

IPAC

NEWSLETTER

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Institute of Psychometric Assessment & Counselling

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Are you on a Emotional Roller Coaster?

In this pandemic, you must be going through a roller coaster ride as you have so many roles and responsibilities to fulfill. You might be feeling that you are not performing well. But it's important to remind yourself that this is a new situation or emergency that none of us have faced before. Do not push yourself hard to obtain perfection in every work you do. It is ok to accept yourself if you are not functioning at your usual standard. By going easy on yourself, you can keep your stress levels in check and make each day a little easier for your family – and for yourself.

Ask Dr. KomalPreet Kaur

Q.1 How to reduce stress? (self- management)

Ans. Stress is only in imagination. Nothing has happened yet. Focus on “how” the situation can be solved rather than “why” this happened. Also, to calm down yourself, you can practice the following techniques:

- a) **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.
- b) **Mindset of Gratitude:** Spend time each day thinking about the things you are grateful for. Picture holding these things in your open hands.
- c) **Look after your Physical Health:** Try to eat healthy and well-balanced meals, drink enough water, and exercise regularly.
- d) **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.

Q.2. 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.

Q.3 What possible changes in lifestyle can help reduce anxiety?

Ans. Exercise is the best way to fine-tune your body and mind together. Learn to do all the work by yourself. Watch movies and videos from which you can focus on learning what you want to learn. This is a time you have got to know who loves you and who doesn't love you. How many people have really talked with you in a year and who are the people who have bothered about you? Focus on spending quality time with your family, and how you can care for them and be with them.

How to avoid a burnout during Work from Home? By Dr Rakesh Chopra

Work from home was the hidden desire of many. Now Corona has made it mandatory and people are feeling the discomfort. In a way it is the dream come true. Culturally those people who owned the job responsibility are feeling much better than those who were dependent on instructions. Many people under the cover of responsibility only give instruction which makes the team directly dependent on the senior.

To watch the video, click on the link below.

<https://www.youtube.com/watch?v=O3j8xz60Bk8>

Tip of the Week

**GOALS CANNOT BE ACHIEVED
WITHOUT DISCIPLINE**

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**Have 100% clearcut focus - measuring all pros and cons -
and define the strategic planning for your goal achievement;
then implementing all what you have defined for yourself is
the discipline**

Laughter is the Best Medicine

मंदिर में संता - हे भगवान मेरी सरकारी नौकरी लगवा दो...?

भगवान - क्यों खाली हाथ आये। नारियल केला और सेब नहीं लाए...?

संता - भगवान जी आप कर्म करो,
फल की चिंता मत करो...!

पप्पू (गप्पू से) - यार मेरे पापा दिन-ब-दिन
केबीसी के अमिताभ बच्चन बनते जा रहे हैं...!

गप्पू - वो कैसे...?

पप्पू - उनसे जब भी पैसे मांगो,
कहते हैं 'क्या करोगे इतनी धनराशि का'...?



Our Ongoing and Upcoming Events



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Behaviour Therapy**
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IPAC
Presents
One Month Internship
On
Basic Counselling Skills
Virtual training cum Internship
By Dr Komalpreet Kaur
Starting on
7th June ,2021

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If you have any question or want to attend any of our webinar,
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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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