

Strategies for Professional Growth

# Mindfulness & Stress Management in the Workplace



Team: 22

Interviewer: Piush Das

Interviewee: Surajit K. Dutta

# A Conversation for "Strategies for Professional Growth"

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Our Goal

Confidentiality

Duration

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We expect this conversation  
to last about 15-20 minutes.

# Our Conversation Roadmap

Definitions: Getting on the same page.

Stress, Focus & Boundaries: Handling the day-to-day pressures.

Career, Learning & Self-Awareness: The long-term impact.

Resilience & Guidance: Looking back and offering advice.



# Defining Our Terms (Part 1)



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**Stress Management:**

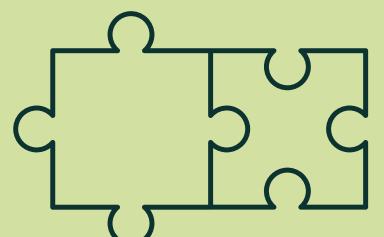


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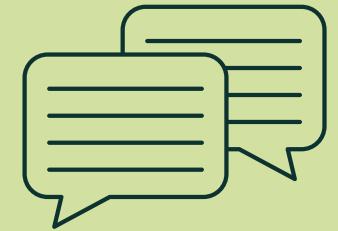
**Mindfulness:** A simple practice of observing the present moment—your thoughts, feelings, and surroundings—without judgment.

**Stress Management:** The practical strategies you use to cope with pressure and maintain your well-being, especially at work.

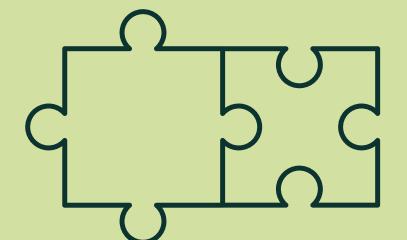
# Stress, Focus & Boundaries



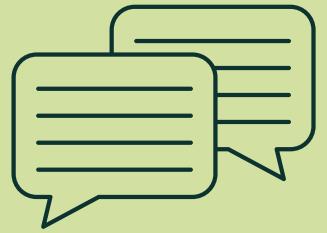
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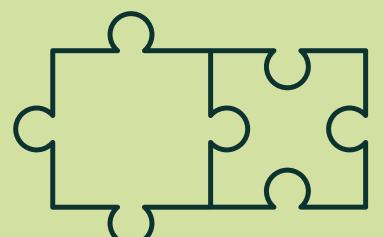
♦ Thinking about a recent time you were facing multiple urgent deadlines, can you walk me through how you managed to stay focused and calm?



# Stress, Focus & Boundaries



♦ Setting healthy boundaries is a common challenge. Could you share an example of a boundary you've set between work and personal life that has been effective for you?



# Defining Our Terms (Part 2)



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Cognitive Overload:





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**Self-Awareness:**

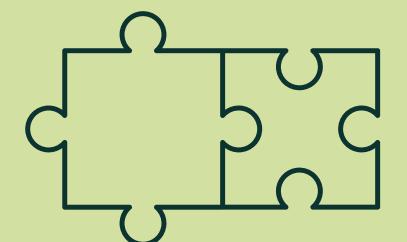
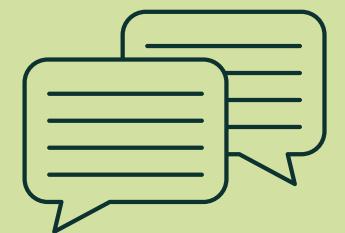


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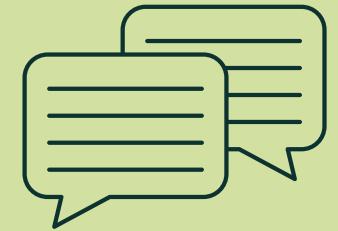
**Cognitive Overload:** That feeling of "mental fog" or burnout when you have too much information or too many tasks at once.

**Self-Awareness:** The ability to recognize what you're feeling and why, and understanding how those feelings impact your work and decisions.

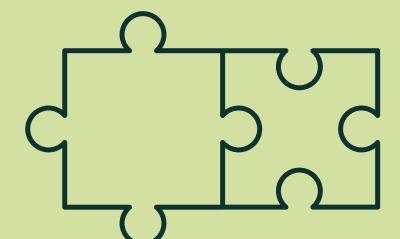
# Career, Learning & Self-Awareness



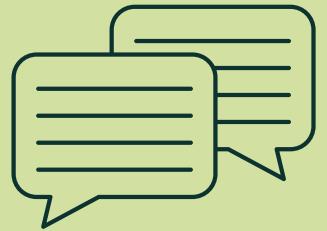
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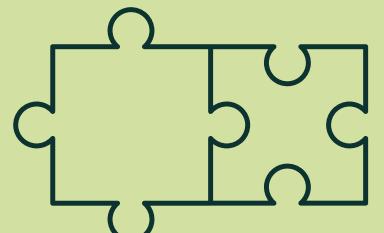
♦ When you're learning something new for your role and start to feel that "**cognitive overload**," what are your go-to practices to stay motivated and learn effectively?



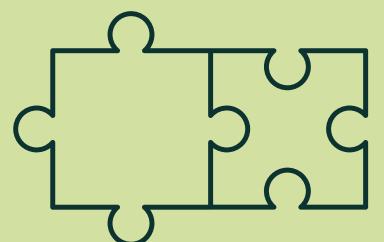
# Career, Learning & Self-Awareness



♦ Drawing on that idea of "self-awareness," can you describe a time when recognizing your own stress or emotions helped you make a better long-term career decision?



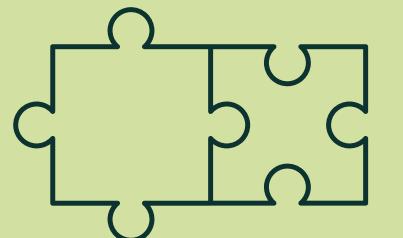
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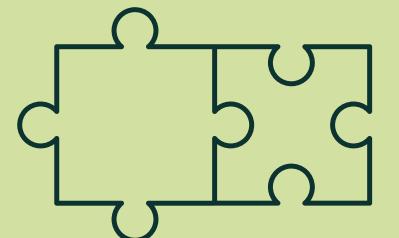
♦ Could you share a story about a time you had to recover from one, and what role your mindset or emotional balance played in that recovery?



# Resilience & Guidance



♦ Based on your entire journey, what is the one piece of advice you would give to young professionals about managing stress while actively pursuing growth?



# Questions?

Thank you so much for your time and your stories. Your insights have been incredibly valuable to our project.

Do you have any final questions for Me?

Thank You

