TASKS FOR PRAYAS:-

INTRODUCTION TO PRAYAS :- Welcome to prayas ,which is the one and only platform which is build to help thousands of peoples suffering from anxity,depression and many more things like cutting off your social anxity,and help to connect whith peoples.at the end of this module we promis you that you will definitely see the positive results .this module is specially designe by experts in psycology and mind coaching which will definitely help you to step out of your discomfort . so there are multiple modules which contains the tasks design by the experts which have help almost thousands of peoples you just have to watch the videos, understand the task and perform it and we bet that you will definitely see some positive changes as you will grow mentally strong

Task 1 :- create a video which indroduce you just like a self indroduction. So basically you have to talk about youeself ,your hobbies,likes,dislikes and about your personality.

Explanation:- this actually sounds simple to speak about yourself, but it will actually helps you to understand about you. analysing your personality will help you to feel confident and will slightly create a sense of self liking and self pampering in your subconsious mind .

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Task2:- gratitude technique:- in this techinique you just have to write down the three things you are greatfull for for example

1. Thankyou for the sunshine
2. Thankyou for coffee
3. Thankyou for food

Explanation:- this task will help you to divert your mind from the negative thoughts and let your mind to shift on the positive things surrounding you ,now do this technique up to 10 to 15 days it will definitely change your prespective to look towards the things you will sooner notice that your prespective of looking at this world is changes

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Task3:- love letter for you ? :- now in this task you are going to write a love letter ,to yourself so quickly grab a piece of paper and pen and start writing everything you feel about you ,complement yourself,praise your achievements praise you knowledge you presence and I bet this will really help you to find yourself and uplift your confidence

Explanation:- writing a love letter to yourself will definitely increase a sense of security among yourself ,you will definitely fall in love with your owne personality again .this is a perfect activity for those who used to do lots of negative self talk and self blaming

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Task4:- 4-4-4 technique:- the next exercise you have to follow whenever you feel anxious is 4-4-4- breathing technique .now in this exercise whenever you feel anxious just inhale for 4 sec ,hold you breath for 4 sec and then exhale for 4 sec repeat this exercise 5-6 time whenever you feel anxious or mostly before any presentation or interview

Explanation:- when you follow a rhythemic breathing pattern the blood circulation is synchronised and the hormones which creates stress in you body slows down also it is used to cut the unwanred thoughts and make you to get back to present scenario

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Task 5:- date ? :- lets do something crazy which will make definitely create a sense of love for your owne self . so you just have to get ready dress well ,and take yourself on a personal date where you will pamper youeself .for once try make yourself get pampered by you complement yourself ,order your favouret food and enjoy your own company

Explanation:- now this will create a sense of self love among you ,this activity is design to help you create a feeling of love among yourself and trust me nothing is more soothing than loving your owne self. Not only this but it will also help you to overcome the feeling of lonliness and reduce anxity . it might need lots of guts but trust me once you did it you will definitely going to feel that sense of security and fearlessness growing inside you .so all the best and have a great date tonight.

Task6:- affirmation :- yes, the next thing you have to follow is to do the affirmation technique , here you have to create the affirmation and just keep those affermations simultaneously playing in your head for ex:-

1. I am beautifull I attract positive peoples around me
2. I am strong I can face anything
3. I am confident I don’t fear anything

Explanation:- reciting a affirmation helps your consious and sub consious mind to shift into the psotiove energy which helps a person to overcome out of there depression you just have to create or choose best affirmation for yourself

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\*\*Task7:- timetravel :- most of the peoples suffers from anxity ,depression and traumas because of some past events which occur in there lifes which have completely shook them of .this method is specially design to heal such traumas .now sit in a comfortable place close your eyes take a deep breath and visualise the past event thich have heart you now imagine your face your presence in that scene now just repeat “ I am sorry ,please forgive me.thankyou I love you . “ here you have to say sorry to your ownself .create a bond with your ownself ask for you owne forgiveness say sorry for hurting your own self,say sorry for not trusting your own self ,

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Task8:- complement :- one more thing which will help you to be confident ,vocal , and more likeble and approachable is to start complementing peoples ,it will not only helps in networking but will also help you to be more expressive and vocal for ex

1. You can simply go like “ nice shooes”
2. I like you fashion sense
3. You have a good humour

Explanation:- complementing peoples will make you and other peoples happy ,also it creates a sense of bonding amongs the peoples . vice-versa when you will complement others you will also start getting complements which eventually will make you feel better

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Task9:- jouenaling:- sometimes you just have to understand the base of our emotions we have to get it from where your emotions are arising from so to find a cure and for that journaling is the efficient technique in this technique you have to daily write down the negative things which hurt you and analyse the pattern this will definitely help you to find your sollutions

Explanation:- by writing your negative emotions down you will start realising your problems and there sollutions and gradually you will notice that the problem you are facing isn’t a big deal or you will definitely generate a shield up emotions for such feelings which gradually makes you stronger.

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Task10:- judgement :- almost 80 percent peoples around you feels this kind of crises, a fear of getting judged by the peoples this is a very commonly problem seen amongs the peoples and this problem didn’t have a solution . the simplest and finest thing you can do to avoide fear of judgement is to be confident about your personality . a reaserch has been conducted on various human emotions and behaviour and one thing which doctor notice is that peoples mostly who do you back talk or bitching are the ones which are insecure or jellous of your personality so the simplest way to handle fear of judgement is being happy because someone is definitely insecure of your presence

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