Health and Holistic Wellness of Professionals During Covid-19 Crisis

News & Updates • June 24, 2020

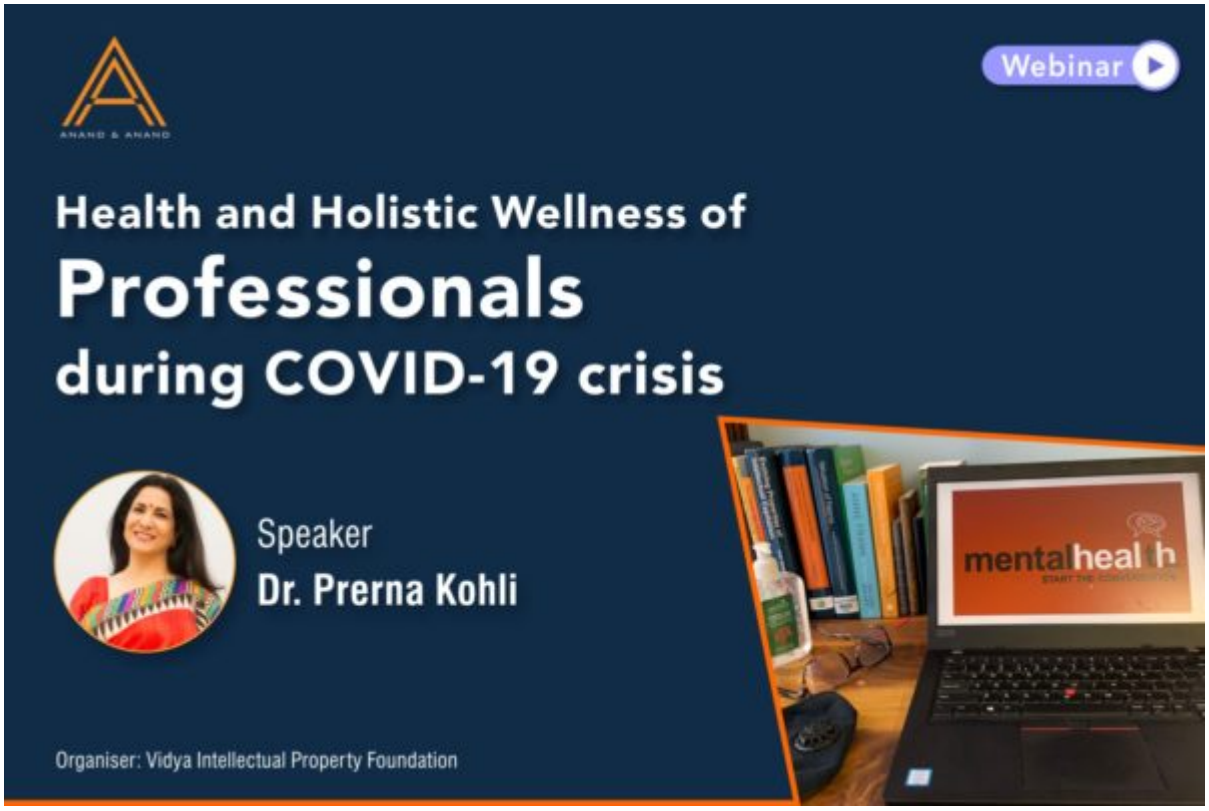
Managing stress and anxiety especially during a pandemic is not easy. With indefinite isolation, capsized travel plans, financial insecurities, worrying is inevitable. The Indian Psychiatric Society in a recent survey indicated that one out of five people is suffering from mental stress during the Coronavirus pandemic. We organized a webinar on Mental health and wellness during COVID-19 for professionals during COVID19 on June 6th in collaboration with Vidya Intellectual Property Foundation and invited Dr. Prerna Kohli, an acclaimed clinical psychologist to provide insightful advice and prudent tips to Professionals working from home during these testing times.

The importance of understanding the distinction between stress and feeling work pressure was highlighted by the Speaker. Where stress is the body's reaction to any change that requires an adjustment to response, the feeling of pressure is anything that gives you momentum, makes you alert and proactive. Pressure is good as it gets you in the groove of making things happen but stressing over something is mentally taxing and can lead to depression.

Anxiety is an emotion characterized by feelings of tension, physical changes and nervous behaviour while worry is caused by more realistic concerns and tends to be controllable. Depression is a common and serious medical illness that negatively affects how one feels, the way one thinks and how one acts, while sadness is feeling unhappy in response to grief, discouragement, disappointment for a short period of time.

One of the key takeaways of the Webinar on health and holistic wellness of professionals during COVID19 was that for effective mental health management, creating a schedule is a must. A schedule along with effective time management skills makes us feel more in control of our life. So we wish all professionals to stay healthy!

Stay tuned for next Anand and Anand Webinar coming up soon...


Webinar
Health and Holistic Wellness of
Professionals
during COVID-19 crisis
Speaker
Dr. Prerna Kohli
Organiser: Vidya Intellectual Property Foundation
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