOR 20081, 2010 & FOR 10001, 2013 & FOR 1001, 2015

Mindfulness is not just a practice, it is an art of living consciously. The American Psychological Association (APA) claims that mindfulness has 2 core parts-

Attention piece refers to tuning into your own experiences and focusing on what is happening in the present moment. This means recognising physical sensations such as movement of your chest while breathing and the feelings you are experiencing.

Acceptance piece refers to accepting or observing the feelings you are experiencing without judgement. This includes recognising your own thoughts and feelings and letting them pass. This can be done through recognising, labelling and bringing your focus back to your body.

Reviewing more than 200 studies led to researchers recognising that mindfulness is especially effective for reducing stress, anxiety and depression. It can aid in treating specific problems such as pain, smoking and addiction. Several studies have found that a specific type of Cognitive Behaviour Therapy, called Mindfulness-based Cognitive Therapy, can significantly reduce relapse in people with Major Depressive Disorder.



How do I practice Mindfulness?

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Find a Comfortable Position

- Sit on a chair or cushion with your back upright but relaxed.
- Rest your hands comfortably and place your tongue where it feels natural.

Notice and Relax Your Body

- Become aware of your body's shape, weight, and points of contact with the floor or chair.
- Release any tightness or tension.

Tune Into Your Breath

- Observe your natural breathing pattern without trying to change it.
- Notice where you feel your breath—abdomen, chest, throat, or nostrils.

Be Kind to Your Wandering Mind

- If your mind wanders, gently label it ("thinking" or "wandering") and bring your focus back to your breath.

Stay in the Practice

- Continue focusing on your breath for 5–7 minutes, returning attention each time it drifts.

Check In Before You End

- Reconnect with the feeling of your whole body seated.
- Relax more deeply and appreciate yourself for taking time to practice.

Watch these!



WATCH NOW

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10-Minute Meditation For Beginners | Goodful

<https://www.youtube.com/watch?v=U9YKY7fdwyg&t=1s>

Daily Calm | 10 Minute Mindfulness Meditation | Be Present

<https://www.youtube.com/watch?v=ZToicYcHIOU>

5 Minute Mindfulness Meditation

https://www.youtube.com/watch?v=ssss7Vl_eyA

**YOUR
TURN**

Stress!



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We have all heard this word in our daily lives. 1 out of 10 people will claim that they are “stressed” due to several events or problems in their lives. In layman terms, stress is a term used to refer to mental tension that people experience.

In Psychology, stress can be described as the physical or psychological response of the body to internal or external stressors (events that cause stress by challenging the body’s ability to cope). Stress manifests itself as:

- palpitations
- sweating
- dry mouth
- shortness of breath
- fidgeting
- accelerated speech
- augmentation of negative emotions (if already being experienced)





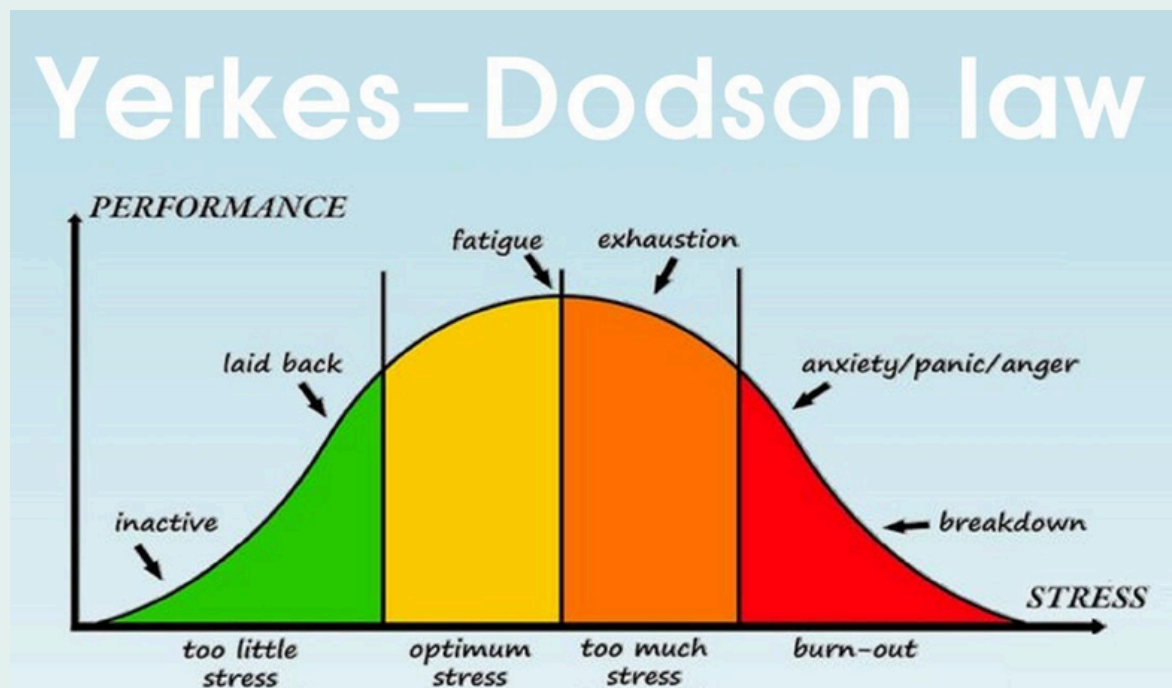
Stress!

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100 20001 - 2010 & 100 10001 - 2015 & 100 10001 - 2020

Present since 1908, a model called the Yerkes-Dodson model of arousal or the inverted the U-model explains how the levels of stress affect the performance of individuals on various tasks.



According to the above curve, a particular amount of stress is good for you and motivates you to undertake tasks efficiently. This is called eustress, represented by the green and mustard areas of the graph. However, when excessive stress is experienced, it leads to feelings of fatigue, exhaustion, anxiety and burnout. This stress is called distress, represented by the orange and red areas of the graph. To ensure best performance on tasks, you need a particular amount of stress to keep you motivated, but too much of it will lead to burnout. So it is essential to be aware of how much stress we are experiencing!

Let's manage our time better!

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As young adults, we have so many tasks to do and goals to achieve that we often feel overwhelmed. During times like these, you can try these techniques to help manage your time better and prioritise the tasks which are urgent.



Use the Eisenhower Matrix to prioritise tasks efficiently

The Eisenhower matrix is a tool to divide tasks into four categories: urgent/important, important/not urgent, urgent/not important, and neither urgent nor important. This helps you focus on what truly matters first.

Let's manage our time better!

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Use the Pomodoro Technique

The Pomodoro Technique involves studying in focused intervals (usually 25 minutes), followed by short breaks (5 minutes). After 4 rounds, you should take a longer break (15–30 minutes) to refresh your mind. In this manner, you can focus on tasks efficiently.

Set SMART Goals

The acronym SMART stands for- Specific, Measurable, Achievable, Relevant and Time-bound. Instead of saying "I'll do this topic today," set a goal like "I'll review 3 topics of the subject between 4–6 PM."

Plan your week in advance

Instead of leaving the planning to the last minute, choose a day (ie. Sunday) when you plan out your commitments for the coming week.

Use the Kanban Method

The Kanban Method of time management allows you to allocate tasks into 3 categories- To Do, In Progress and Done. The key is to not keep too many tasks in the In Progress column so that you can avoid overwhelm. This method helps you keep track of the flow of your progress- seeing where tasks get stuck and help you work more efficiently.

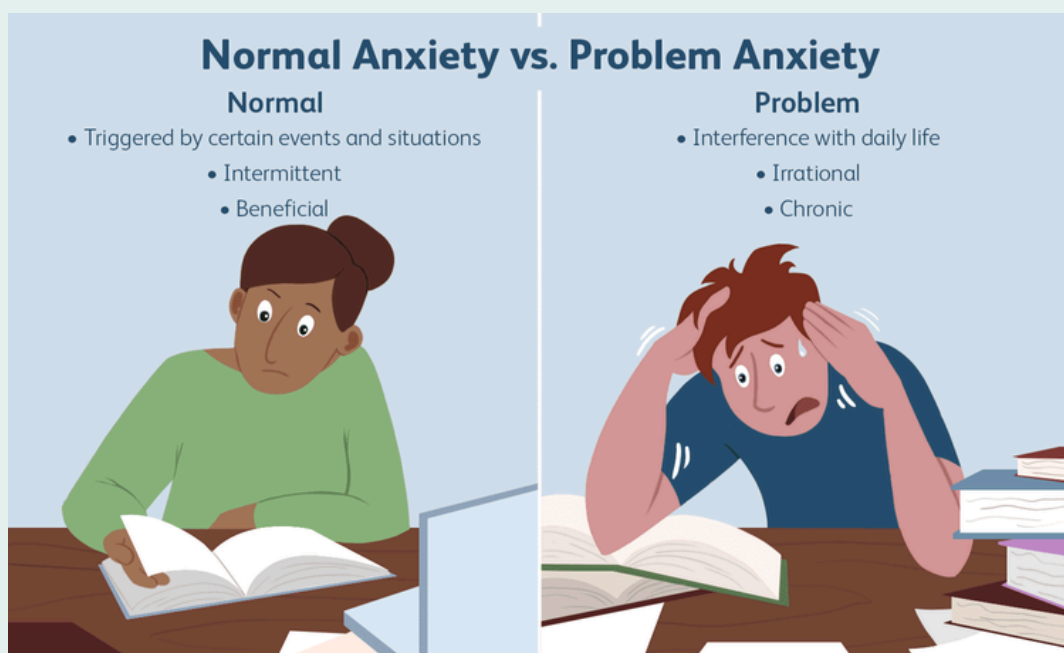
ANXIETY

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Anxiety is an emotion characterised by apprehension and physical symptoms of tension in which a person anticipates future misfortune or danger. We all have felt anxious at some point in our lives.

When was the last time you felt your heartbeat racing? Was it during your last exams or when you were opening your result? That is normal anxiety. We experience anxiety because of the dread we feel the future will bring us. It is driven by fear of the unknown.



When anxiety starts to hamper your daily functioning and makes it harder to perform tasks, the person may have an anxiety disorder- a category of disorders which are characterised by feelings of fear, worry, or nervousness which become intense, frequent, and hard to control, and interfere with daily life.

Manifestations of anxiety in real life

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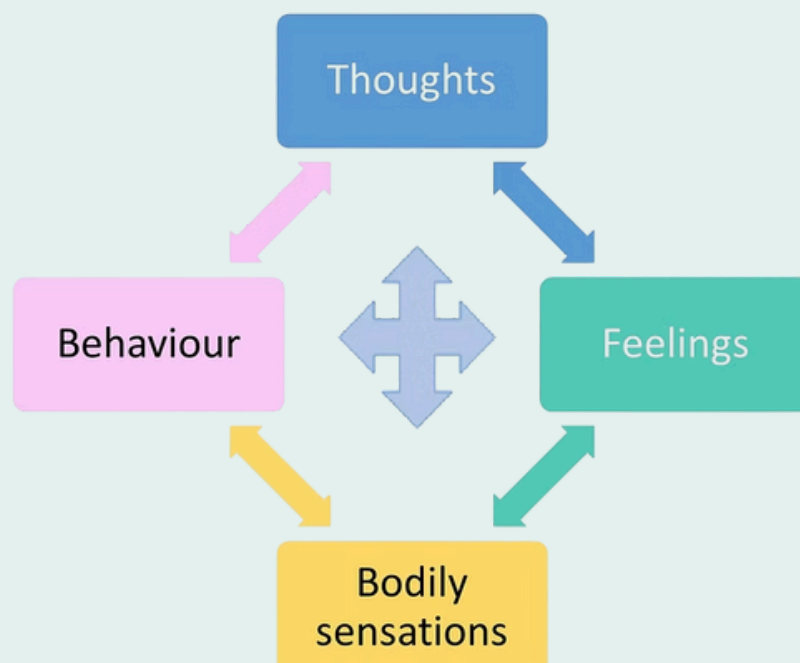
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FOR 20081, 2010 & FOR 10001, 2013 & FOR 1001, 2015

Behaviour– Avoiding situations or people that trigger worry, restlessness or inability to sit still, procrastination or over-preparing, seeking constant reassurance from others, fidgeting.

Thoughts– Overthinking or replaying scenarios in your head, persistent worry about the future or “what if” situations, catastrophising (assuming worst case possible scenario).

Feelings– Dread, uneasiness, frustration, irritability, hopelessness when everything feels too overwhelming, fatigue.

Somatic (physical)– Palpitations or rapid heartbeat, sweating, shaking, nausea, uneasy feelings in the stomach or chest, headaches, dizziness or shortness of breath.



Coping with Stress and Anxiety

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FOR 2001-2010 & FOR 2011-2013 & FOR 2014-2015

4-7-8 Breathing technique

Breathing techniques like the 4-7-8 breathing technique can aid in relieving stress, anxiety and stress levels. A form of pranayama yoga, this technique involves breathing in for 4 seconds, holding your breath for 7 seconds and releasing it through your mouth in a span of 8 seconds. You can repeat this 4-5 times!



Coping with Stress and Anxiety

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100120001 / 2010 & 100120001 / 2013 & 100120001 / 2015

Grounding techniques

When we get anxious about the unknown, it can help to feel more present in the now using grounding techniques. There are multiples ways to ground yourself.



WATCH NOW

<https://www.youtube.com/watch?v=30VMIEmA114>

The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



Coping with Stress and Anxiety

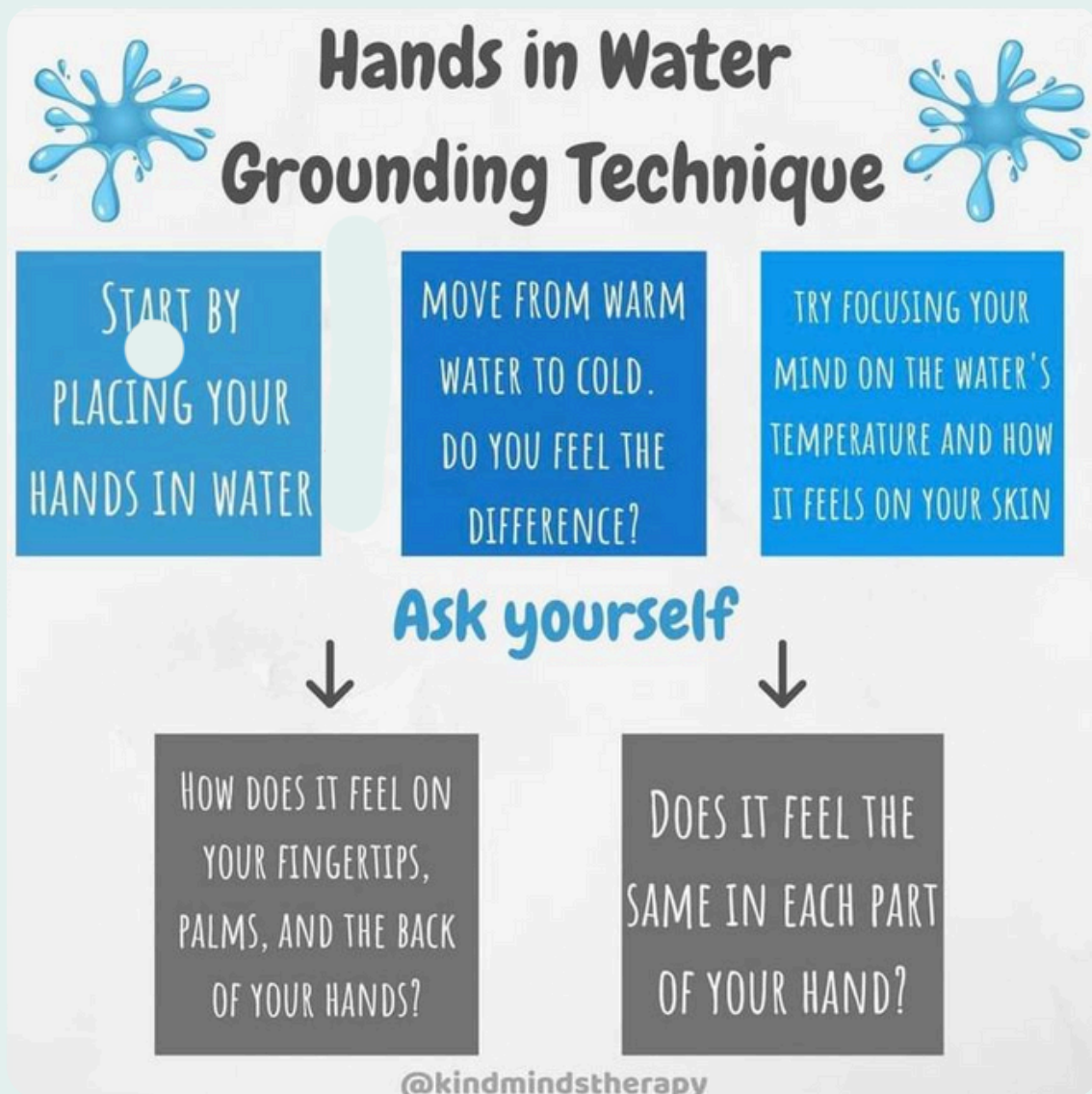
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Grounding techniques

Another way to feel grounded is through the use of ice or cold water. Splashing the cold water or rubbing ice shocks the body, activating something called the mammalian diving reflex, slowing heart rate and calming the nervous system. This can help you feel more present.



Coping with Stress and Anxiety

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Grounding techniques

Going to take a walk outside can be a simple yet refreshing way to ground yourself in the now. Even something as simple as walking barefoot on the ground and noticing the sensation of the floor on your soles can help ground you!

Grounding is a method that allows you to stay in the present moment. Firstly, it persuades you to stop living inside the stories your mind creates and return to the real world. Secondly, it stops you from reliving, disturbing and challenging emotions.



Take deep breaths



Observe your surroundings



Meditate with focus



Move your body



Connect with nature



Indulge in self-care



Write and discard



Earth grounding technique



54321 grounding technique

Coping with Stress and Anxiety

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100 20001 - 2010 & 100 10001 - 2015 & 100 10001 - 2015

Creative Visualisation

Imagining situations can make you feel a little relieved and put your mind at ease. Think about your happy memories!



https://www.youtube.com/watch?v=t1rRo6cgM_E

<https://www.youtube.com/watch?v=Tvs7JNV8NDA>

<https://www.youtube.com/watch?v=UedL5AtSn94>

IMAGINATION

Coping with Stress and Anxiety

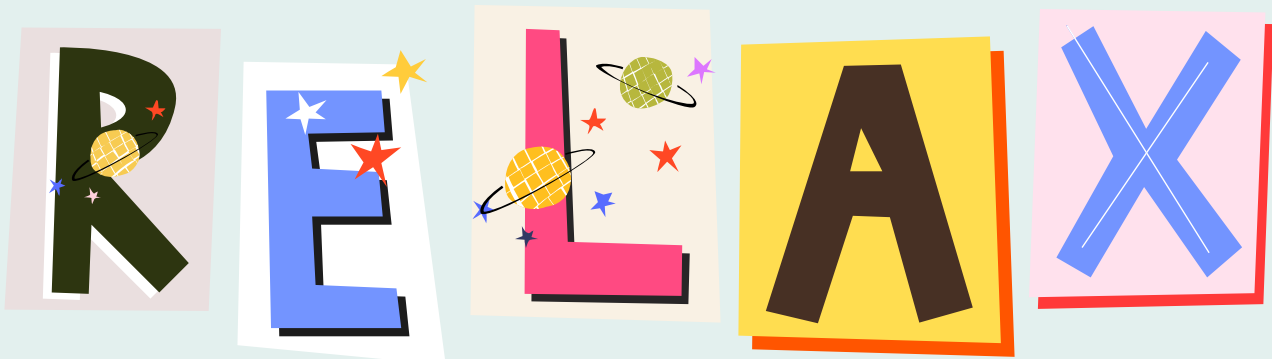
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100120001 | 2019 & 100120001 | 2019 & 100120001

Progressive Muscular Relaxation

We often store stress in our bodies, which can lead to stiffness and tension. Breathing exercises and muscle relaxation are simple ways to release this stress. One effective method is progressive muscle relaxation, where each muscle group is gently tensed and then released in sequence. Begin by sitting or lying down comfortably. Start with your feet- curl your toes tightly and then let them go. Move to your ankles and calves- point and flex your feet, then relax. For your thighs, squeeze the muscles and slowly release. In your torso, draw your stomach in and then let it loosen. Next, focus on your back, press your shoulder blades together, then relax. Raise your shoulders up toward your ears and drop them softly. Shift to your arms- clench your fists, then release your fingers. Finally, bring attention to your face- scrunch up your features and then gently relax them. This step-by-step process helps the body let go of built-up stress and restores a sense of calm.



Coping with Stress and Anxiety

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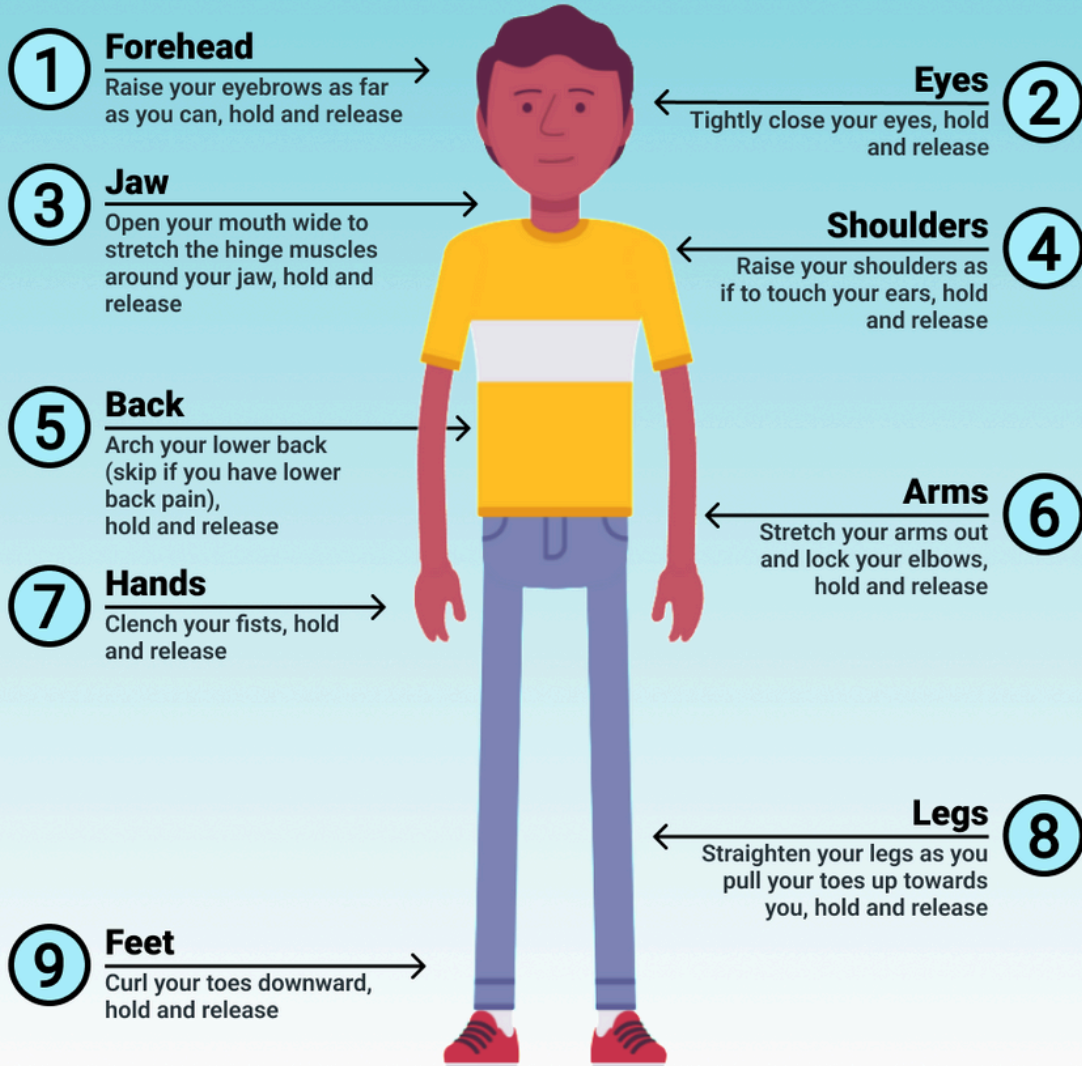


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QUICK
TIP

Progressive Muscle Relaxation

From Head to Toe



Oasis Mental Health Applications

Motivation



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Motivation is what drives us to act- it's the inner push that helps us set goals, stay focused, and keep going even when things get tough. Think of it as the fuel that keeps you moving forward.

Let's say you join the gym. At first, you might go because your friends are going (external reason). But over time, you may notice you feel healthier and stronger, which makes you want to continue for your own well-being (internal reason).

Motivation is the "why" behind your actions—sometimes it comes from outside rewards, sometimes from inner satisfaction, and often a mix of both.





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Maslow's hierarchy of needs is a way of understanding what people need in order to feel fulfilled and motivated. It is shown like a pyramid, starting with basic needs at the bottom and moving to higher ones as you go up. First, you need things like food, water, and rest. Then come safety and stability, like feeling secure at home or in your finances. Next is love and belonging, such as friendships and relationships. After that, you look for self-esteem, like confidence and recognition. At the very top is self-actualisation, which means reaching your full potential and doing what makes you feel truly alive.



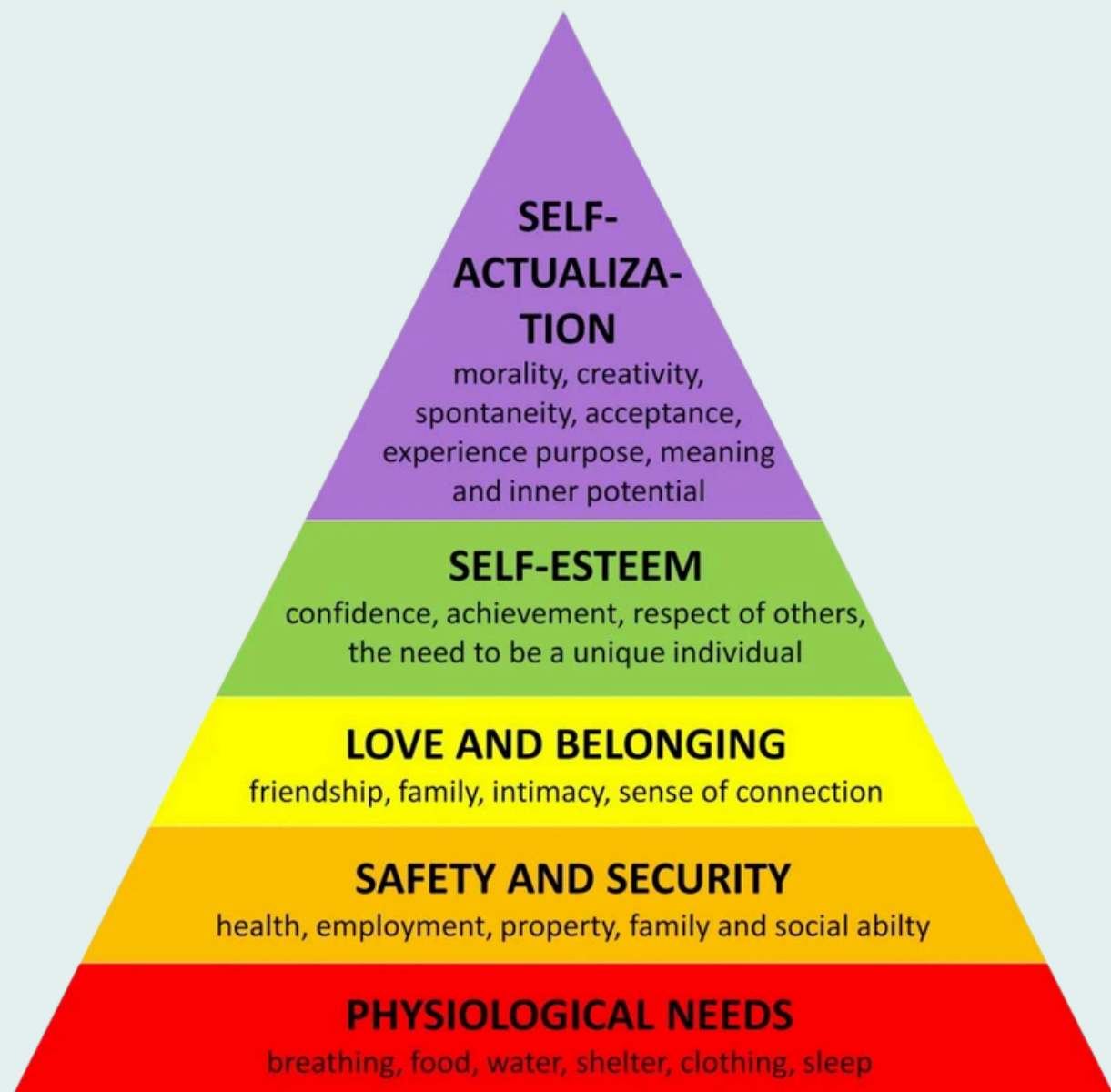
small step everyday

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FOR 2001-2010 & FOR 2011-2013 & FOR 2014-2015

As a college student, this can help you identify what you might be missing—maybe you are struggling because your basic needs like sleep aren't met, or maybe you need more connection with friends. By knowing this, you can focus on what part of the pyramid to work on so you feel more balanced and motivated.





Burnout

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100120001-2019 & 100120001-2019 & 100120001-2019

Burnout is the term used for physical, mental and emotional exhaustion. This is accompanied with decreased motivation, lowered performance, and negative attitudes toward oneself and others. In daily life, we experience a lot of stress stemming from work, our personal lives, education and other areas. When we experience prolonged and extreme physical or mental exertion or an overburdening workload, it takes a toll on us. This is called burnout.



Burnout is most often seen in professionals who work in service-oriented vocations (e.g. health care workers, social workers, teachers, etc.) and experience chronic high levels of stress.

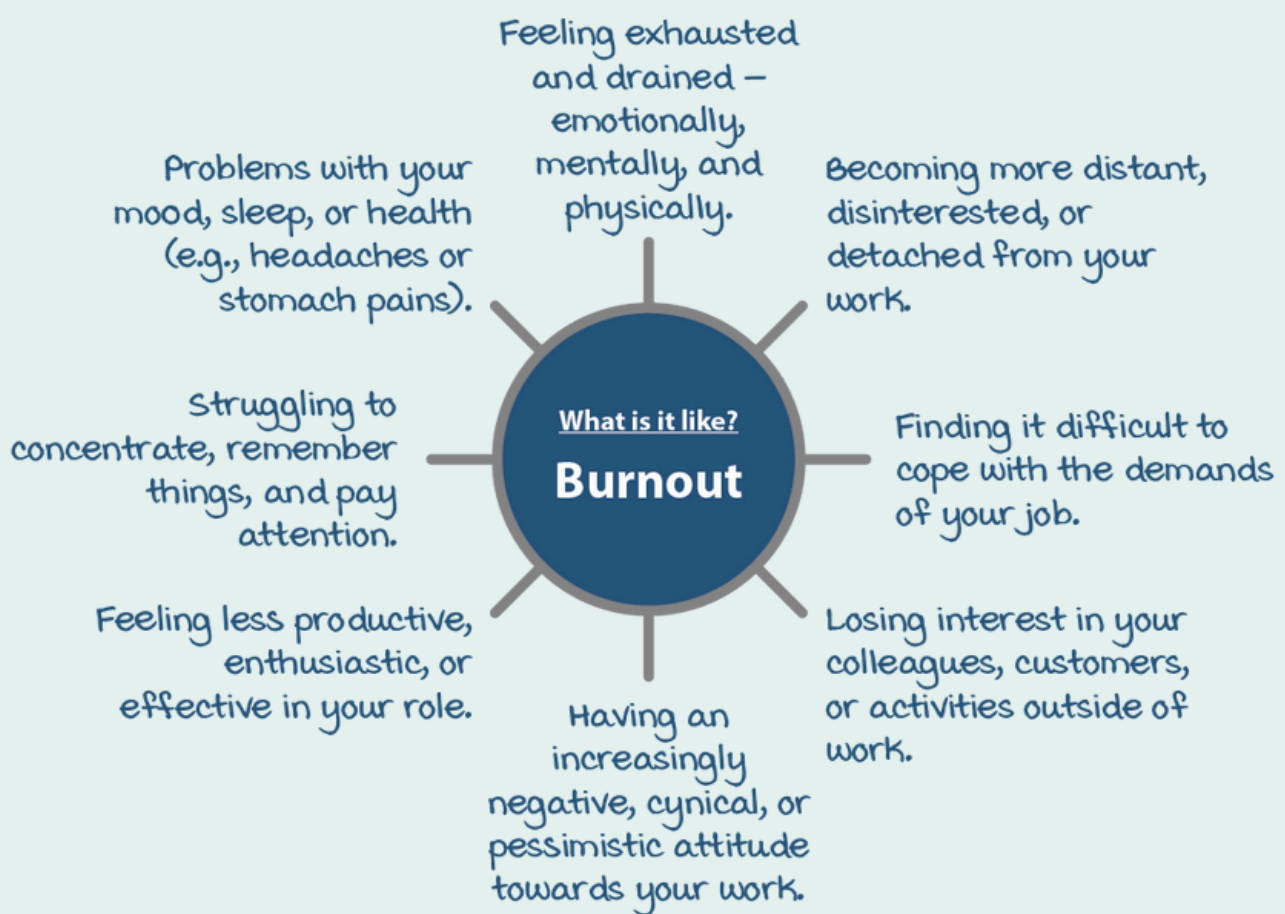
Signs of burnout

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100120001-2019 & 100120001-2019 & 100120001-2019

It is essential to spot the signs of burnout, so that we can work on becoming better at prioritisation and time management while maintaining boundaries which are crucial for good mental health.



Noticing multiple symptoms may be a sign that you need to start paying more attention to your mental and physical health! Burnout is not just normal tiredness, it is much more detrimental to your health.

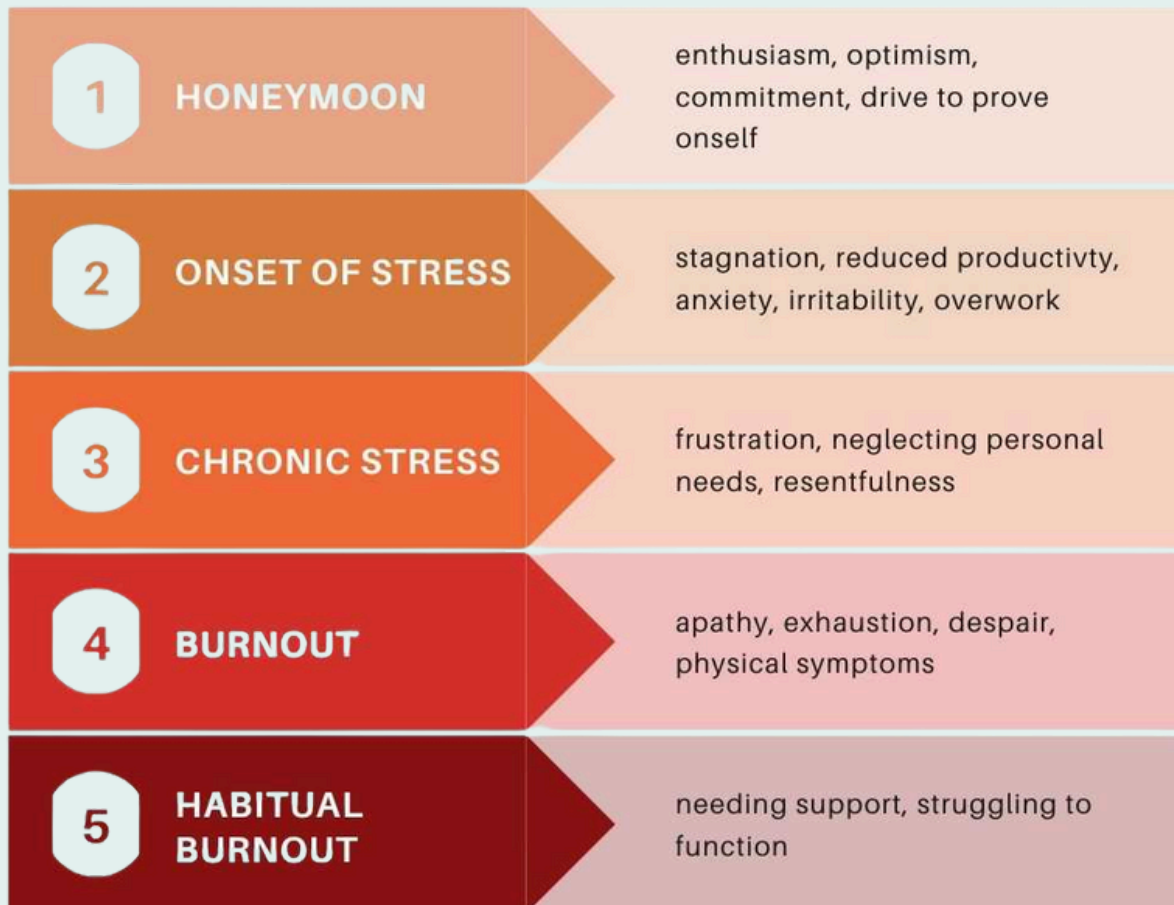
Stages of burnout

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There are 5 stages involved in burnout.

5 stages of burnout



Honeymoon stage	Stress stage	Chronic stress stage	Burnout stage	Habitual burnout
<ul style="list-style-type: none"> • Going above + beyond to prove yourself • Exerting all your energy into everything • Full of energy + thrive of challenges 	<ul style="list-style-type: none"> • Start to neglect self care - too busy • Start to get irritated and anxious • Struggling to keep up with work demands 	<ul style="list-style-type: none"> • Feeling out of control and powerless - it's all too much • Physical symptoms start to manifest - headaches or fatigue • Trying to cope e.g. binge eat or procrastinating 	<ul style="list-style-type: none"> • Abandoned personal needs and socially isolated • Increased sickness/absence - physical and mental illness • Feel empty and lack motivation 	<ul style="list-style-type: none"> • Chronic low mood and anxiety - always feel down • Burnout becomes the norm with chronic fatigue • Experience long term exhaustion and insomnia

How do I manage burnout?

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Here are some simple tips to manage burnout!



TALK TO A THERAPIST



SCHEDULE YOUR TIME
TO SIT AND REST



SET BOUNDARIES



EXERCISE REGULARLY



SPEND TIME WITH
YOUR LOVED ONES



MAINTAIN A HEALTHY
SLEEP SCHEDULE



MAKE TIME FOR THINGS
YOU LOVE AND ENJOY
DOING



TAKE TIME OFF TO
TRAVEL



EXPLORE YOUR
OPTIONS

**rest is also
productive!**

The Johari Window

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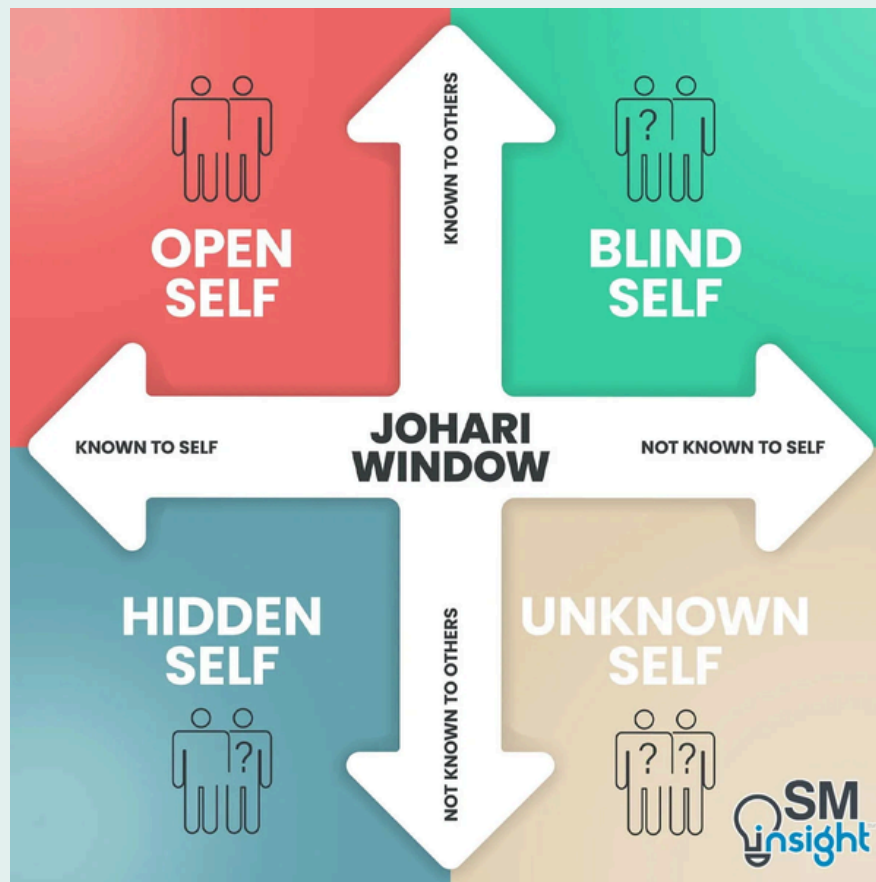
The Johari Window, developed by Joseph Luft and Harrington Ingham in 1955, is a communication model that aids self-awareness and improves interpersonal dynamics by emphasizing the importance of disclosure and feedback.

To use the Johari Window, we must first understand the 4 quadrants it consists of:

- **Open Area:** Things that both you and others know about you. For example, you know you're good at organising events, and your classmates know it too because you often lead group projects and college fests.
- **Blind Area** (also called Blind Spot): This has things that others know about you, but you don't. For example, your peers notice that you interrupt during discussions, but you're unaware of this habit until a friend points it out.
- **Hidden Area:** Things that you know but you don't share with others intentionally. For example, you struggle with exam anxiety, but you don't share it with anyone, so your professors and friends don't know you need support.
- **Unknown Area:** Things that neither you nor others know about you. For example, you have a hidden talent for public speaking, but you've never been on stage, so neither you nor others realize this potential yet.

The Johari Window

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Known to Self

Unknown to Self

Known to Others



Open Self

Information about you that both you and others know

Also known as:
Open area | Free area | Free self | Arena



Blind Self

Information about you that you don't know but others do

Also known as:
Blind area | Blind spot

Unknown to Others



Hidden Self

Information about you that you know but others don't

Also known as:
Hidden/Avoided Area | Avoided Self | Facade



Unknown Self

Information about you that neither you nor others know

Also known as:
Unknown Area

Try it yourself!

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Pick 10–15 Descriptive Words

Choose from the adjective list given below (like friendly, creative, shy, reliable, adaptable). Be honest and pick words that best describe you right now, not who you want to be.

Ask for Feedback

Share the same list with close friends, classmates, or mentors. Ask them to pick words they think describe you, anonymously if that makes you more comfortable.

Compare the Results

- Words chosen by both you and others go into your Open Area.
- Words others picked but you didn't, that's your Blind Spot.
- Words only you picked? that's your Hidden Area.
- Blank areas? They represent your Unknown potential.

Reflect and Set Goals

- For Blind Spots, think: "How can I become more aware of this?"
- For the Hidden Area, consider sharing more about yourself to build trust.
- Explore your Unknown Area by trying new activities or seeking feedback from different people.

List of adjectives

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Here is the list of adjectives you can use to create your own Johari Window model!

Able	Helpful	Reflective
Accepting	Idealistic	Relaxed
Adaptable	Independent	Religious
Bold	Ingenious	Responsive
Brave	Intelligent	Searching
Calm	Introverted	Self-assertive
Caring	Kind	Self-conscious
Cheerful	Knowledgeable	Sensible
Clever	Logical	Sentimental
Complex	Loving	Shy
Confident	Mature	Silly
Dependable	Modest	Spontaneous
Dignified	Nervous	Sympathetic
Energetic	Observant	Tense
Extroverted	Organised	Trustworthy
Friendly	Patient	Warm
Giving	Powerful	Wise
Happy	Proud	Witty
	Quiet	

You should ideally check in every 3–6 months to track changes. Growth over time will show how your self-awareness and relationships evolve.

External resources to seek help!

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iCall – Tata Institute of Social Sciences (TISS)

- Helpline Number: +91-9152987821
- Availability: 24x7, National
- Website: <https://icallhelpline.org>

 *Your Are*
Not Alone
Reach Out, Seek Support

AASRA

- Helpline Number: +91-9820466726
- Availability: 24x7
- Email: aasrahelpline@yahoo.com
- Website: Helpline Number: +91-9152987821

Sumaitri

- Helpline Number: +91-11-23389090
- Availability: 2 PM to 10 PM (all days)
- Website: Helpline Number: +91-9820466726
- Availability: 24x7
- Email: aasrahelpline@yahoo.com



Vandrevala Foundation Mental Health Helpline

- Helpline Number: 9999 666 555 / 1800 233 3330 (Toll-Free)
- Availability: 24x7
- Languages: Hindi, English
- Website: <https://www.vandrevalafoundation.com>

CALL US ANYTIME AT +91 9312352942

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