

MIND OVER MOOD

MANAGING STRESS WITH MINDFULNESS



RESOURCE PERSON

Dr. RAKSHA SINGH

Assistant Professor

Chitkara School of Psychology and Counseling,
Chitkara University

19th July, 2025

10:00AM to 11:00AM

Pierre hall



Mind Over Mood- Managing Stress with Mindfulness

Organised by Office of Administration
For the staff of the Office of Administration





SESSION OVERVIEW

- The session titled “Mind Over Mood – Managing Stress with Mindfulness” focused on understanding stress and applying mindfulness-based strategies to manage it effectively. Led by **Dr. Raksha Singh** from Chitkara School of Psychology and Counselling, the program offered a blend of psychological insight and interactive activities to promote mental well-being.
- The session began with a **gentle stretching exercise**, helping participants release physical tension and enhance mental clarity. This simple mindfulness technique established a calm and focused atmosphere, laying the foundation for deeper engagement in the session.



📌 KEY POINTS DISCUSSED

What is Stress?

Stress was defined as a psychological and physiological response to demanding or challenging circumstances.

It was highlighted as a normal part of life that can become harmful if unmanaged.

Types of Stress:

Eustress: Positive stress that motivates and enhances performance.

Distress: Negative stress that overwhelms an individual and may lead to anxiety or burnout.

 **INTERACTIVE ACTIVITY: THE STRESS ICEBERG**

- Participants were guided to visually express their personal stress experiences by drawing “**The Iceberg of Stress.**”
- The visible tip of the iceberg represented obvious stress triggers.
- Beneath the surface, participants identified deeper, hidden emotional stressors.
- Dr. Singh skillfully explained how subconscious factors influence mental health and shared strategies for managing both visible and invisible stress.



SOURCES AND SYMPTOMS OF STRESS

- Common sources included academic pressure, relationships, work-life imbalance, and health concerns.
- Symptoms discussed ranged from sleep issues and fatigue to irritability and anxiety.
-  **Mastering Stress: Everyday Practices**
- **Dr. Singh emphasised simple yet powerful strategies to manage stress:**
- Regular mindfulness meditation
- Deep breathing and grounding exercises
- Engaging in hobbies and physical activities
- Journaling and reflecting on emotions
- Time management and self-care routines





BALLOON ACTIVITY: RELEASING STRESS

- In a symbolic and interactive balloon exercise, participants filled a balloon with air representing accumulated stress.
- Upon bursting the balloon, the metaphor of taking action to release pressure was emphasized, reinforcing the idea that confronting stress is more effective than avoiding it.

The session concluded with a warm vote of thanks extended by **Capt. Ravinder Singh**, who praised Dr. Raksha Singh for her enlightening presentation and the practical insights shared.

His acknowledgment reflected the gratitude of all attendees for the guidance and positivity infused throughout the session.

We are thankful to the resource person Dr. Raksha as well to the CSPC for their support in organizing this session.



The session offered insightful distinctions between different forms of stress and empowered participants with mindfulness techniques to improve emotional resilience.

Through discussion and art-based exploration, attendees left with practical tools to understand and regulate their moods with greater awareness.



Group Picture of the Participants with the Resource Person