

IPAC

# NEWSLETTER

27. 07. 2021



**Institute of Psychometric Assessment & Counselling**

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[www.MyMindDesigner.com](http://www.MyMindDesigner.com) [www.TheStrategicPlanning.Com](http://www.TheStrategicPlanning.Com)

## Limiting Beliefs are Mind Blockages

Limiting beliefs are those beliefs which constrain you in some way. They are deeply rooted and firmly held beliefs and form your belief system. You may have beliefs about your abilities, rights, duties, and so on. The beliefs may also be about other people and the world in general. Your thoughts, actions, and decisions are thus affected by these beliefs. In short, limiting beliefs are your mental blockages that prevent you from achieving your goals.

### Ask Dr. KomalPreet Kaur

**1. How do we protect ourselves from emotional trauma?**

**Ans.** Emotional trauma comes when you expect something and that does not happen. Therefore, it is important to stop expecting and start accepting and develop a strategic plan of what to do. Also, you can do meditation that will help you to strengthen your emotions.

**2. My aunt has lost her young son due to Covid and has become quiet and not talking with anyone. How can I help her?**

**Ans.** Seek her help in managing some tough situations in life. Do not give her advice for example stop thinking negatively. Talk about the loss only once in life, and then seek her help. She must be involved in helping anybody else to come out of shock. She will come out of the shock gradually.

### Q3 How can I remove fear from heart and mind?

Ans, Here are certain tips that can help you to overcome fear and anxiety. But in case of overwhelming fear and anxiety, it is important to consult a mental health professional.

- 1. Distract yourself:** Go out for a walk or do something that you enjoy doing the most. The purpose is to help you to attain calmness.
- 2. Deep Breath:** Put your hand on your stomach and breath slowly and deeply. It will help you to attain physical calmness.
- 3. Connect with Nature:** Nature calms people, reducing stress levels and changing moods from anxious to relaxed.
- 4. Exercise:** the physical activity of walking or jogging switches your mind from irrational fearful thoughts to clearer thinking that can help overcome the fear.
- 5. Ask Yourself:** What advice would you be giving to the other person who is stuck with the same fear

## How to Build Self Confidence? By Dr Rakesh Chopra

Self confidence means self assuredness to do something. To build self confidence the first focus is to define multiple levels of your responsibilities. Work on each one, one by one because you can not focus on more than one at a time.

The second focus is to question your belief system and eliminate your self-limiting beliefs. And finally, the need is to live as a self-confident person at all times.

To watch the video, click on the link below.

[https://www.youtube.com/watch?v=IqZW6L4IL\\_w](https://www.youtube.com/watch?v=IqZW6L4IL_w)

## Tip of the Week



## Laughter is the Best Medicine

संता- पंजाब एक्सप्रेस कब आएगी?

टीटी- पांच बजे

संता- लोकल

टीटी- नौ बजे

संता- मालगाड़ी

टीटी- एक बजे, पर आपको कहां जाना है?

संता- कहीं नहीं जी, बस पटरी पर लेटकर सेल्फी लेनी थी।

इतना सुनकर टीटी हुआ बेहोश

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# Our Ongoing and Upcoming Events

 **Live Webinar With**  
**Vasuli Kalsi, Profit Mentor**

 **5 Secrets to** <sup>®</sup>  
**Multiply Profits**  
Researched and Developed by Dr Rakesh Chopra

Join us: +91 99119 03358, 88605 55898  
Saturday, 31st July, 2021 : 12 pm till 1 pm



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**Starting From**  
**22<sup>nd</sup> July, 2021**

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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

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**We'd love to hear from You!**

**Institute of Psychometric Assessment & Counselling**

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