



Queen Mary's College, Chennai

Department of Home Science



STRESS



January - February 2025 | VOL . 2

Meditation

Resilience

Exercise

Laughter

Sleep

Balance

Positivity

Mindfulness

Relaxation

Academic Pressure

Divorce

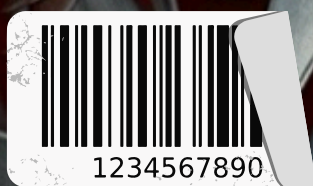
Work stress

sexual harrasment

Health issues

Unemployment

Broken Home



STUDENTS INITIATIVE MAGAZINE
BY THE STUDENTS, FOR THE STUDENTS

Compilers

Divya Dharshini M & Keerthika B
I PG (FSM&D)

Editor

Dr.A. Ananthalakshmi,
Associate Professor in Home Science



From the Editor's desk

Dear students,

IPSOS a Multinational Market Research and Counselling Firm's Global survey on World Mental Health Day 2024 shows 1 in 2 Urban Indians(53%) have experienced stress to the extent that it impacted their daily life in the last one year! About 77% of Indians displayed at least one symptom of stress and one in every third Indian was struggling with stress and anxiety. But younger Indians, particularly from the Gen Z cohort were more likely to be affected by stress, anxiety and chronic illnesses.

There are few tips which can help to avoid stress

- Taking care of oneself
- Engaging in self relaxation
- Taking breaks when needed
- Seeking out social support
- Connecting with others socially
- Maintaining a normal routine
- Giving back to others

We can endure extreme conditions or difficult situations in life by following 3C's of hardiness namely Commitment, Control and Challenge

We can manage stress by following 5 A's of stress management such as Avoid, Alter, Accept, Adapt and Assert.

Student grievance cell of QMC : <https://forms.gle/j4HMZHg2gTmkgZP18>

Tele helplines to assist to manage stress are

MANAS - The TN Govt's TeleManas helpline number is 14416

KIRAN - Mental Health Rehabilitation Helpline 1800 599 0019

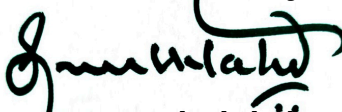
SNEHA - Suicide Prevention Center 044 24640050

PCVC - Domestic Violence and Legal Helpline, Chennai 9144 4311113

I PG(FSMD) students of the Home Science Department had made an attempt to create awareness regarding stress and its management through simple techniques which are grouped under major headings such as Core concepts of stress, Healing Therapies and Strategies to overcome the stress. Hope this Vol 2 of Nourish and Flourish will benefit the student community in our college who come from a humble background and doing multiple roles as a breadwinner, financial and emotional supporter of the family!

I acknowledge **Mrs Nisha Solomon**, Associate Professor in Home Science and the Tutor of I PG(FSM&D) for her continued support and coordination to get the work done by all her students.

Yours faithfully,



Dr.A.Ananthalakshmi



**Prelude by Dr.C.Kalaivani Ashok,
Head of the Department of Home Science**

Stress: The Inevitable Challenge

Stress is a buzzword today, echoed from preschoolers to the elderly. But can life exist without stress? Not really—life is a balance of opposing forces. Just as a river effortlessly overcomes friction to flow forward, every aspect of human life involves surmounting challenges.

We must accept that challenges are inevitable. The choice lies in viewing them either as opportunities to grow or as burdens that weigh us down. In modern day living, the number of challenges we face on a day-to-day basis are innumerable, it could be a simple activity such as commuting from work place to your home- can this be done in a stress free manner? - is it a possibility, given the conditions of traffic, pollution, dust, badly laid roads to infrequent public transport facilities. How do we survive in these conditions without getting stressed out on a daily basis. Living under stress has become the way of life particularly to the youth of today. Social media, peer approval, and the pursuit of an ideal image often distract them from academic and professional achievements, trapping many in a relentless cycle of stress.

If stress denotes a load, a tension, then the ability to withstand that load or tension is squarely dependent on the strength of the medium on which the load is placed. Simple logic suggests that the stronger the medium the greater will be its capacity to withstand the load. Therefore, strengthening our mental emotional and physical health should be our prime priority to lead a healthy and stress-free life.

Strengthening our mental, emotional, and physical well-being starts with cultivating discipline in all three areas. Simple lifestyle changes, such as waking up and going to bed early, can serve as a strong foundation. Maintaining a balanced routine by eating nutritious meals on time and allocating appropriate time for work, leisure, and rest is essential. Additionally, journaling daily activities allows for tracking progress and making necessary adjustments along the way.

While it's impossible to eliminate all negative influences, strategies such as breathing exercises, meditation, and relaxation techniques can strengthen your mental and emotional resilience. Educating yourself about nutrition further empowers you to make choices that enhance your physical well-being.

This issue of our magazine focuses on simple, effective solutions for managing stress, beginning with your diet. You'll find a range of therapies to explore—from exercise, yoga, and massage to music, aromatherapy, colour therapy, and laughter—all designed to help you benefit. Remember, when your ability to overcome challenges is strong, achieving your goals becomes easier.

Embrace the challenge, build your strength, and live stress-free.



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DEPARTMENT OF HOME SCIENCE

CORE CONCEPTS ON STRESS

"One cannot think well ... Love well .., sleep well..,if one has not dined well "
-Virginia Woolf

In today's fast-paced world, stress has become an unavoidable part of life. From work deadlines to personal responsibilities, the pressure to keep up can feel overwhelming. While stress is a natural response to challenges, chronic stress can have serious consequences for physical and mental health. This article explores the causes, effects, and strategies to manage stress effectively.



Why Does Stress Happen?

Stress is the body's natural reaction to demands, challenges, or perceived threats. It occurs when the brain interprets a situation as overwhelming or dangerous, triggering the "fight-or-flight" response. This response releases stress hormones like cortisol and adrenaline, which prepare the body to react.



The Science Behind Stress

When we perceive a threat, our brain signals the release of stress hormones like cortisol and adrenaline. These hormones prepare us for a "fight or flight" response—heart rate increases, muscles tense, and energy surges. However, prolonged activation of this response can weaken the immune system, increase blood pressure, and contribute to anxiety and depression.





DEPARTMENT OF HOME SCIENCE

CORE CONCEPTS ON STRESS

COMMON REASONS

1. Lifestyle Changes

Regular exercise, a balanced diet, and quality sleep help regulate stress hormones and improve overall well-being. Avoiding caffeine, alcohol, and smoking can also reduce stress levels.



2. Mindfulness and Relaxation

Practices like deep breathing, meditation, and yoga calm the nervous system and enhance mental clarity. Spending time in nature and engaging in hobbies can also promote relaxation.



3. Time and Task Management

Prioritizing tasks, setting realistic goals, and breaking work into smaller steps can prevent overwhelm. Taking short breaks and avoiding procrastination improve focus and productivity.



4. The Academic Burden

Academic burden arises from exams, deadlines, and performance pressure, leading to stress and anxiety.



5. The Social Media Trap

It hooks users with endless scrolling, dopamine hits, and comparison, making it hard to disconnect.



How can we manage it?

While stress is inevitable, managing it effectively can prevent it from affecting health and happiness. Here are some science-backed strategies:

Lifestyle Changes

Regular exercise, a balanced diet, and quality sleep strengthen the body's ability to handle stress. Limiting caffeine, alcohol, and screen time also promotes overall well-being.

Mindfulness and Relaxation

Practicing meditation, deep breathing, or yoga helps calm the mind and improve focus. Engaging in hobbies and spending time in nature can also reduce stress.

Time and Task Management

Prioritizing tasks, setting realistic goals, and taking breaks prevent burnout. Using planners or digital tools can improve efficiency and reduce last-minute stress.

Conclusion

Managing stress requires a holistic approach with healthy habits and a balanced mindset. Small, consistent efforts lead to long-term emotional resilience and well-being.



MYTHS AND FACTS



MYTH 1 : STRESS IS ALWAYS BAD FOR YOU

FACT : While chronic stress can be harmful, acute stress can actually be beneficial, motivating you to meet deadlines, perform well under pressure, and adapt to new situations.



MYTH 2 : SHARING OUR STRESS WITH OTHERS IS A SHAME, HANDLING IT ON OWN IS THE BEST

FACT : Seeking support can greatly help in managing stress, other activities like exercise, meditation, yoga, deep breathing and spending time in nature can also be effective.



MYTH 3 : EATING COMFORT FOOD LIKE ICECREAM AND PIZZA CAN HELP RELIEVE STRESS

FACT : While comfort foods may provide temporary relief, they can actually exacerbate stress in the long run due to their high sugar and fat content.



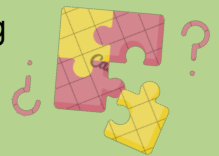
MYTH 4 : CAFFEINE CAN HELP RELIEVE STRESS

FACT : While caffeine may provide a temporary energy boost, it can actually increase stress and anxiety in the long run due to its stimulatory effects.



MYTH 5 : STRESS RELIEF IS A ONE SIZE-FITS-ALL SOLUTION

FACT : What works for one person may not work for another. Experimenting with different stress relief techniques can help find what works best for you.



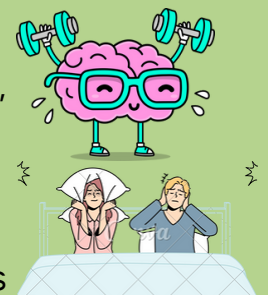
MYTH 6 : YOU CAN'T MANAGE STRESS IF YOU'RE UNDER A LOT OF PRESSURE

FACT : Prioritising tasks, taking break and practicing relaxation techniques can help manage stress even in high-pressure situations.



MYTH 7 : STRESS RELIEF IS ONLY FOR MENTAL HEALTH

FACT : Stress relief can also benefit physical health by reducing inflammation, improving sleep and boosting the immune system.



MYTH 8 : ONLY MAJOR LIFE EVENTS CAUSES STRESS

FACT : Small, everyday hassles like traffic jams, long lines and noisy neighbors can add up and can cause significant stress.





URAKKATHIN ALUKURAL



**உறக்கத்தின் அழகுரல்/
உடலின் மொழியாகிய உறக்கத்தின் குரல்**



என்னை எப்போது அழைப்பாய் ? (உறக்கம்)

தனிமையில் தத்தளிக்கிறாய் !

பதட்டத்தில் பதறி போகிறாய் !

வருத்தத்தில் வாடி போகிறாய் !

தோல்வியில் துவண்டு போகிறாய் !

வேதனையில் வெந்து போகிறாய் !

சோர்வில் சரிந்து போகிறாய் !

என்னை எப்போது அழைப்பாய் ? (உறக்கம்)

நான் உனக்கு இளைப்பாறுதல் தருகிறேன் !

நீ யோசிக்கலாம் நான் யார் என்று !

ஆம்! நானே உன் உடலின் மொழியாகிய உறக்கம் !

என்னை நீ உணரும்பொழுது நான்

உனக்கு தாலாட்டு பாட மாட்டேனா ?

நான் உனக்கு கனவுகளை

தந்து களிப்பாக்கமாட்டேனா ?

உன் உணர்வுகளை புரிந்துக்கொள்ள மாட்டேனா ?

ஏன் என்னை கண்டுகொள்ளாமல் இருக்கிறாய்?

நீ கண்டுகளித்து கொண்டிருக்கும் கைபேசி

என் கண்ணீரை வரவழைக்கிறதே!

நீ என்னை கண்டுகொள்ளாமல் கைபேசியை

காதலிப்பது தகுதியா ?

நான் உன் பின் வரும்போது

நீ என்னைவிட்டு ஓடிப் போகிறாயே!

அதனால் உன் நிலைமை பரிதாபமாகதானே ஆகும்!

என்பதை அறிவாயா ?

நீ என்னை உதாசினப்படுத்தும் போது

என் கண்ணில் இரத்தக் கண்ணீர் அல்லவோ வருகிறது!

நான் இருட்டைத்தழுவி கொண்டு உன்னை மயக்கும்போது

நீ ஊதாக்கதிர்களில் உல்லாசமாய் திரிவது சரிதானா ?

நீ சுற்றுச்சூழலால் சூறையாடப்படுகிறாய்!

சூறையாடப்பட்ட நீ என்னை வேண்டாம் என்கிறாயே!

ஏன் உன்னை முடக்கும் காரியத்திற்கு

முடியாது என்று சொல்ல மறுக்கிறாய் ?

எவ்வளவு நாள் தான் மனம்

சிறைப்பட்டு வெடிக்க போகிறாய்?

என்னிடம் வா நான் உனக்கு

இளைப்பாறுதல் தருகிறேன் ! (உறக்கம்)



இப்படிக்கு,
உன் உறக்கத்தின் அழகுரல்.....

- Urakkathin Alukural by
Devi.B & Keerthika.B | PG (FSM&D)

COPING UP WITH STRESS

Panel 1 -the over load begins



Panel 2 The unhelpful advice



Panel 3- Real advice begins



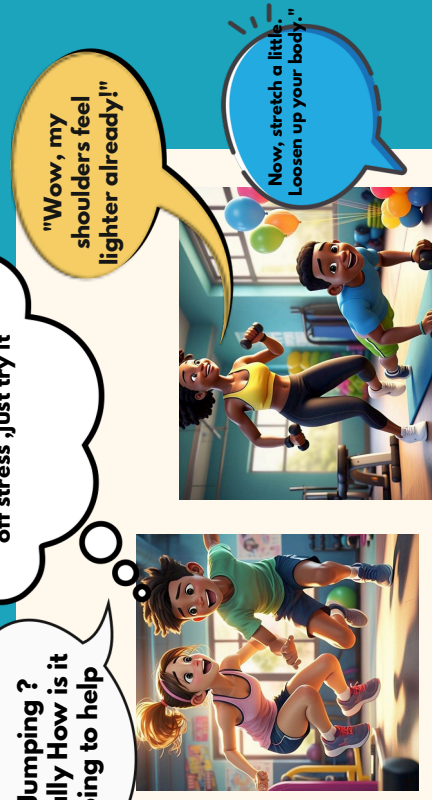
Panel 4 the experiment



Panel 5 more coping strategies



Panel 6 stress slayer !





CONNECT WITH PHOTOS



CONCEPT: STRESS RELATED PROBLEMS



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- Connect with Photos by **Devi B**
I PG (FSM&D)

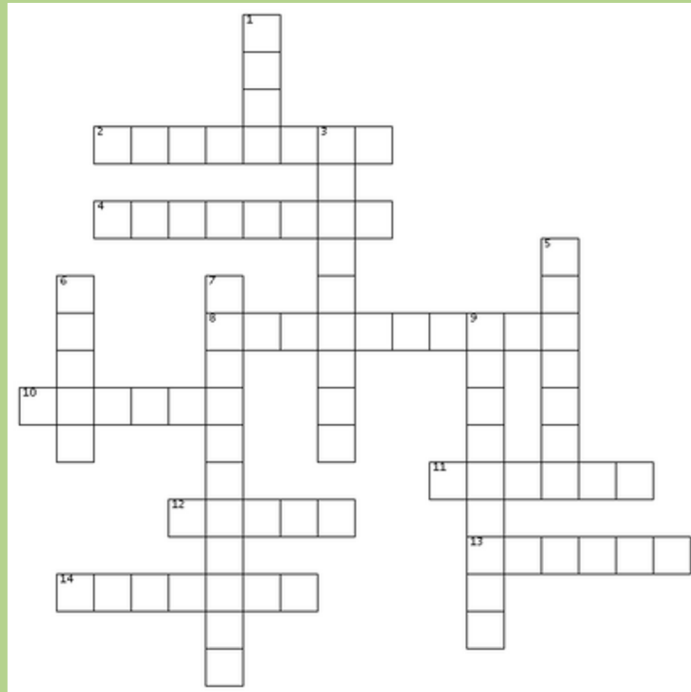
1. OBESITY
2. ANXIETY
3. HYPERTENSION
4. EATING DISORDERS
5. DEPRESSION
6. OCD



CROSS WORD PUZZLE



STRESS RELIEF FOOD



Across

I) Left to right

2. A crunchy vegetable often found in salads, hydrating and stress-relieving.
4. spice used in golden milk known for its anti-inflammatory and stress releasing properties.
8. Antioxidant fruit for stress relief.
10. Seed that reduces stress and anxiety by providing natural source of magnesium.
11. A common fruit that help to give satiety.
14. A creamy green fruit packed with with healthy fat useful for reducing stress.

II) Right to left

12. Low cost Citrus fruit high in vitamin c which helps to reduce cortisol and strengthens the immune systems.
13. Fatty fish in Omega 3s for stress relief.

Down

III) Top to bottom

6. Mood boosting natural sweetener.
7. Complex carbohydrates source that regulates blood sugar and stress.

IV) Bottom to top

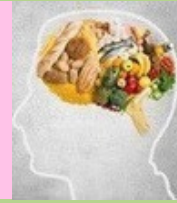
1. Cooling herb for anxiety relief.
3. Nature's stress buster fruit.
5. Vitamin B rich nut that reduces fatigue and stress.
9. A sweet tropical fruit with spiky skin booster serotonin production.

1. Mint 2. Cucumber 3. Sweet lime 4. Turmeric 5. Almonds 6. Honey 7. Sweet potato
8. Watermelon 9. Pineapple 10. Sesame 11. Banana 12. Lemon 13. Salmon 14. Avocado

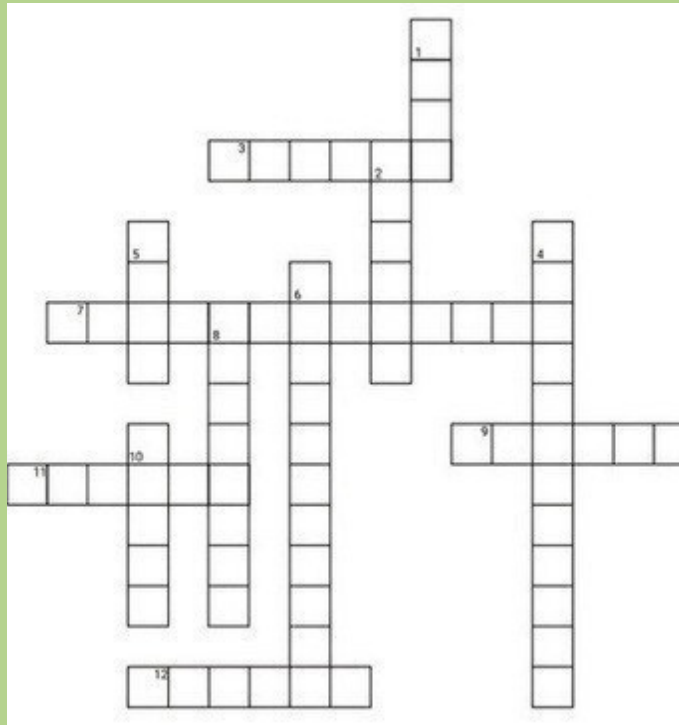
-Puzzle by **Dharshini.M**

I PG (FSM&D)

CROSSWORD PUZZLE



STRESS RELIEF FOODS



Down: I) Top to Bottom

1. This aromatic herb is known for its cooling effect and stress-relieving properties. (4)
5. A dairy product rich in probiotics that helps with gut and mental health. (4)
6. A fruit with jewel-like seeds that is known for its stress-reducing antioxidants. (11)
8. Derived from tree bark, this spice is commonly used in desserts and teas for relaxation. (8)
10. Staying hydrated with this essential liquid can help reduce stress and improve mood. (5)

II) Bottom to Top

2. A red vegetable high in lycopene, which helps to reduce oxidative stress. (6)
4. A type of seed rich in magnesium and tryptophan, which helps to improve mood. (12)

Across:

III) Left to Right

3. A crunchy orange vegetable high in fiber that lowers stress. (6)
7. A sweet treat that contains antioxidants and helps to improve mood. (13)
11. A fibrous fruit rich in vitamin B6, which helps with serotonin production. (6)
12. Often used in tea, known for its calming and anti-inflammatory properties. (6)

IV) Right to Left

9. A citrus fruit high in vitamin C, which lowers stress hormones. (6)



Scan for recipe video



Recipe 1

DARK CHOCOLATE POMEGRANATE BITES



BENEFITS

- Dark chocolate contains flavonoids, which are antioxidants that can help keep cells healthy. This will help to reduce stress.
- Pumpkin seeds contain magnesium which helps to reduce stress by regulating the stress hormones.
- Pomegranate contains antioxidants which help to reduce the stress.
- Almond contains omega 3 fatty acids and it works as an anti-inflammatory that helps to reduce anxiety.

Serves: 2

Prep Time: 15 minutes

INGREDIENTS

- Dark chocolate - 50g (>60 % cocoa)
- Pumpkin seeds - 1 tbsp
- Dried coconut - 1 tbsp
- Pomegranate - 3 tbsp
- Grated almonds - 1 tbsp

INSTRUCTIONS

1. Melt the dark chocolate in double boiling method.
2. Take one plate/ Small bowls then grease the butter to bottom and sides.
3. Pour the melted chocolate to the small bowls or plate in small circle shape.
4. Immediately sprinkle the pumpkin seeds, pomegranate kernels, dried coconut and graded almonds.
5. Leave it for 20-30 minutes.
After 30 - 45 minutes enjoy the bites.

- Recipe by **Divyabharathi D**
I PG (FSM&D)



Scan for recipe video

Recipe 2

ANTI-INFLAMMATORY SHOTS



Serves: 2

Prep Time: 15 minutes



INGREDIENTS

- 2 Orange
- 1 Lemon
- 2 inch turmeric
- 2 inch ginger
- 1/2 inch cinnamon stick
- 2 tbsp honey

BENEFITS

- Oranges rich in Vitamin C, Which helps to reduce the cortisol.
- Cortisol is a stress hormones. It release when we are in stress.
- Turmeric has anti inflammatory properties, which helps to reduce the stress.
- Curcumin, the bioactive compound found in turmeric which helps to treat anxiety and depression.
- Ginger contains antioxidants, which helps to reduce inflammation and oxidative stress.
- Cinnamon has antioxidants and anti inflammatory properties.

INSTRUCTIONS

1. Wash all the ingredients.
2. Peel the orange skin, turmeric and ginger skin.
3. Add all the ingredients to the mixer/ juicer jar and blend well. Add little water if needed.
4. Take the strainer and filter well the juice.
5. Finally add lemon juice and honey.
6. Mix it well and pour the serving glass.
7. The Anti Inflammatory shots is ready.

- Recipe by **Divyabharathi D**
I PG (FSM&D)



Scan for recipe video

Recipe 3

SWEET POTATO PANCAKE



Serves: 2

Prep Time: 30 minutes

INGREDIENTS

- 1 cup of mashed sweet potato
- 1 egg
- 1/2 cup wheat flour
- 1/4 tsp cinnamon powder
- 50 ml of milk
- 1/2 tsp baking powder
- Honey for topping

INSTRUCTIONS

1. Wash the sweet potatoes.
2. Cook the sweet potatoes in pressure cooker for 2 whistle.
3. Then mash the sweet potatoes.
4. Now add all the ingredients one by one to blender and blend until reach smooth consistency.
5. Then heat the pan and cook the pancakes for 2-3 minutes per side.
6. Now the sweet potatoes pancake is ready.
7. Serve it with honey and grated nuts toppings.

- Recipe by **Divyabharathi D**
I PG (FSM&D)

BENEFITS

- Sweet potatoes contains complex carbohydrates and prebiotics. It helps to improve gut health. Poor gut health will affect the good mood.
- Sweet potatoes contains magnesium , which helps to maintain cortisol levels.
- Sweet potatoes contains Vitamin B6, which helps to produce serotonin. It helps to regulate the mood.
- Cinnamon has antioxidants and anti inflammatory properties. It helps to reduce stress.



THE CALM CORNER



Music has a powerful effect on the mind and body, and certain types of music has been shown to be particularly effective in reducing stress and depression. Here are some genres and styles,

- Classical Music

Baroque - It is music composed with the mathematical precision and order that can be very calming.

Mozart - It is known for its beauty and balance, it can reduce anxiety and improve mood.

- Ambient Music

This genre as features of slow tempos, gentle melodies and nature sounds, creating a peaceful and relaxing atmosphere.

- Nature sounds

It is composed of music with recordings of nature sounds like rain, waves or bird chirping, this can be very effective in reducing stress and relaxation.



Baroque Music



Mozart Music

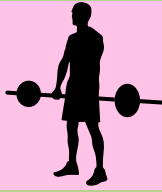


Ambient Music



Nature Sounds





EXERCISE THERAPY



Ankle toe exercise



1. Sit erect place your foot in ground slowly raise your foot from ground hold for 2 sec then return to starting position

Benefits (Do 10 × 3 Sets)

Strengthening calf muscles:
Ankle pumps help strengthen your calf muscles, which can provide stability and support to the lower limbs.

Pelvic Rolling



3. Starting position - crooked sitting place your palm on the ground for support. Rotate your hip on your side till it touch the ground vice versa.

Benefits (Do 10 × 3 Sets)

Improves hip mobility, strength, and balance. Reduced lower back pain. Improved posture

Breathing exercise



5. Start with cross leg sitting, hands placed on your lap sit erect and breath deeply via nose for 10 sec and exhale deeply via purses lips for 15sec

Benefits (Do 10 × 3 Sets)

Decreases muscle tension,
Increases blood oxygenation,
Strengthens the immune system,
Reduces stress hormones.

Cat and camel



2. Initiate with quadrupod position exhale while curving back down lift your head inhale while arching your back up

Benefits (Do 10 × 3 Sets)

Relieves back pain. The cat-camel stretch helps to release tension in the back muscles, especially in the lower and mid-back.

Kegal Exercise



4. Starting position - crooked lying tuck your tummy and lift your hips from the ground, while lifting contract your pelvic muscles and hold for 10 sec and get back to starting position relax your pelvic

Benefits (Do 10 Sec Hold 3 Sets)

Improve bladder and bowel control: Kegel exercises can help prevent the involuntary release of urine, stool or gas.



YOGA THERAPY



EASY POSE

Sukhasana stretches Your lower body areas such as your knees, ankles, hips, groin and outer thighs. Sukhasana helps with Easy Pose helps with the gradual strengthening of the back muscles and improves body posture.

How to do Easy Pose

- Start by sitting cross-legged on your mat, right shin/foot in the front. After a few minutes, slowly bend forward as far as you can, arms out in front of you.
- Don't push yourself too hard.
- Stay in the forward bend for five breaths, then straighten.
- Switch legs and repeat above steps.

CORPSE POSE



Savasana helps with Corpse Pose helps with insomnia and is an excellent asana for stimulating blood circulation.

How to do Corpse Pose

- Start by lying flat on your back with your legs apart but not wider than your mat.
- Keep your arms at your sides with palms facing up.
- Keep your eyes closed, face relaxed, and focus on breathing deeply.
- Allow your mind to focus on each part of your body, starting at the top of your head and moving all the way down to your feet and releasing each part.

- Yoga Therapy by **Priyadarshini Ganesh**

I PG (FSM&D)



CHILD'S POSE

Balasana helps with Child's Pose can help to reduce stress and restore the nervous and lymphatic systems.



How to do Child's Pose

- Start on your hands and knees, sit back over your heels with your hands in front of you.
- Slowly fold forward until your forehead rests on the mat.
- Allow your big toes to touch. You can either have your knees together or separated (it depends on how tight your hips are).
- Traditionally your arms are resting alongside your body, but you can stack your hands and rest your head on your forearms. You can also extend your arms in front of you.
- Stay in this pose for at least ten breaths.



AROMA THERAPY



Aroma therapy is the therapeutic use of plant-derived essential oils and other aromatic compound to improve physical, mental and emotional health. It involves the application or inhalation of the essential oils to stimulate various physiological responses, reduce stress, alleviate pain, promote relaxation and support overall well-being.



TRADITIONAL USES OF AROMA THERAPY TO RELIEF STRESS :

Aroma therapy has been used for centuries in various traditional healing systems like Ayurveda, Traditional Chinese Medicine (TCM) and Indigenous therapies. These practices use essential oils, resins and aromatic herbs to calm the mind, balance emotions and promote well-being.



AYURVEDA IN INDIA:

In Ayurveda, aroma therapy is closely linked to balancing the body's doshas (Vata, Pitta and Kapha). Traditional Oils: Lavender, Sandalwood, Rose, Jasmine, Cedarwood & Patchouli.

Common Practices: Abhyanga (Oil Massage): Warm essential oils are massaged onto the body to soothe nerves. Shirodhara: A stream of warm oil (often infused with sandalwood or brahmi) is poured onto the forehead for deep relaxation. Herbal Steam Baths: Infused with eucalyptus or tulsi to clear stress and detoxify the body.

AROMA THERAPY FOR STRESS RELIEF IN INDIA:

1. Aduku Mali (Wild Jasmine)

Application: Diffusers, baths, massage, perfumes

Benefits: Stress relief, sleep aid, focus boost

2. Almond Oil

Application: Massage, skincare, hair care, baby care

Benefits: Moisturizes, soothes, relaxes, improves complexion

3. Hyacinth

Application: Diffusers, sprays, incense

Benefits: Mood-enhancing, sleep-inducing, calming

4. Jasmine

Application: Essential oil, incense, tea, massage, meditation

Benefits: Relaxation, wellness, aromatherapy

5. Lavender Oil

Application: Essential oil, bath, massage, skincare

Benefits: Stress relief, better sleep, muscle relaxation

6. Lemon Oil

Application: Massage, skincare, aroma therapy, cleaning

Benefits: Mood boost, focus, immunity support

7. Magnolia (Golden Champa)

Application: Essential oil, incense, perfumes

Benefits: Calming, uplifting, aphrodisiac

8. Parijata (Night Jasmine)

Application: Oil diffusion, bath, pillow spray

Benefits: Grounding, stress reduction, tranquility

9. Rose (Gulab)

Application: Rose water, perfumes, aroma therapy

Benefits: Mood balance, stress relief, emotional uplift

10. Sandalwood Oil

Application: Essential oil, incense, massage, skincare

Benefits: Focus, stress relief, spiritual well-being

11. Tuberose (Rajnigandha)

Application: Diffusion, massage, bath soak

Benefits: Stress relief, mood boost, better sleep



LAUGHING THERAPY



Laughing therapy is a psychotherapeutic technique practiced to bring physical and mental benefits through laughing. Laughter is the physiological response to humor. Many health benefits are associated with laughter therapy. It is considered as a good medicine in the world without any side effects and it is free of cost. So everyone can practice this as a habit in their day - to - day life for good health.

BENEFITS :

PHYSICAL BENEFITS

1. Stimulates your organs
2. Relaxes your muscles
3. Improve cardiac health
4. Boosts immune system.

MENTAL BENEFITS

1. Improve your mood
2. Increase endorphins
3. Eases anxiety and fear

SOCIAL BENEFITS

1. Positive to deal stressful things
2. Promote group bonding

LAUGHING THERAPY EXERCISE:

Phase 1: In this phase start with clapping both hand in rhythmic way to activate acupuncture points
Phase 2: Deep breathing exercise is done to improve mood levels .

Phase 3: Laugh like a child .



OPPORTUNITIES TO LAUGH:

1. Share a good joke or funny story to others.
2. Read the funny pages in magazine and newspapers
3. Watching comedy Television show

TYPES OF LAUGHTER THERAPY:

1. Hearty laughter
2. Imitation laughter
3. Embarrassing laughter
4. Swinging laughter



CONTRAINDICATIONS:

1. Heart disease
2. Epilepsy
3. Severe headache.
4. Recent surgery

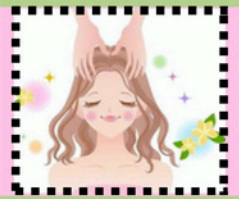


WORLD LAUGHTER DAY:

Since 1998, it is celebrated to raise awareness among people.
In May 10, 1998 World Laughter Day was created by Dr. Mohan Kataria.



MASSAGE THERAPY



MASSAGE THERAPY :

Massage therapy is a form of manual therapy that involves moving soft tissues in the body to reduce stress, muscle tension and promotes relaxation and overall well being. It's a hand technique performed by trained massage therapist.

TYPES OF MASSAGE THERAPY

1. OIL MASSAGE :

An oil massage involves applying warm or room-temperature oils to the skin with soothing strokes. It is often used in traditional healing practices like Ayurveda and Siddha, offering physical and mental benefits.

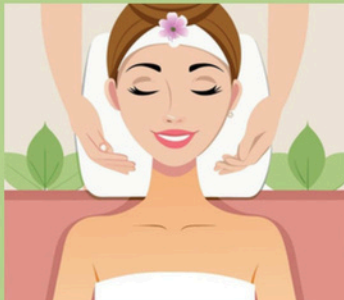


BENEFITS:

- Improves circulations
- Relieves muscle tension
- Promotes detoxification
- Reduces stress
- Increase flexibility

2. THALAM MASSAGE:

Thalam is a traditional Ayurvedic therapy practiced in Tamil Nadu, primarily targeting the head and mind. This cooling treatment involves the application of a herbal paste, typically a blend of medicinal herbs and oils, to the crown of the head.

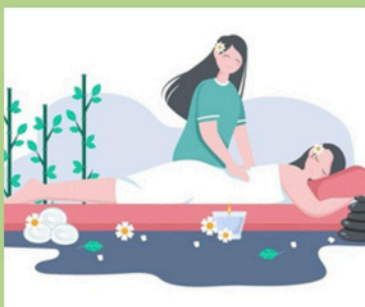


BENEFITS:

- Mental relaxation
- Migraine relief
- Improved sleep
- Reducing stress and anxiety
- Improving skin health
- Improves memory

3.KIZHI MASSAGE:

Kizhi Massage, also known as Kizhi Therapy or Bundle Massage, is a traditional Ayurvedic massage therapy that originated in Kerala and Tamil Nadu, India. The word "Kizhi" mean bundle" in Malayalam. This massage involves the use of warm herbal bundles or pouches to massage the body, promoting relaxation, relieving pain, and rejuvenating the mind and body.



BENEFITS:

- Relieves pain and inflammation of injuries.
- Reduces stress and anxiety
- Relaxing the body and mind
- Improves skin health
- Relieves menstrual cramps

- Reviewed Article by

Sugashini.B

I PG (FSM&D)



HARNESS THE UNIQUE BENEFITS OF COLORS!

Colors can produce different physical, emotional and psychological effects. While some colors are calming. Colors can help in stress reduction.



Red – An exciting and stimulating color, red is often associated with passion and can be used to lift your spirits when you experience an emotional slump.

Pink – A soft and tranquil color. Pink can inspire a calming sense of peace and balance.



Orange – Similar to red, orange is an intense and stimulating color that can make you feel invigorated.

Green – Quiet and restful, green is a soothing color that can invite harmony and diffuse anxiety.



Yellow – Softer than red and orange, but still sunny and cheerful. Yellow can both improve your mood and counteract stress.

Blue – A highly peaceful color, blue can be especially helpful for stress management because it can encourage a powerful sense of calm.



Purple – Shades of violet represent strength, wisdom and peace. Purple can invoke a tranquil feeling that helps reduce stress.

Black – An elegant color that can represent power or submission depending on the circumstances. Black should be used carefully because it can encourage either extreme.



White – Symbolic of purity and freshness, bright white can inspire mental clarity.



RETAIL THERAPY



Buying Clothes



Buying new clothes can boost self esteem ,provide sense of refreshment , distract from stressful thoughts
Improving mood and providing a temporary sense of happiness.

New clothes allow for self-expression and can boost confidence, reducing stress.



Home Decor Shopping

A clutter-free, aesthetically pleasing environment with soothing colors reduces mental strain.

Comfortable furniture and cozy elements promote relaxation and physical well-being.



Plant Shopping



Plants create a calming, natural environment, reducing stress and improving mood.

Caring for plants provides a healthy distraction and promotes relaxation through routine.



Book Shopping

Reading fiction transport you to different world offering a mental break from everyday stressors

It stimulates the mind,calming anxious thoughts and helping you focus on the present



Pet shopping



Pets provide emotional support, reducing loneliness and offering a sense of connection
Caring for pets, especially dogs, encourages exercise, which boosts mood and reduces stress.

- Reviewed by **Kanjana A & Jayapriya D**

STRESS BUSTING ACTIVITIES OF THE DEPARTMENT

PONGAL CELEBRATION - CHERISHING THE JOY OF TEAM SPIRIT IN THE DEPARTMENT...



Exclusive creation of Pongal selfie point and balloon/panjumittai vendor brought III prize to our Department in the Pongal Celebration Contest of our college on 10.1.25



FRESHERS DAY - MEMORIES TO CHERISH FOREVER!



GAME CORNER

Magic Wall



Scan me to laugh



Empty heart shape space on the wall indicates a safe environment



List the queries, stressors or anxiety on the sticky notes



Paste them on the empty space



The magic wall becomes the visual representation of the collective stress and anxiety of the group!



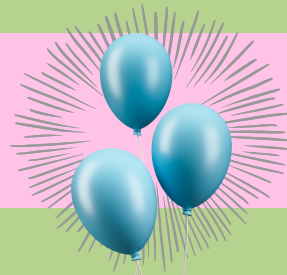
- Magic wall by **Kanjana A, Keerthika B & Divyadharshini M**

1 PG (FSM&D)



GAME CORNER

Busting Out Stress



Scan me to laugh



Identify your stress



Blowing up a balloon



Write your stress on balloon



Burst the balloon symbolizing the release of your stress



Feel the relief and laugh aloud with friends



- Game by **Keerthika B, Kanjana A & Divya Dharshini M**
I PG (FSM&D)



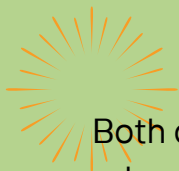
STRESS EH POCHU- A FUN GAME



Scan me to laugh



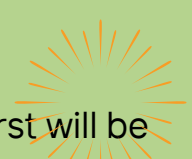
Divide the class into two groups
one person is selected from
each group and made to sit
facing each other.



Both of them will
make a funny face.



One who laughs first will be
the loser and the person
who controls laughter will
be the winner.




- Stress Eh Pochu-A Fun Game by
Keerthika.B, Divya Dharshini.M & Kanjana.A
I PG (FSM&D)

BUDDING ENTREPRENEURS

AARI EMBROIDERY





 @Stiching delights
Safni Jeba .J | PG (FSM&D)



ARTPRENEUR



 @Bk'spot
 @Keerthii_diaries
Keerthika.B | PG (FSM&D)

LIPPAN ART



WALL PAINTING



POT PAINTING



ILLUSTRATION ART



BOHO PAINTING



ZENTANGLE ART



MANDALA ART



DOODLE ART



DIY CORNER

Bottle Art



THINGS REQUIRED

1. Bottle
2. Paper
3. Paint
4. LED light



Step : 1



Take the glass bottle

Step : 4



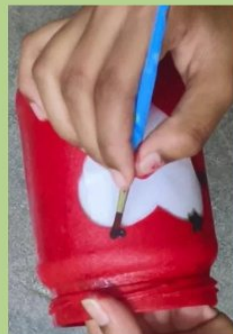
Remove the paper which is pasted on glass bottle

Step : 2



Cut the paper in heart shape and paste it on glass bottle

Step : 5



Decorate the bottle with your favourite designs like flowers 🌹

Step : 3



Paint the full bottle with dark colour

Step : 5



Inset the LED light in to the bottle

- Bottle Art by
Abirami M | PG (FSM&D)

DIY CORNER Thread Art



Embroidery is the art of decorating fabric or other materials with a needle and thread.

PURPOSE OF THREAD ART

Decorative , Storytelling, Therapeutic, Personalization.



- Thread Art by
Evi C & Abirami M | PG (FSM&D)



DIY CORNER

Texture art



THINGS REQUIRED

- 1.Tissue
- 2.Glue
- 3.Paint
- 4.Cardboard
- 5.Water



Step 1



Cut tissue paper in pieces

Step 4



Mix the colours

Step 2



Soak the tissue paper with water and squeeze it

Step 5



Add the coloured tissue inside the cardboard
And repeat the procedure

Step 3



Add glue to tissue and mix it

Step 6

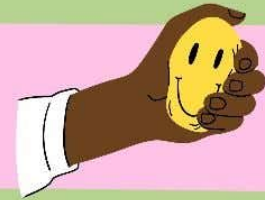


Dry and stick it to the wall



DIY CORNER

Stress relief ball



THINGS REQUIRED

1. Balloon
2. Corn flour
3. Water
4. Funnel



STEP 1



Take a balloon
and blow little

STEP 4



Add water into the
balloon

STEP 2



Add corn flour inside
using funnel

STEP 5



Blow little and tie
a knot

STEP 3



Blow and twist the
balloon

STEP 6



Stress relief ball is
ready
to squeeze

DIY CORNER

Fabric painting



Fabric painting is the art of applying paint, designs or patterns to fabric.

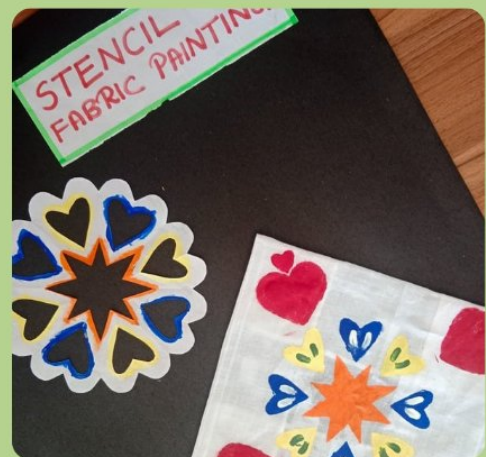
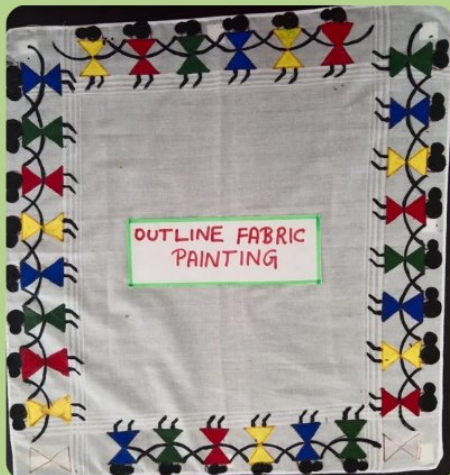


TYPES OF FABRIC PAINTING

- Outline
- Stencil
- Splatter
- Simple
- Finger

BENEFITS OF FABRIC PAINTING

- Fun
- Creativity
- Durability
- Stress release
- Customization



- Fabric Painting by
Abirami M & Evi C | PG (FSM&D)



GARDENING



Gardening

Gardening is the practice of cultivating and nurturing plants often in a controlled environment to produce a variety of benefits, including food, beauty and relaxation. It is an activity that has been enjoyed by people for centuries and its popularity continues to grow as more individuals seek to connect with nature improve their mental and physical health and create sustainable and self-sufficient living spaces.



BENEFITS OF GARDENING

1. Fresh produce - Gardening allows individuals to grow their own fruits, vegetables and herbs, providing access to fresh, healthy and nutritious food.
2. Stress relief - Gardening has been shown to reduce stress and relaxation. reduce stress and anxiety, improve mood, promote and relaxation.
3. Exercise - Gardening can provide a form of exercise, improving physical health and reducing the risk of chronic diseases.
4. Beauty and aesthetics - Gardens can be designed to be visually appealing, providing a sense of beauty and tranquility .
5. Environmental benefits - Gardening can help to reduce carbon emissions, conserve water and promote biodiversity.
6. Social benefits - Gardening can provide opportunities for social interaction, community building and education.
7. Economic Benefits - Gardening can save you money on grocery bills, as you grow your own fruits and vegetables and potentially generate income through selling excess produce.
8. Therapeutic Benefits - Gardening has been used as a form of therapy for individuals with physical or mental disabilities, providing a sense of purpose and fulfillment.
9. Nutritious Food - Growing your own fruits and vegetables can provide access to fresh, nutritious and healthy food, reducing reliance on processed and packaged foods.



Happy hormones are a group of neurotransmitters that play a crucial role in regulating mood, emotions and overall sense of well-being. The main happy hormones associated with gardening are:

1. **Dopamine** - Often referred to as the "reward hormone," dopamine is released in response to pleasurable activities, such as gardening. It's involved in motivation, pleasure, and reward processing.
2. **Serotonin** - This hormone helps to regulate mood, appetite and sleep. Gardening has been shown to increase serotonin levels, which can help alleviate symptoms of depression and anxiety.
3. **Endorphins** - These natural painkillers are released in response to physical activity, such as digging, weeding, or harvesting. Endorphins promote feelings of happiness and relaxation.
4. **Oxytocin** - often called the "cuddle hormone," oxytocin is released during social interactions including those with nature. Gardening can stimulate oxytocin release, promoting feelings of calmness and connection.

Did you know that the smell of herbs relieves anxiety, seeing the color green slows down your heart rate, hearing birds sing can help you focus, watching plant grow increases the production of feel good hormones like serotonin



As I step into my garden, I am immediately enveloped in a sense of calm and serenity. The gentle rustle of leaves, the sweet fragrance of blooming flowers, and the warm sunshine on my skin all combine to transport me to a world far removed from the stresses and worries of everyday life.



- A **home garden** can be a wonderful source of natural medicine, providing a wide range of herbs and plants that can be used to promote health and well-being.



Herb's that can be grown in a home garden for natural medicine

Turmeric : Turmeric contains curcumin, a powerful anti-inflammatory compound that can be used to treat pain, inflammation and digestive issues. **Aloe vera** : Known for its soothing and anti- inflammatory properties, aloe vera can be used to treat burns, wounds and skin irritations.



Plant your own garden and decorate your own soul, instead of waiting for someone to bring you flowers."

- Gardening by **Reena. T** | PG (FSM&D) .



TONGUE TWISTERS



1. Betty bought some butter, the butter was bitter, so betty bought a better butter to make the bitter butter better.



2. I wish to wish the wish you wish to wish, but if you wish the witch wishes, I won't wish the wish you wish to wish.



3. She sells seashells on the seashore.



4. If two witches were watching two watches, which witch would watch which watch?



5. How much wood could a woodchuck chuck, if a woodchuck could chuck wood?



6. Whether the weather is warm or whether the weather is hot, we have to put up with the weather, whether we like it or not.



7. How many cans can a canner can, if a canner can can cans?





STRESS MANAGEMENT POSTER

