

IPAC

NEWS LETTER

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Institute of Psychometric Assessment & Counselling

J8/77J- Nehru Market, Rajouri Garden, Delhi-110027, INDIA

+91-9911903358, +91-8860555898

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Mental Health is a Priority

A lot many people are there who neglect the importance of mental health and act as if it doesn't matter. But taking care of mental health is equally important the way you take care of your physical health. When you are mentally healthy only then you will be able to cope effectively with the challenges of life because good mental health gives you inner strength. Thus, good mental health helps you to live a happy and blissful life. On the other hand, lack of good mental health may lead to a decline in performance, feeling of guilt, hopelessness, anxiety, worry, fear, withdrawal, isolation, etc. It may also affect your relationship with self and others.

Ask Dr. KomalPreet Kaur

Q1. I feel nervous when I go on stage. How can I overcome it?

Ans. Many people feel nervous when they go on stage. This is known as stage fright. So, here are some tips that will help you to overcome your nervousness.

1. **Be prepared:** Know your Content and practice it thoroughly.
2. **Change your negative talk:** Stop worrying about, "What if I forget my lines? Instead change it to positive talk like " I am speaking so confidently"
3. **Visualize your success:** Visualize yourself performing on the stage with full confidence.
4. **Deep breathe:** Take some slow, deep breaths, before you go on the stage. This will help you to relax your breathing pattern.

Q2. My wife always doubts me. What should I do?

Ans. The way it is disturbing you, it might be disturbing to your wife as well. She is having underlying insecurity of losing you. Please speak to her about her insecurities and clear her doubts. You can appreciate her efforts and positive traits and also try to spend quality time with her.

Q3. I usually have disturbed sleep. Please suggest.

Ans. Having a good night's sleep is very important because it is directly related to your mental health. Here are some tips that will help you to have a peaceful sleep.

1. **Exercise:** Take out time for regular exercise. Even walking for 10 minutes a day will improve your sleep quality.
2. **Avoid blue light exposure:** Do not use electronic devices like mobiles, laptops, TV, etc 2 hrs prior to going to bed. It is because these devices emit blue rays that interfere with the production of melatonin which regulates your sleep.
3. **Avoid tea or caffeine late in the evening:** Cut down the intake of tea, coffee, or energy drinks in the evening hours because they interfere with the process of falling asleep. Instead, have a warm, milky drink or herbal tea.
4. **Avoid alcohol before bed:** It interferes with the production of melatonin and leads to disrupted sleep patterns.
5. **Write down your worries:** Develop the habit of writing about everything you have to do tomorrow, set aside time before bedtime to make plans for the next day. This will help you to sleep with a relaxed state of mind.
6. **Avoid big meals at night:** Try to make dinner time earlier in the evening, and avoid heavy meals at least 2 hours before going to bed. Spicy or acidic foods can cause stomach trouble and heartburn.
7. **Try to get up and sleep at the same time every day:** Doing this will help to set up your body's internal clock and optimize the quality of your sleep.

Tip Of The Week



Laughter is the Best Medicine

पति और पत्नी एक कुएं के पास गए,
जहां सिक्का डालने से मन की मुराद
पूरी हो जाती थी...!

पहले पति ने सिक्का डाला, फिर पत्नी
जैसे ही सिक्का डालने गई तो
पैर फिसल गया और वो कुएं में गिर गई!

पति की आंखों में आंसू आ गए,
ऊपर देखते हुए बोला- हे भगवान,
इतनी जल्दी सुन ली...!!!



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