

**WORKSHOP ON STRESS MANAGEMENT**  
**Organized by psychological counselling cell GGV**  
**Bilaspur**

- \* Jan 8, 2024(minimata girls hostel)  
\* Feb 24, 2024(Bilasa devi girls hostel)

Two workshops were organised by the member of psychological counseling cell GGV BILASPUR at Girls hostel of the GGV. The workshop was led by a mental health professionals Mrs Angelina V Lal and Mrs Vibha Bansriar (Psychiatric Nurse and Master Trainers) and Psychological Cell members GGV Dr. Rajeshwari Garg and Dr. Prasenjit Panda they included interactive discussions, videos, and activities.

Stress management refers to a range of techniques and strategies designed to help individuals cope with stress in healthy and effective ways. Stress is the body's natural response to challenging or threatening situations, but chronic or excessive stress can lead to physical, emotional, and mental health problems. Effective stress management helps individuals reduce the negative impact of stress and maintain a balanced, healthy life.

A stress management workshop aims to help individuals understand and effectively handle stress in their personal and professional lives. **The key objectives of such a workshop are:**

- **Understanding Stress:** Educate participants about what stress is, its causes, and its effects on physical and mental health.
- **Identifying Stressors:** Help individuals recognize common sources of stress in their lives and how these stressors impact their well-being.
- **Developing Coping Strategies:** Provide practical techniques and strategies for managing and reducing stress, including relaxation techniques, time management, and problem-solving skills.
- **Improving Emotional Resilience:** Teach participants how to build emotional resilience and adapt to challenging situations in a healthy way.
- **Promoting Healthy Lifestyle Choices:** Encourage habits and lifestyle changes that support overall well-being, such as regular exercise, balanced nutrition, and adequate sleep.
- **Enhancing Self-Awareness:** Help participants develop greater self-awareness and mindfulness to better understand their stress responses and triggers.
- **Building Support Networks:** Foster the importance of seeking support from friends, family, or professional resources and building strong support systems.
- **Implementing Stress-Reduction Techniques:** Train participants in specific techniques such as deep breathing, meditation, progressive muscle relaxation, and mindfulness.
- **Setting Goals and Action Plans:** Assist participants in setting realistic stress management goals and creating actionable plans to implement the techniques learned.

- **Encouraging Ongoing Practice:** Motivate participants to regularly practice stress management techniques and integrate them into their daily routines for long-term benefits.

Overall, the workshop aims to equip participants with the knowledge and tools needed to manage stress effectively, improve their quality of life, and enhance their overall well-being.

In summary, stress management is about finding the right balance between the demands placed on you and your ability to cope with those demands.



**Minmata Girls hostel**



Bilasa devi girls hostel