



CENTRE FOR WOMEN'S STUDIES

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Workshop on Mental well-Being and Resilience : A way to live joyfully on 11th October, 2023

Mental health awareness workshop was organized by Centre for Women's studies and Radical Transformation Leadership. The workshop covered topics such as stress management, self care, coping skills and identifying and addressing mental health concerns. Through interactive sessions and practical tools, participants gained a better understanding of mental health and ways to foster a safe and inclusive learning environment. The workshop covered dimensions such as building resilience, practicing empathy, ways to face emotional exhaustion and depletion, setting boundaries, managing social anxiety and practicing emotional self-management.

The Centre for Women's Studies, in collaboration with Radical Transformation Leadership, recently organized a comprehensive Mental Health Awareness Workshop. This workshop addressed crucial topics such as stress management, self-care, coping skills, and identifying and addressing mental health concerns.

The interactive sessions and practical tools provided during the workshop were designed to help participants gain a deeper understanding of mental health issues and develop strategies to create a safe and inclusive learning environment.

The workshop encompassed various dimensions of mental health, focusing on the following key areas:

Building Resilience:

- Techniques to enhance personal resilience and adaptability in the face of challenges.

- Strategies to strengthen mental fortitude and perseverance.

Practicing Empathy:

- The importance of empathy in fostering supportive relationships.
- Methods to cultivate empathy towards oneself and others.

Facing Emotional Exhaustion and Depletion:

- Recognizing signs of emotional burnout.
- Effective ways to restore emotional energy and prevent long-term depletion.

Setting Boundaries:

- The significance of setting healthy boundaries in personal and professional life.
- Practical steps to establish and maintain boundaries to protect mental well-being.

Managing Social Anxiety:

- Understanding social anxiety and its impact on daily life.
- Techniques to manage and reduce social anxiety symptoms.

Practicing Emotional Self-Management:

- Tools and practices for regulating emotions and maintaining emotional balance.
- Approaches to manage stress and anxiety through mindfulness and self-awareness.

Participants left the workshop equipped with valuable insights and actionable strategies to manage their mental health effectively. The workshop emphasized the importance of mental well-being and provided a platform for participants to share experiences, fostering a supportive community focused on mental health awareness and improvement.

