

## Webinar on Effective Stress Management


The Department of Psychology organised webinar series in connection with World Mental Health Day from October 6<sup>th</sup> to 10<sup>th</sup>. Webinar on the topic 'Effective Stress Management' was organised on October 6<sup>th</sup>. Miss Haritha Johnson of S6 Sociology introduced the resource person. Dr Sinto P Anto welcomed the resource persons and the participants. Smt Ashwathy Prasad, Clinical Psychologist Trainee, Amrita Institute of Medical Sciences, Kochi was the resource person for the day. She gave an overview on stress and stress related disorders. She spoke about different types of stress. She explored the different coping strategies that can be used in everyday life. Students actively involved in the session. 250 participants attended the webinar. The webinar concluded with vote of thanks by Beulah James of S6 Sociology.

The screenshot shows a Zoom webinar interface. At the top, it indicates 'REC' (Recording) and 'Aswathi Prasad is presenting'. The top right corner shows 'Ayesha AJ and 217 more' participants, a '229' icon, '45' messages, and the time '1:42 PM'. The main content area displays a slide with a flowchart illustrating the stress process:

- Stressor**: Events or situations or persons in our environment that cause stress.
- Stress**: The effect of unpleasant events which may create disturbances of the mind.
- Stress Response**: Changes induced by stress and the effort to deal with it.


Arrows indicate a sequential flow from Stressor to Stress to Stress Response. A notification at the bottom left states 'Anjana M N has left the meeting'. On the right side, a list of participants is visible, including Kripa Jose, sreeshma viswambar..., Shjams Meanayil, NIMNA Noushad, Edweena Raju, Nandana Ashok, SREEDEVI P V, and Eyeleen Geo.

REC Aswathi Prasad is presenting J JOSHIYA P J and 236 more 248 45 1:45 PM You P



**Positive stress-Eustress**

- Adjustment to a positive change
- Pleasurable stress accompanies positive events
- Example: Wedding




**Negative stress-Distress**

- Need to adjust is greater than the perceived ability to respond
- Accompanies negative events
- Example : funeral

248 45 1:45 PM You P

- K Kripa Jose
- A ANJANA ARUNKUMAR
- sr cathy jose
- NIMNA Noushad
- N Nandana Ashok
- S SREEDEVI P V
- E Eyeleen Geo
- Sebastian Joseph

REC Aswathi Prasad is presenting A Anjana m n and 211 more 223 45 1:40 PM You P



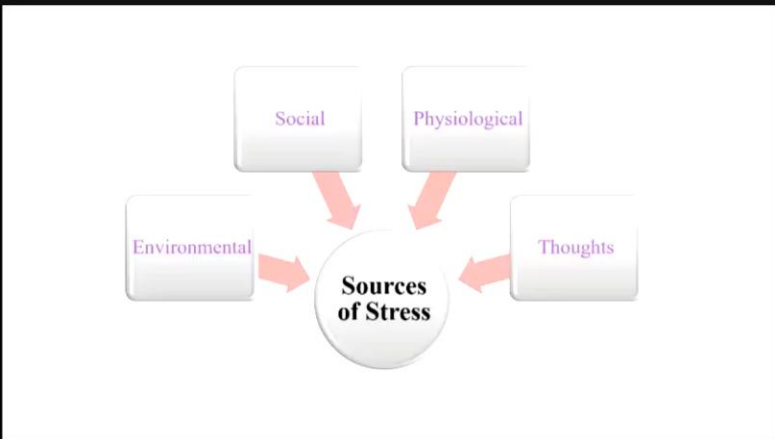
**STRESS**

- The need to adjust to a change; to adapt in some way.
- The process that occurs in response to events that disrupt, or threaten our physical or psychological functioning.

Adolescence: A period of "storm and stress"

Show everyone

- h haritha j
- K Kripa Jose
- AMRITHA K B
- NIMNA Noushad
- S sreeshma viswambar...
- E Eyeleen Geo
- Sebastian Joseph



People (250) Chat (46)

- sr cathy jose
- Sreedevi M M
- SREEDEVI P V
- sreelakshmi mu
- sreelakshmi p r
- sreeshma viswambaran
- SRUTHI ELIZABETH
- Sruthi Thalappil
- Sruthi VK