

IPAC

NEWSLETTER

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Institute of Psychometric Assessment & Counselling

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Declutter your Mind with the Power of Writing

When you are too confused to understand your own thoughts, it not only leads to stress but also stops you from taking the necessary steps simply because you are unable to see the best solution.

Start writing down your thoughts with the intention of sorting them out. Write everything that is coming to your mind. Once you feel you have finished writing them down then surrender yourself completely and connect with your inner wisdom. After few hours, read everything again. You will be surprised to see that you will be able to see things from a different perspective which was not there in your conscious mind earlier.

Ask Dr. KomalPreet Kaur

Q1. I feel butterflies in my stomach when I go on stage. How can I overcome it?

Ans. Many people feel nervous when they go on the stage. This is known as stage fright. So, here are some tips that will help you to overcome your nervousness.

1. **Be Prepared:** Know your Content and practice it thoroughly.
2. **Change your negative talk:** Stop worrying about, "What if I forget my lines? Instead change it to positive talk like "I am speaking so confidently"
3. **Visualize your success:** Visualize yourself performing on the stage with full confidence.
4. **Deep Breathe:** Take some slow, deep breaths, before you go on the stage. This will help you to relax your breathing pattern.

Q. 2. How can I control my anger?

Ans. To control your anger you can take the help of an anger log i.e., keep a track of the situations that trigger your anger and thoughts and feelings that precede. You will gain awareness and be better able to develop ways to best channel your angry energy.

Q. 3. How can I avoid Procrastination?

Procrastinations means postpone. Now, which task you procrastinate? You tend to postpone the task, which is boring, difficult, meaningless, ambiguous, etc. So, you start giving excuses like it is too difficult, I am not in the mood to do it now, it is not so important, etc. Therefore, to overcome the problem of procrastination, firstly figure out your goal and when, how and why you procrastinate. Then follow these anti- procrastination tips:

- Clearly specify your goal and break large tasks into small actions.
- Write why achieving this goal is important for you.
- Create a plan of action
- Set deadline
- Prioritize your task
- Identify your peak productivity time and schedule your task accordingly.
- Figure out distractions and eliminate them.
- Focus on small achievements and reward yourself.
- Visualize your ideal self.

When to Touch and when not to Touch? By Dr Rakesh Chopra

Touch is very touching as touching someone can be delicate and offensive as well.

The simple rule is: touch a person only when you give and never when you take. Touch when you give appreciation, award, regards, sympathy, blessings, support and so on but never when you have an intention to seek recommendations, money, support, appreciation and so on.

To watch the video, click on the link below.

https://www.youtube.com/watch?v=G_-FVrF1o_M

Tip of the Week



Laughter is the Best Medicine

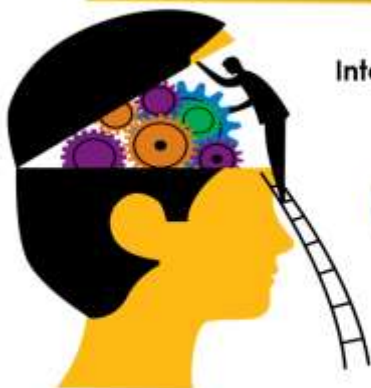
पति अपनी नौकरानी से प्यार करता था,
एक दिन चुपके से नौकरानी को किस कर रहा था।
पति-तुम तो मेरी बीवी से भी सुन्दर हो,
नौकरानी-झूठ मत बोलो मालिक
पति-नहीं सच बोल रहा हूँ
नौकरानी-अच्छा ड्राइवर तो बोल रहा था
मेमसाहब ही ज्यादा सुन्दर हैं।
पति बेहोश।

मेरा अंदाजा है यह कह रहा है कि इस डिब्बे में कोई खाने की चीज है
पत्नी- अरे वाह मेरे पति परमेश्वर आपने बिल्कुल सही अंदाजा लगाया,
इसमें मेरी नई सैंडल है।



Our Ongoing and Upcoming Events

Rewire your Thoughts through
CBT



One Month
Internship cum Training on

Cognitive
Behavior
Therapy

Starting From
22nd July, 2021

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IPAC

**How to Overcome
COVID Depression?**

FREE

You are invited

zoom
Live with
Dr. KomalPreet Kaur

**7th August'21
12 pm to 1 pm**

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**IPAC
Presents**

**One Month Internship
On
Basic Counselling Skills**

Virtual training cum Internship
By Dr Komalpreet Kaur
**Starting on
9th August ,2021**

Message/ Call to Register now :
+91-9911903358, +91-8860555898

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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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