

IPAC

NEWSLETTER

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Institute of Psychometric Assessment & Counselling

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Emotional Health First Aid

There is no good health without mental health. Your mental health is as important as your physical health. But people know what to do when someone needs physical aid, but they do not know how to provide emotional health first aid to others who are in psychological distress. At the same time making the situation worse by saying the wrong things. Remember: Just like physical illnesses, mental health problems have a huge impact on our lives. Therefore, to reduce panic, anxiety, stress, etc. among people due to COVID, it is important to understand how to perform basic 'first aid' for those showing the sign of emotional distress.

Ask Dr. KomalPreet Kaur

Q1. I feel anxious about catching the virus or transmitting it to my loved ones. What can I do?

Ans. If you have covid, then isolate yourself, if you do not have covid then do not go out unless important. Wear a double mask or N- 95 mask, use sanitizer, and maintain social distancing. Accept the present moment and manage the situation accordingly. Remember, stress is only in imagination, nothing has happened yet. Fear is given so that you take precautions. The negative information is important for you to take precautions. Refer to authentic sources for information like certified doctors who are dealing with covid patients or WHO Guidelines. Also, see how you are much better than crores of people. You can maintain a routine of expressing gratitude for what you are having.

Q 2. I am washing my hands again and again. I do not want to become obsessive about it. What can I do to maintain the balance?

Ans. It is important to wash your hands. It is recommended that you wash your hands for at least 20 seconds after coming from outside or before eating anything. You must also wash your hands if you touch anything at public places or items touched by many. Besides this if you are having urges to wash your hands then take a pause. If problem is intensive, then seek help from a specialist.

Q.3. How to overcome the fear which comes when hearing deaths due to covid?

Ans. Stay away from social media and every minute of news. This will probably increase your anxiety, not reduce it. Instead, get information only from an authentic source and not media. An authentic source is a doctor who is dealing with COVID patients. Whatever is in your mind speak with your doctor and not anyone else. Also, spend time each day thinking about the things you are grateful for. Picture holding these things in your open hands. It will help you to develop an attitude of gratitude and overcome your fear.

How to deal with COVID Anxiety? By Dr Rakesh Chopra

Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what is to come next. Anxiety will take you away from the present and you start accepting your imagination that the worst is going to happen while the fact is nothing has happened in reality.

To watch the video, click on the link below.

https://youtu.be/BPsK3K_BOss

Tip of the Week

**The best immunity
building approach**



**PROTECT YOUR SELF
FROM NEGATIVE MESSAGES
AND FAKE NEWS**

Laughter is the Best Medicine

डॉक्टर- जब तुम तनाव में होते हो क्या करते हो?

मरीज- जी, मंदिर चला जाता हूं...

डॉक्टर- बहुत बढ़िया, ध्यान-व्यान लगाते हो वहां?

मरीज- जी नहीं, लोगों के जूते चप्पल मिक्स कर देता हूं, फिर उन लोगों को देखता रहता हूं...

उनको तनाव में देख कर मेरा तनाव दूर हो जाता है

मरीज- ऑपरेशन सही से करियेगा

डॉक्टर- ऐसा क्यों कहा

मरीज- क्योंकि सर्जन और विसर्जन में थोड़ा सा ही फर्क है।

यदि आपरेशन सही से हो गया तो आप सर्जन

और यदि आपका हाथ हिल गया तो फिर मेरा विसर्जन



Our Ongoing and Upcoming Events

IPAC Presents
4-weeks Internship
On
**Cognitive
Behaviour
Therapy**



Starting from
5th May, 2021
To book your seat:
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Email: ipacinfo1@gmail.com
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IPAC

**Dialectical
Behaviour Therapy**
1 Month Virtual Internship cum Training
By Dr Komalpreet Kaur
Starting
21st May, 2021

Enroll Now: +91-9310251238, 8860555898
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Institute of Psychometric Assessment And Counselling
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**HOW TO OVERCOME PANIC
DURING COVID TIMES?**



*"Panic is the
misuse of Imagination"*

You are invited for this
interactive session with
Dr Komalpreet Kaur
(Psychologist)
@₹99 only per person
25th May 2021 at 4pm
Call Now at **9911903358**
or visit link in description

**IPAC
Presents**

**One Month Internship
On
Basic Counselling Skills**

Virtual training cum Internship
By Dr Komalpreet Kaur
Starting on
7th June, 2021
Message/ Call to Register now :
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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-
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Claim your FREE copy



Emotional Health : Covid First Aid

Counselling self and others – Professional Guidelines

Dr KomalPreet Kaur

Vasuli Kalsi

Click in the link below to claim your free copy:

<https://myminddesigner.com/>

If some problem is bothering you and you are unable to decide what to do then you are most welcome to book your One Free Stress Eradication Mentoring Session by visiting

<https://thestrategicplanning.com/stress-eradication/>

Feel free to reach us for any Emotional Health Support

Our Emotional Health Helpline No. +91-9911903358;+91-8860555898

We'd love to hear from You!

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