



Report of Stress Management Programme

Loknete Gopinathji Munde Arts, Commerce & Science College, Mandgad has organized Training Programme on Stress Management Programme on 15.07.2020 at 11.00 am . In his Report of the Webinar on Stress Management during Covid 19 Pandemic Date :- 15/07/2020 Introduction : it was given by Principal Dr. Subhash A. Sawant Report :- Due to Covid 19 pandemic Teachers was under in stress. Founder Chairman Hon. Dadasaheb Idate and other Members of Savitiri Phule Shikshan Prasarak Mandal Jalgaon Dapoli with Principal has decided that our Institution Teacher will be come out from this situation. On the behalf of Sanstha IQAC Department of Loknete Gopinathji Munde Arts, Commerce and Science College Mandangad Dist. Ratnagiri has organized one day Webinar on Stress Management for all Teaching Staff of our Education Society. For that , resource person Dr. Sanjaykumar M. Kalkutgi (M.B.B.S. D.P.M.M.I.P.S) Psychiatrist Divisional Psychiatrist. Ratnagiri and another Mrs. Swati Bhosale B.A. M.S.W. Special Urban and Rural Community Development are delivered the fruitful talk on Stress Management. Very Healthily manner this Webinar was completed. . In this workshop all the Teaching Faculty member are present i.e. 54. Vote of thanks : Dr. Parhar V.D

What is stress management?

It may seem like there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your work and family responsibilities will always be demanding. But you have a lot more control than you might think.

If you're living with high levels of stress, you're putting your entire well-being at risk. Stress wreaks havoc on your emotional equilibrium, as well as your overall physical and mental health. It narrows your ability to think clearly, function effectively, and enjoy life.


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Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. But stress management is not one-size-fits-all. That's why it's important to experiment and find out what works best for you. The following stress management tips can help you do that.

Tip 1: Identify the sources of stress in your life

Stress management starts with identifying the sources of stress in your life. This isn't as straightforward as it sounds. While it's easy to identify major stressors such as changing jobs, moving, or going through a divorce, pinpointing the sources of chronic stress can be more complicated. It's all too easy to overlook how your own thoughts, feelings, and behaviors contribute to your everyday stress levels.

Sure, you may know that you're constantly worried about work deadlines, but maybe it's your procrastination, rather than the actual job demands, that is causing the stress.

To identify what's *really* stressing you out, look closely at your habits, attitude, and excuses:

- Do you explain away stress as temporary (“I just have a million things going on right now”) even though you can't remember the last time you took a breather?
- Do you define stress as an integral part of your work or home life (“Things are always crazy around here”) or as a part of your personality (“I have a lot of nervous energy, that's all”)?
- Do you blame your stress on other people or outside events, or view it as entirely normal and unexceptional?


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Until you accept responsibility for the role you play in creating or maintaining it,
your stress level will remain outside your control.

All the staff member attend this Online Workshop.



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