

Report on Stress Management Workshop for Non-Teaching Staff

A workshop on "Change Thoughts to Change Lives" was conducted by university's counselor Dr. Jaismeen Kaur on 17th July 2024 for the non-teaching staff as part of the ongoing mental health initiative. The session aimed to address stress management by helping participants understand the profound impact of thoughts on emotional well-being and overall stress levels.

The workshop was highly interactive, encouraging open discussion and participation. Dr. Jaismeen Kaur facilitated activities that highlighted the importance of identifying negative thought patterns and replacing them with positive, constructive ones. The staff members were guided through various stress-relief techniques, including mindfulness practices and cognitive reframing exercises, which were designed to promote emotional regulation and resilience in everyday life.

The session not only provided valuable tools for managing stress but also fostered a supportive environment where the staff could share their experiences and challenges. Participants left the workshop feeling more equipped to handle stress, with a deeper understanding of how shifting their thought patterns can significantly improve their mental and emotional health. The event was well-received and deemed an essential part of the institution's commitment to the mental well-being of its staff.



