

Strategies for Professional Growth

Mindfulness and Stress Management in the Workplace

IITM BS Degree Program | Team 22

Our Research Team

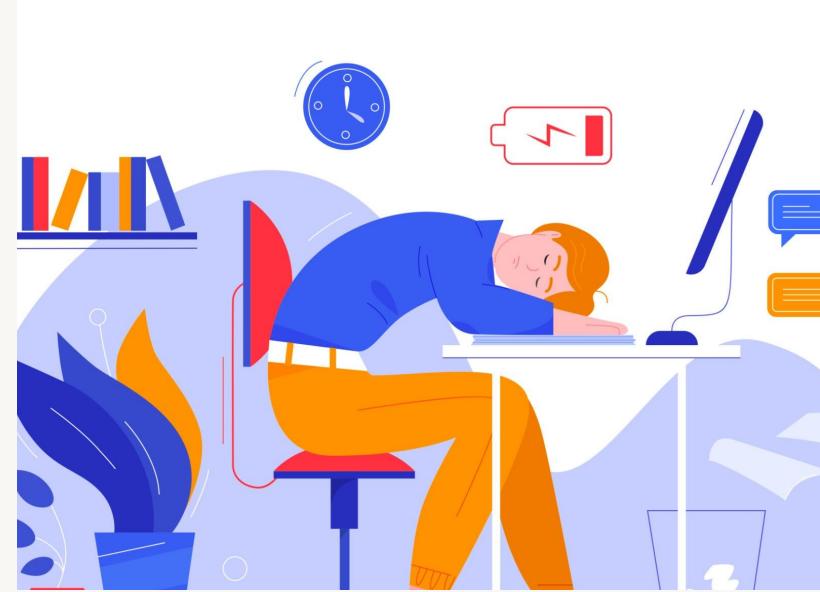
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The Modern Dilemma: Ambition vs. Well-being



The "Hustle" Ideal

Media like the K-Drama 'Start-Up' and TED Talks on 'Grit' glorify high-stress 'hustle' as the primary path to success.



The "Burnout" Reality

This narrative creates a key conflict, often leading to burnout. Our project investigates this gap.

Setting Our Compass

We've all seen the 'hustle' narrative, but we also see the burnout. This created our core question: How do successful professionals *really* navigate this pressure? Is sustainable growth a myth?

The Problem: A clear gap between the **glorification** of stress (like in 'Start-Up') and the **reality** of burnout.

Methodology: 5 in-depth qualitative interviews with professionals (Tech, Education, Manufacturing) who have 'made it'.

Our Goal: To decode their mental models and practical habits for managing stress, not just enduring it.



A Voice from Our Research



Karthik Thiagarajan, Instructor

My interview with Karthik, an instructor, set the stage. He shared a crucial insight: **"Work hard, but do not slog."**

He argued that "slogging" might mean you're in the wrong job or approaching it incorrectly. This idea—that **how** we work matters as much as *what* we do—became a central theme for our team.

Defining Our Terms



Mindfulness

'Awareness of one's thoughts' to stay present.



Stress vs. Anxiety

'People often misinterpret anxiety (a common feeling) as stress..



Cognitive Overload

That 'mental fog' or burnout from too many tasks at once.

Key Finding 1: The Great Redefinition

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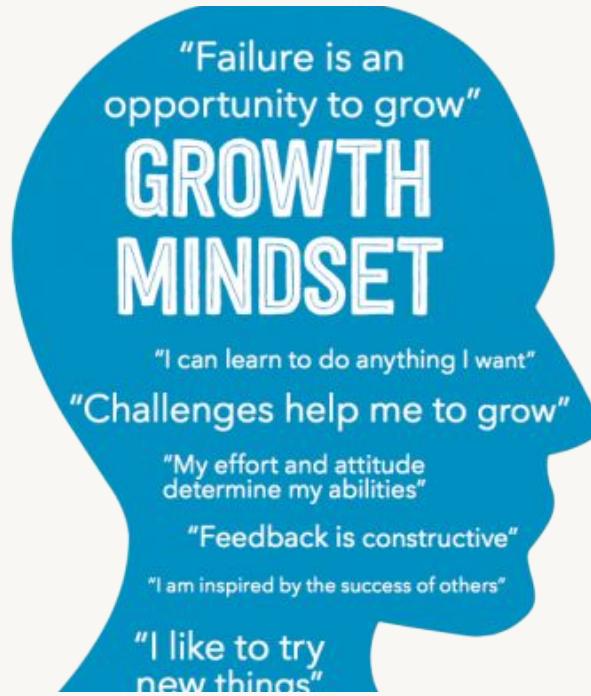
All Interviewees

From External to Internal

My interview with Prashasti Sarraf confirmed this finding. All 5 professionals described a deliberate shift in their definition of "success."

- **External Success:** The default path—titles, salary, public recognition.
- **Internal Success:** A chosen path—prioritizing fulfillment, work-life balance, and alignment with personal values.

Media Spotlight: The "Why" of Redefinition

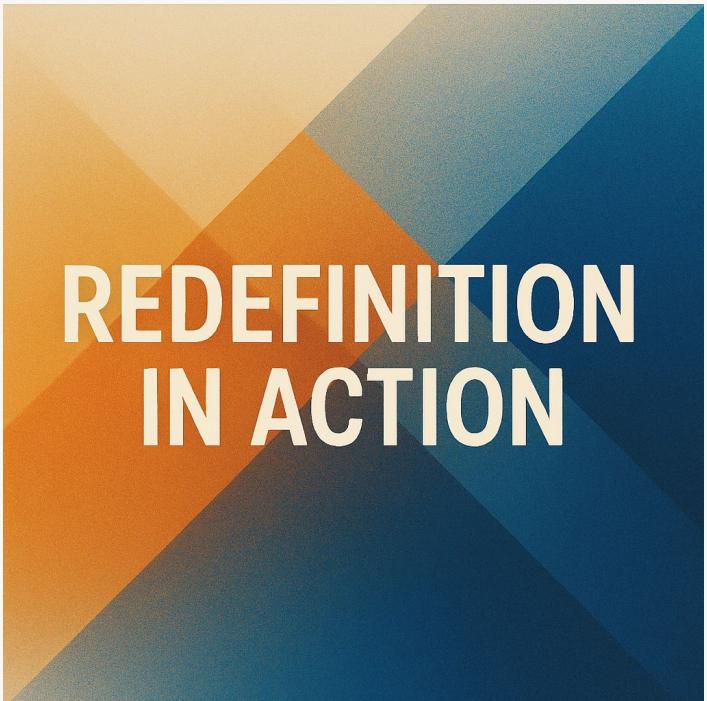


The "Growth Mindset"

Prashasti Sarraf noted, "constant struggle may signal a mismatch." This perfectly aligns with Carol Dweck's TED Talk on the 'Growth Mindset.'

It's the belief that you can improve and, more importantly, **find a better fit**, rather than just enduring a bad one. This belief **powers** the redefinition of success.

A Veteran's Perspective



Surajit K. Dutta, 25+ Yrs Exp.

I'm Piush Das. My conversation with Surajit Dutta, an Associate Director with over 25 years in manufacturing, showed this "redefinition" in action.

He wasn't fleeing stress; he was seeking a new challenge. This highlights a mature view of professional growth.

Key Finding 2: The "Autopilot Trap"

“ I was getting a feeling that... it's getting into an autopilot... and I have nothing much to deliver. ”

— Surajit K. Dutta, on leaving a stable role to seek a new challenge.

Key Finding 3: Stress is Data

This was a critical insight. Instead of viewing stress as just a negative, our interviewees see it as a signal.

Stress as a Messenger

Much like the movie **Inside Out**, where emotions are messengers, stress is seen as 'a critical data point' (Bob Samprass) or a signal that 'we are overthinking' (Shweta Gupta).

It's not an enemy to be defeated, but a signal to be **analyzed**.



The Proactive Toolkit



Prioritize by Impact

Don't just follow the 'urgent' list.
Focus on 'impact rather than
urgency alone' .



Communicate Proactively

'Clarity prevents last-minute
stress.' Manage expectations early .



Shift Learning Methods

To avoid overload, shift to active
methods, like 'teaching the concept
to someone else'

Key Finding 4: Boundaries as a Strategy



"Sustainability, Not Rigidity"

This quote from Bob Samprass, my interviewee, was powerful. Boundaries aren't about building walls; they're about ensuring you can show up 100%.

- **Action:** 'Non-negotiable' personal time (Karthik T.).
- **Action:** Stopping after-hours work messages (Bob S.).

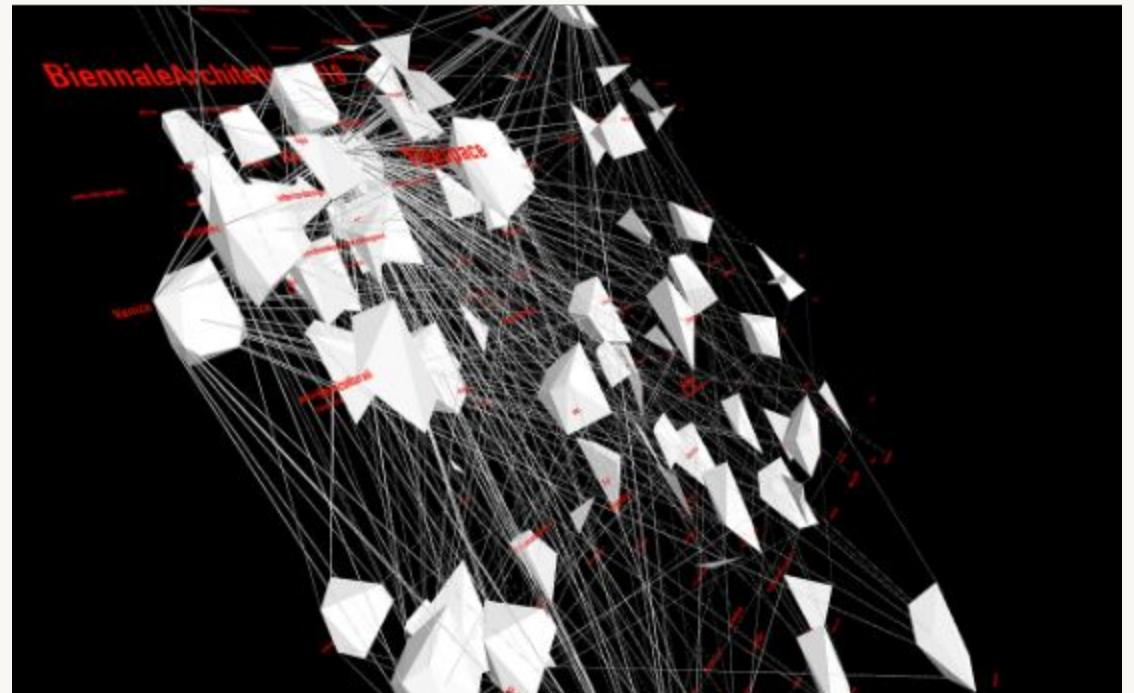
Media Spotlight: Resilience

Resilience vs. Endurance

The K-Drama **Misaeng: Incomplete Life** shows characters **enduring** a harsh system. Our research points to a more active **resilience**.

This is the difference:

- **Endurance** is passive.
- **Resilience** is active: analyzing 'feedback' (Bob S.) and using 'self-reflection' (Karthik T.) to adapt and grow.



The Final Piece



Shweta Gupta, 22+ Yrs Exp.

I'm Jhilmil Dutta. My interview with Shweta Gupta, a senior teacher, revealed the crucial, final piece of the puzzle: our environment.

We don't operate in a vacuum. Our ability to manage stress is directly tied to our support systems, both at work and at home.

Key Finding 5: The Support System

“ When your family and workplace support you, half your stress is already gone. ”

— Shweta Gupta, on the power of a supportive environment.

Recommendations

Recommendations: Find Your "Why"

- ⚓ **Find Your "Why":** Invest time in self-awareness to understand your personal "motivational drivers" and discover what you genuinely like.

Recommendations: Build Your Toolkit

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-  **Build Your Toolkit:** Develop a clear system for prioritization, focusing on impact, not just urgency, and use time-boxing for deep work.

Recommendations: Reframe Your Failures

-  **Find Your "Why":** Invest time in self-awareness to understand your personal "motivational drivers" and discover what you genuinely like.
-  **Build Your Toolkit:** Develop a clear system for prioritization, focusing on impact, not just urgency, and use time-boxing for deep work.
-  **Reframe Your Failures:** Treat setbacks and project failures as "feedback" and valuable data—an opportunity to analyze what went wrong, not as a personal defeat.

Conclusion

Professional growth is not a battle **against** stress. It's a dance **with** it. By redefining success, listening to stress as data, and reframing our setbacks, we can build a career that is not just ambitious, but also deeply fulfilling.

Thank You