

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

www.MyMindDesigner.com www.TheStrategicPlanning.Com

What to do when people take you for granted?

Have you ever felt that people have taken you for granted? They may be your friends, family, relatives, colleagues, spouse, children, etc. This feeling of being taken for granted can be overwhelming and lead to stress. This feeling comes because you are doing more for others and are expecting the same in return. But remember being kind to others and serve others selflessly is itself a reward. Also, if the other person forgets to say thank you for your efforts, it is always wise to appreciate your own work and say, "You are Welcome".

Ask Dr. KomalPreet Kaur

Ques 1. How to deal with my anger?

Ans. Anger is just one letter short of danger. Below mentioned strategies will help you to control your anger.

- 1. Count down:** Count down slowly i.e., 10 to 1. In the time it takes you to count, your heart rate will slow, and your anger will likely subside.
- 2. Deep Breathing:** Take a slow and deep breath from both nostrils and then exhale out from the mouth. Do it several times. It is important because your breathing becomes shallower and speeds up as you grow angry. Reversing that trend will help you to subside your anger.
- 3. Positive Self Talk:** Tell Yourself "I am O.K and they are O.K" or "I can control my anger".
- 4. Take out time for yourself.** Sit away from others. In this quiet time, you can process events and return your emotions to neutral.
- 5. Exercise:** Take a walk or a 20-minute run, a cold shower or bath, listen to relaxing music, do stretching exercises.
- 6. Relax your muscles:** Tense and relax your body muscles one at a time. As you tense and release take slow and deep breaths.

Ques 2. My spouse keeps telling me what to do, it frustrates me a lot. How to deal with it?

Ans. Your spouse may advise you with good intentions and what may work best for him/her, but it is important to find out what works best for you.

Ques 3. Sometimes in relationships, I find myself betraying my own values in order to receive approval or to get what I want. How to work on my self-respect?

Ans. Practice the acronym F.A.S.T. will help you to achieve self-respect effectively.

F - Fair: Be fair. Not only to others, but also to yourself.

A - Apologize: Don't apologize unless it's warranted. Don't apologize for making a request, having an opinion, or disagreeing.

S - Stick: Don't compromise your values just to be liked or to get what you want. Stand up for what you believe in.

T - Truthful: Be truthful and avoid exaggerating or acting helpless to manipulate others.

What to do when people take you for granted ? By Dr Rakesh Chopra

Maintaining a proper balance in the relation ship is a delicate phenomenon. The problem arises when people take you for granted and you are left with less time and energy for self.

To watch the video, click on the link below.

<https://youtu.be/BVSxLXp8Fil>

Tip Of The Week

WHEN YOU OVERTHINK
EVERYTHING YOU END UP
HURTING YOURSELF



STOP THINKING START FEELING

Laughter is the Best Medicine

लड़की - स्टेशन तक के कितने पैसे लगे...?

रिक्शावाला - मैडम बीस रुपये...

लड़की (हैरान सा मुंह बनाते हुए) - स्टेशन के बीस रुपये...?

रिक्शावाला - हां मैडम, स्टेशन पूरा दो किलोमीटर है यहां से...

लड़की (हाथ से इशारा करते हुए) ये तो रहा स्टेशन!!

रिक्शावाला - मैडम हाथ पीछे कर लो, कहीं रेल के नीचे ना आ जाए...!!!!



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We'd love to hear from You!

If you have any question or want to attend any of our webinar, then email us at ipacinfo1@gmail.com or contact us at +91-9911903358, +91-8860555898

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