

My feedback on the lecture

First of all I would like to thank the guest lecturer, the psychiatrist of the base hospital at Mirigama, professor Priyanthe Gamini Jayasinghe for delivering an amazing speech on the topic “Stress Management and University Life”.

The problem arises when tension becomes distress. When stress is interfering with our day-to-day activities, such as preventing us from achieving, relaxing, or communicating, we may benefit from some assistance. Our mental health is beginning to suffer as a result of stress. We learned several stress-reduction techniques.

He clearly articulated them in this talk. Exercise gives us a sense of success, and it often goes hand in hand with other positive actions toward mental health, such as spending time with others or going outside. If we want to get active but are stuck for ideas, look into what programs are offered at your college and join organizations and societies. There is usually a wide range of activities available, including hiking, dancing, basketball, boxing, martial arts, and yoga. Mindfulness is a popular coping tool for persons dealing with stress or worry. It is a relaxation technique that may be found in any religion. It can considerably reduce stress levels and is used by professionals to improve patients' physical and emotional wellbeing. Deep breathing or guided meditation are the most common ways to practice it. Rather than obsessing on the problem, predicting the future, or critiquing our most recent efforts, take a break and focus our thoughts on something soothing and good.

In addition to these benefits, good time management is a stress-relieving technique. When people fear they are running out of time to fulfill a goal, it can be tied to university or employment, or it can be related to feeling overwhelmed by social events. Simple time management practices, on the other hand, might help us feel more comfortable and focused. Divide our tasks into significant and unimportant chores, as well as urgent and non-urgent ones. He further stated that obtaining enough sleep relieves stress and rejuvenates us.

Finally I think that this a very useful topic to us as undergraduates to listen in such a period. In my point of view, this session is very helpful for us to improve my knowledge and vision. Thus, I would gladly state that this is an effective lecture with a timely discussion for the youth who will be stepping into their future day by day.

Thank you!