

IPAC

# NEWSLETTER

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**Institute of Psychometric Assessment & Counselling**

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# Coronavirus Anxiety

Uncertainty about Covid-19 is taking a toll on the emotional health of many people across the globe. People are living in the grip of fear and anxiety related to their own health or the health of loved ones, financial situation, etc. It is important to understand that the mind has the tremendous power to manifest and to convert your fear into reality. Thus, reading, hearing, and talking about COVID-19 will lead to more fear and anxiety. Instead, try spending time focusing on positive information, and try to indulge in the activities that take your mind off your fears.

## Ask Dr. KomalPreet Kaur

### Q.1 How to stay calm during the coronavirus pandemic?

**Ans.** Staying calm during this pandemic will give you inner strength. So, here are some tips that will help you to calm down:

- 1. Change the Information Intake:** Stay away from social media and every minute of news. This will probably increase anxiety, not reduce it. Instead, try spending time focusing on positive information, stories, or activities that take your mind off your fears.
- 2. Practice Acceptance:** Focus on “how” the situation can be solved rather than “why” this happened.
- 3. Practice 4-7-8 Technique:** Inhale for 4 secs then hold for 7 secs and then exhale for 8 secs. Repeat this cycle 4-5 times.
- 4. Practice a Mindset of Gratitude.** Spend time each day thinking about three things you are grateful for. Picture holding these things in your open hands.
- 5. Look after your Physical Health:** Try to eat healthy and well-balanced meals, drink enough water, and exercise regularly. Avoid smoking or drugs and try not to drink too much alcohol.
- 6. Practice Worry Container Exercise:** Try to imagine that you are putting all your worries in a container and tightly closing the container and keeping that aside.
- 7. If you have severe anxiety, seek help from a specialist.**

**Q2. This lockdown is affecting our learning skills and we are not able to learn something very easily. What can we do?**

Ans. This lockdown is affecting the learning skills of the students to a greater extent because the screen time has increased a lot. Students have their online classes and apart from that in their spare time, they involve themselves in social media (WhatsApp, Facebook) or watching movies, etc. So, screen time has increased tremendously, and the mind is not getting something healthy. Physical activity is also minimized these days. Therefore, to allow your mind to function effectively, you need to take a healthy diet, involve some physical activity in your routine like skipping, cycling, or any which you can do on your own, do some exercise, make meditation and deep breathing a part of your daily routine and drink plenty of water.

**Q.3. I have lost my job due to a Coronavirus outbreak. How can I cope with this stress?**

Ans. While the stress of losing a job can seem overwhelming, there are many things you can do to take control of the situation, maintain your spirits, and find a renewed sense of purpose.

**1. Accept reality:** Try to accept the situation. The more you wallow, the more pain you will receive. The sooner you accept, the sooner you can get on with the next phase in your life.

**2. Avoid putting yourself down:** Challenge every negative thought that is popping in your head and restructure it. For example, instead of saying "I'm a loser," replace it with a positive thought "I lost my job because of the lockdown, not because I was bad at my job" and write down the evidence related to it.

**3. Strategic Planning:** Develop the right strategy to utilize the finances in hand and other options to generate more finances

**4. Take the help of an expert:** If unable to work out on your own to develop the right focus strategy, then you can take the help of the expert.

# Curing Corona through Beyond Self Session

## By Dr Rakesh Chopra

It has been seen that the person who is a perfectionist is rarely happy. Perfection is only possible when you have well defined parameters. It is said that computer is a mini brain. When software gets corrupted then we uninstall and then reinstall the correct one. Corona virus is a corrupt software so the sound health needs to be reinstalled which is possible through the beyond self session.

To watch the video, click on the link below.

<https://youtu.be/9dIbUNBnamE>

### Tip of the Week



## Laughter is the Best Medicine



**सोनू** - दुनिया में दो तरह के नेटवर्क ही सबसे तेज हैं

**मोनू** - कौन-कौन से?

**सोनू** - एक ईमेल और दूसरा फीमेल, एक मिनट में इधर की बात उधर पहुंचा देती हैं!

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संता बंता के घर गया।

बंता के घर जाकर संता ने सामने बंता और उसकी पत्नी की फोटो रखी देखी।

फोटो देखकर संता बोला :-

तुम्हारी और भाभी जी की जोड़ी राम और सीता के जैसी हैं।

संता की बात सुनकर बंता बोला :- कहाँ हैं यार..

आज तक ना तो तेरी भाभी को कोई रावण लेके गया, और ना ही आज तक ये खुद धरती में समायी।

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संता :- तुम्हे कैसी बीबी चाहिये ?

बंता :- चाँद जैसी।

संता :- चाँद जैसी, मतलब ?

बंता :- जो रात को आये और सुबह होते ही चली जाये।

# Our Upcoming Events



**IPAC**  
Free  
Webinar

**How to overcome  
Stress and Anxiety  
During Pandemic?**

Webinar  
On  
Every Monday  
4:00 pm

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**IPAC Presents**  
4-weeks Internship  
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Starting from  
**5th May,2021**  
To book your seat:  
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**Dialectical  
Behaviour Therapy**  
4-Weeks Virtual Internship cum Training  
By Dr Komalpreet Kaur

**IPAC**

Starting  
**11th May,2020**

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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](mailto:ipacinfo1@gmail.com) or contact us at +91-9911903358,+91-8860555898

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