

20/3/25

NC2001: HUMAN VALUES AND  
STRESS MANAGEMENT

This course begins with introduction to stress management, emphasizing stress is a universal experience affecting everyone, regardless of age or occupation.

Stress is a psychological response to the increasing demands of daily life and speaker notes that individual react to stress in diverse ways, additionally points out that stress can lead to various illness, so it's important in building resilience to handle challenges. Key component in this module is developing resilience to stress by understanding how thoughts and emotions shape stress perception and learning techniques to strengthen mental and emotional wellbeing.



## ② MINDFULNESS BASED STRESS REDUCTION :-

MBSR is a practise for individuals seeking to learn mindfulness techniques.

It is described as intensive by everyday life standards, indicating structured yet approachable curriculum. Participants engage with the program in context of their daily lives, which allows for practical application of mindfulness skills. The instructor draws parallel between psychotherapy and mindfulness, suggesting that psychotherapy represents a western method for achieving self-awareness while mindfulness serves as an Eastern counterpart. Also highlights the powerful impact of MBSR, noting it's success who have tried.

Although this is approached as final solution, instructor emphasizes that it is beneficial

We are encouraged to consider mindfulness as a good approach rather than promoting just a healthier mindset.



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## EMOTIONS AND STRESS :

Overview of research focused on relationship between stress and emotions particularly for college students. Stress is characterized as a strain that surpasses an individual cognitive capacity.

Research indicates stress can negatively influence, affecting decision making, impulse control and emotional regulations. The focus on research was particularly on emotion regulation which is defined as the ability to manage emotional responses to environmental stimuli.

The ability to switch responses between emotional and shape judgements illustrates functioning of executive functions in real life; where executive function is defined as cognitive process that assist in decision making, and emotional regulation.



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The process of dealing with feelings begins with acknowledging and accepting the presence. This acceptance is crucial as it forms part of reality of the present moment.

Denying or arguing with feelings leads to sufferings. The critical aspect of emotional awareness is understanding relationship between feelings and thought process. Individuals must explore whether their thoughts perpetuate (think a lot) their feelings, if replaying past painful narratives in their mind. Such repetitive thinking can renew emotional energy.

The process of letting go begins by severing the link between thinking and feeling, which is essential for emotional release as the feelings begin to dissipate on their own. Forgiveness is often viewed as a necessary step, but can occur naturally when individuals comprehend consciousness behind other's action.



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The name of this course was "Becoming a Resilient Person" which aims to empower individuals to prioritize self care and highlights stress is a universal experience that everyone faces, making it unavoidable.

He notes that chronic stress can lead to significant wear and tear on mental and physical health, as well as behavioural patterns. The lack of skill to manage stress can result in negative impact on overall well being.

Further importance of not only managing stress but also learning how to enhance well being and happiness. This course aims to address how individuals can focus on what matters most, even faced with challenges and uncertainties. The primary goal of the course is to teach resilience skills.



⑥  
that help individuals not only survive  
but also thrive in various life  
situations.

As we conclude this course on stress  
management and resilience, I have  
gained valuable insights into understanding  
stress, its effects and build resilience  
and address challenges with confidence.

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