



ARMY INSTITUTE OF MANAGEMENT & TECHNOLOGY
(NAAC Accredited; Affiliated to GGSIP University, Delhi)

Guest Session: “Stress and Anxiety Management”

Call it Stress, Tension, Anxiety, Depression essentially it’s just this: Your intelligence turned against you.

-Sadhguru

The above quote speaks it all; ‘Stress and anxiety’ a must to be talked about topic to be pondered upon during trying times of covid, because somehow we all can relate to it in our day to day life without even knowing it. I would like to express my profound gratitude to AIMT thinktanks who really work very diligently and have organized this webinar on the above topic by Ms. Garima Bain, **assistant professor at IP University and founder of Disha Peace Club** which aims at inculcating humanitarian values in millennial generation. The session was conducted on 03-June-21.

Mr Bains brought out how humans are indulged with hidden stress in their day-to-day life, thinking that it’s absolutely normal. Stress is an unpleasant state of emotional and physiological arousal that people experience in situations that they perceive as dangerous or threatening to their well-being. The word stress means different things to different people. Some people define stress as events or situations that cause them to feel tension, pressure, or negative emotions such as anxiety and anger. Others view stress as the response to these situations. This response includes physiological changes such as increased heart rate and muscle tension alongwith emotional and behavioural changes.

It is confusing that how different people consider different situations as a precursor of stress for them, the webinar helped the audience learn to identify and manage stress.

Basically, the symptoms of stress are getting too negative with scenario, pessimistic approach, thinking ability is tarnished etc. It is not a rocket science to identify stress symptoms unless we try to monitor our attitude towards situations keenly.

Ms. Garima beautifully illustrated management strategies and approaches towards stress.

1. **Acceptance**-oriented approaches are useful in stressful situations. Epictetus, the Greek philosopher had it right when he said: “Men are disturbed not by things but by the views they take of them”.
2. **Build Resilience**: Resilience is our ability to bounce back from stressful or negative experiences. To simplify, resilient people are skilled at accepting that the situation has occurred, they learn from what transpired and then they move on.
3. **Talk It Out**: Don't hold it all inside. Talk to someone close to you about your worries or the things getting you down, sharing worries can cut them in half, and also give you a chance to laugh at potentially absurd situations. Many of our worries sound a lot less worrisome when we say them out loud.

4. **Affirmations and Imagery:** The power of positive imagery and affirmations now scientifically proven to increase positive emotion. How? When you think of a positive experience, your brain perceives it to be a reality. For each affirmation, vividly envision the future goal already being true. Imagine how your body feels, envision how your life or health will have changed, and how terrific it feels to have achieved something meaningful to you, use as many of your senses as you can to engage in this imagery.
5. **Create Boundaries:** Boundaries are the internal set of rules that we establish for ourselves. They outline what behaviours we will and won't accept, how much time and space we need from others, and what priorities we have are essential for a stress-free life. When we have healthy boundaries we respect ourselves and take care of our well-being by clearly expressing our boundaries to others.
6. **Cognitive Restructuring:** Cognitive restructuring involves identifying negative thoughts and restructuring them into positive thoughts. Black-and-white thinking, overgeneralizing is patterns of negative thinking. Cognitive restructuring involves recognizing these negative thought patterns, questioning assumptions that lead to those thoughts, gathering evidence that may contradict them, and generating alternative explanations that are rational and positive.

So, the above strategies to **stress management** are the sure-shot methods to cope with stress. Ms. Bains emphasized that it requires a human revolution to transform oneself from a stressful to joyful state and vice-versa. The human revolution is nothing but fighting your own battles on your own, not every problem has a solution so just take a break and leave it to God.

We know it's easier said than done, but the essence of the webinar is, **you create your life** no one else will create it so be your **own favorite** no matter what the situation is.

Answering a query by student as how to deal with stress in a team; Ms. Bains explained that we who create every thought within us so in a team don't judge others and give them your advice, rather try to help them out as you don't know in what situation they are stuck in.

After this breathtaking session, Ms. Arshiya Ismail, Chief Training & Placement Officer (AIMT) proposed a vote of thanks to our beloved guest – Garima Bains. As always Arshiya mam never fails to motivate students by her sayings, she supported Garima mam's views on stress and ended the session beautifully by letting the students understand that **stress is nothing but fear**, facing your fears is what bridges the gap between you and the opportunities.

Guest Session "Stress & Anxiety Management"

28:09

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GARIMA BAINS (Guest)

DONGA... Ms. An... PRIYA P...
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Guest Session "Stress & Anxiety Management"

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LET'S WIN OVER STRESS

GARIMA BAINS (Guest)

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Let's win over stress - Microsoft PowerPoint

SYMPTOMS OF STRESS

- PHYSICAL SYMPTOMS
- EMOTIONAL SYMPTOMS
- COGNITIVE SYMPTOMS
- BEHAVIOURAL SYMPTOMS

GARIMA BAINS (Guest)

PRIVA PANT... +96

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15:50 03-06-2021

The image shows a Microsoft PowerPoint presentation titled "SYMPTOMS OF STRESS". The slide features a central illustration of a person in a blue hoodie and orange pants, raising their arms in a gesture of stress or frustration, surrounded by red lightning bolts. This illustration is enclosed in a circular frame and positioned in the center of the slide. Four green rounded rectangular boxes are arranged around the central illustration, each containing a category of symptoms: "PHYSICAL SYMPTOMS" (top-left), "EMOTIONAL SYMPTOMS" (top-right), "COGNITIVE SYMPTOMS" (bottom-left), and "BEHAVIOURAL SYMPTOMS" (bottom-right). The presentation is being displayed in a video conference window, with a sidebar on the right showing a list of participants, including "GARIMA BAINS (Guest)" and "PRIVA PANT..." with a "+96" icon. The top of the window shows a "Request control" button and a "Leave" button. The bottom of the window shows the Windows taskbar with a search bar and system tray icons, including the time "15:50" and date "03-06-2021".