

CENTER FOR WELL-BEING AND POSITIVE PSYCHOLOGY



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Sleep Debt: The Hidden Cost of Your Late-Night Netflix Binges

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We've all been there, promising ourselves just one more episode, only to realize it's past midnight and sleep is slipping away. While an occasional late night may seem harmless, consistently sacrificing sleep for entertainment leads to sleep debt, a hidden cost that affects your health, focus, and well-being.

Sleep debt builds up when you don't get enough rest, and unlike a quick nap, it's not easily repaid. Chronic sleep deprivation weakens cognitive function, emotional stability, and immune health. It can lead to fatigue, mood swings, poor concentration, and even long-term risks like heart disease and obesity.

Binge-watching is particularly harmful because screens suppress melatonin and keep the brain overstimulated, making it harder to unwind. The result? A cycle of exhaustion that impacts your daily life.

To break free, set screen-time limits, establish a bedtime routine, and prioritize rest over digital distractions. Sleep isn't just a luxury, it's essential for a sharp mind and a healthy body. So, the next time you're tempted to hit "next episode," ask yourself: Is losing sleep worth the cost?



PROF. DR. SHABBIR AHMAD RANA

The Healing Touch of Prayer & Mental Well-Being (Part-I)

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In today's fast-paced world, the role of prayer seems to be diminishing, even among those who once embraced it as an integral part of their lives. Many now question its effectiveness, expressing sentiments of doubt and disillusionment. Some wonder if their prayers truly make a difference, while others feel an absence where they once believed God resided. This growing skepticism raises an important question: why does prayer, which has historically been a source of solace and strength, now feel difficult, meaningless, or even ineffective?

One reason may be that modern society is deeply pragmatic. People tend to seek solutions within their immediate environment, turning to other human beings rather than looking to God for guidance. They believe that tangible, worldly actions will provide them with the comfort and security they seek. Another contributing factor is the crisis of faith that has emerged in contemporary times. The once unshakable beliefs of previous generations are being questioned, leaving many to wonder where God fits into their increasingly complex lives. Furthermore, some argue that it is not prayer itself that has become outdated, but rather the way in which people pray. In a world that is constantly evolving, traditional methods of prayer may no longer resonate as they once did. To remain meaningful, prayer must adapt to the realities of modern life.

For prayer to be truly impactful, it must be more than just words; it must be reflected in actions. It is easy to pray for the hungry, the troubled, and the suffering, yet far more challenging to take meaningful steps to help them. An Islamic scholar once shared that as he walked through a deprived area to distribute food, he felt that his very steps were an extension of his prayer. This profound insight highlights the idea that faith should not be confined to verbal expression alone but should manifest in our daily interactions and deeds.

Another crucial element of prayer is honesty. Too often, people pray for the sins of others while ignoring their own shortcomings. It is easy to recite a general plea for forgiveness, yet much harder to confront personal failings. True prayer demands sincerity, an open heart, and the courage to acknowledge one's own mistakes. Likewise, prayer must remain relevant to contemporary life. Why should it be limited to ancient language and settings? If God was present in the hills of Palestine among shepherds and travelers, then surely He is also present in the chaotic rush of city traffic, the corridors of modern businesses, the Boeings Jets, the submarines and the quiet moments of loneliness in urban dwellings. New forms of prayer, unrestricted by time, place, or ritual, are emerging, allowing individuals to connect with the divine in a way that aligns with their personal experiences.

***To be continued on the next page**

Iqrasity x Center for Well-Being & Positive Psychology – Virtual Soft Skills Classes

We are excited to announce a collaboration between Iqrasity and the Center for Well-Being & Positive Psychology (CWPP) at IAC to offer Soft Skills Virtual Classes for students!



In today's fast-paced world, soft skills are essential for personal and professional success. Through this initiative, taken by Sir Faisal Janjua, Chancellor IAC, the expert team from CWPP will deliver virtual lectures covering key areas such as communication, resilience, emotional intelligence, leadership, and time management. These interactive sessions will equip students with valuable insights and practical strategies to enhance their confidence, adaptability, and professional effectiveness.

During a recent visit, Dr. Ashraf Masud and Mr. Usman from Iqrasity met with CWPP to discuss the collaboration and its potential impact. This initiative aims to bridge the gap between academic knowledge and real-world application, empowering students with the skills needed to thrive in their careers and personal lives.

At the conclusion of the meeting, Dr. Shabbir Ahmad Rana, HOD of CWPP, conveyed his sincere thanks on behalf of the Center to the visiting team for their support and commitment.



AREEB AMEER HAMZA

This Award is For You! Employee of the Month

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We are proud to recognize Areeb Ameer Hamza as our Employee of the Month for his outstanding contributions to the Creative Cell!

Areeb is the creative force behind our newsletters, social media posts, and all graphic-related work, ensuring that every visual element is polished, engaging, and impactful. His keen eye for design, attention to detail, and commitment to excellence bring our communications to life, making sure they are not only well-made but also visually compelling.

Beyond his technical expertise, Areeb is a dedicated team player, always willing to collaborate, refine ideas, and go the extra mile to enhance our creative projects. His efficiency, creativity, and problem-solving skills make him an invaluable asset to the team.

Congratulations, Areeb! Your hard work and artistic vision do not go unnoticed. We truly appreciate all that you do!

Beyond its spiritual significance, prayer also plays a vital role in mental health. It serves as a form of self-therapy, offering individuals a way to process emotions, find peace, and cultivate resilience. When practiced with sincerity and faith, prayer becomes an expression of gratitude for life and love, a reminder that, despite the uncertainties of the world, there is still beauty and purpose to be found.

As we navigate the complexities of modern life, prayer remains a powerful force. When approached with sincerity, it offers not just a connection to the divine but also a means of self-reflection and healing. God will surely respond to those who reach out with genuine faith, expressing from the depths of their hearts: *"My dear God, I love You, I need You, I seek Your support and help."* In doing so, prayer becomes more than a ritual—it becomes a sanctuary for the soul, a source of strength, and a pathway to enhanced mental well-being.

To be continued... (Part-II)



AYESHA HAIDER

The Science of Letting Go: How to Move Forward Without Regret

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Letting go is not about erasing the past but accepting it and moving forward. Holding onto regret, pain, or missed opportunities can weigh us down, preventing personal growth and happiness. Psychologists suggest that self-compassion and cognitive reframing can help shift our mindset from dwelling on the past to embracing new possibilities.

One powerful approach is reframing regret as a lesson. Instead of asking, *"Why did this happen to me?"* shift the perspective to *"What did I learn from this?"* This change in mindset transforms setbacks into stepping stones, fostering resilience and self-growth. As Jack Kornfield wisely said, *"To let go does not mean to get rid of. To let go means to let be."* Accepting our experiences without resistance allows us to learn and move forward with greater wisdom.

Mindfulness also plays a crucial role in letting go. By staying present and acknowledging emotions without judgment, we reduce the grip of past regrets. Practicing gratitude and focusing on what we can control fosters a sense of inner peace and optimism. As C.S. Lewis remarked, *"There are far, far better things ahead than any we leave behind."* This belief encourages us to release the weight of past disappointments and look toward the future with hope.

Letting go is not a single decision but a continuous process requiring self-awareness, patience, and a growth mindset. With time, we learn that clinging to the past only limits us, while embracing change opens the door to new opportunities. By choosing self-compassion and forward-thinking, we free ourselves from regret and step into a life filled with endless possibilities.



RIDA BIBI

The Silent Power of Solitude: How Alone Time Shapes Personal Growth

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In a world that glorifies busyness and constant connectivity, solitude is often misunderstood. Many associate being alone with loneliness, but solitude is not about isolation, it's about self-discovery, reflection, and personal growth. When embraced intentionally, alone time can be one of the most powerful tools for mental clarity and self-improvement.

Solitude allows us to disconnect from external noise and reconnect with ourselves. Without distractions, we can process our thoughts, reflect on our goals, and gain a deeper understanding of who we are. As the philosopher Blaise Pascal said, *"All of humanity's problems stem from man's inability to sit quietly in a room alone."*

Spending time alone also boosts creativity and problem-solving skills. Studies suggest that when we step away from constant social interactions, our brains enter a state of deep thought, leading to greater insights and innovation. Some of the greatest minds in history, Albert Einstein, Nikola Tesla, and Virginia Woolf, valued solitude as a key to their creative breakthroughs.

Moreover, solitude strengthens emotional resilience. Learning to enjoy our own company builds self-sufficiency and confidence, reducing the fear of being alone. It helps us become less dependent on external validation and more attuned to our inner voice.

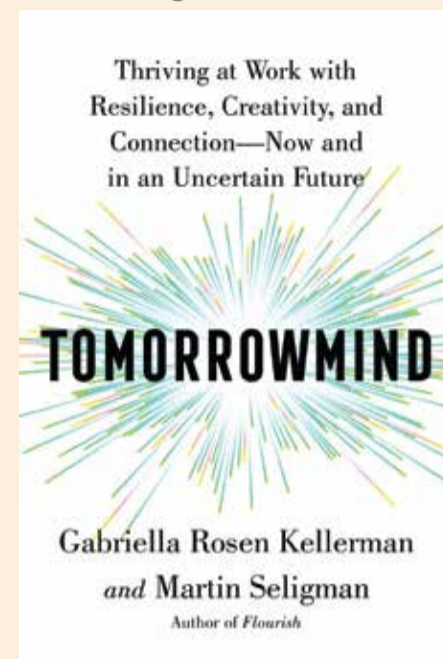
Embracing solitude does not mean rejecting social interactions. Instead, it enhances them by allowing us to show up as our most authentic selves. In the stillness of solitude, we find clarity, purpose, and the quiet strength needed to grow into the best version of ourselves.

BOOK RECOMMENDATION



Tomorrowmind: Thriving at Work with Resilience

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In an era of rapid change and workplace uncertainty, *Tomorrowmind* by Gabriella Rosen Kellerman and Martin Seligman provides a compelling guide to thriving with resilience, adaptability, and a forward-thinking mindset. Drawing on cutting-edge research in psychology and neuroscience, the book offers practical strategies to navigate the complexities of the modern work environment, emphasizing emotional agility, optimism, and continuous learning.

One of the book's standout features is its focus on prospective psychology—the ability to anticipate and prepare for future challenges rather than merely reacting to them. The authors illustrate how resilience, curiosity, and purpose-driven work contribute to long-term success, using real-world examples and scientific insights. Their research highlights how individuals and organizations can proactively shape their futures by fostering psychological flexibility and innovation.

Beyond personal resilience, *Tomorrowmind* provides valuable lessons for leaders managing change and professionals navigating career transitions. It underscores the importance of adaptability in a world where job roles and industries are evolving faster than ever. By embracing a mindset of growth and continuous learning, individuals can future-proof their careers and well-being.

This book is a must-read for anyone looking to stay ahead in an ever-changing world. Whether you are a professional, a leader, or someone striving for personal and career growth, *Tomorrowmind* offers actionable wisdom to help you thrive amid uncertainty and embrace the future with confidence.



AMNA SALEEM

The Silent Power of Solitude: How Alone Time Shapes Personal Growth

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In a fast-paced world filled with noise and distractions, solitude is often overlooked. However, spending time alone is not about isolation, it is a powerful tool for self-reflection, creativity, and emotional resilience. When we step away from the constant demands of social life, we create space for deeper self-awareness and personal growth.

Solitude allows us to process our emotions, clarify our goals, and reconnect with our inner selves. Without external influences, we can think independently, make mindful decisions, and strengthen our sense of identity. As author Paul Tillich wisely said, "Language... has created the word 'loneliness' to express the pain of being alone, and the word 'solitude' to express the glory of being alone." In moments of solitude, we discover that being alone does not equate to loneliness but rather to a profound opportunity for self-discovery.

Time spent alone also enhances creativity and problem-solving. Many great minds, from Albert Einstein to Steve Jobs, credited their breakthroughs to moments of deep thinking in solitude. Without the distractions of everyday life, our minds can wander freely, allowing us to connect ideas in new and innovative ways. Additionally, solitude fosters emotional strength, helping us become more self-reliant and less dependent on external validation. By learning to enjoy our own company, we develop a sense of confidence and inner peace that no external source can provide.

Embracing solitude doesn't mean avoiding people, it means valuing time with yourself. It is about finding balance between social connections and personal space. In silence, we gain clarity, refine our purpose, and cultivate the resilience needed to navigate life's challenges. By embracing solitude, we give ourselves the freedom to grow into our best, most authentic selves.

Readers Activity: Identify Your Personal Growth Strengths

Below are five key areas of personal growth. On a scale of 1 (low) to 5 (high), rate yourself honestly in each category:

- 1. Self-Discipline** – How consistent are you in maintaining good habits and commitments?
- 2. Adaptability** – How well do you adjust to change and unexpected situations?
- 3. Goal-Setting** – Do you set clear, achievable goals for your personal and academic/work life?
- 4. Emotional Awareness** – How well do you recognize and manage your emotions?
- 5. Continuous Learning** – Do you actively seek new knowledge and skills?

Reflection:

Which area did you score highest in? Celebrate your progress!

Which area needs improvement? What is one small action you can take today?

Share With Us!

We'd love to hear your thoughts. Share your insights or strategies for personal growth with us at yumna.queeshi@iac.edu.pk.

Let's learn and grow together!



MAHTAB CHEEMA

Student Testimonial

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Before joining the Center for Well-Being and Positive Psychology, I thought resilience was just about 'staying strong' and positivity was about 'thinking happy thoughts.' I couldn't have been more wrong. This experience shifted my entire perspective on personal growth, emotional intelligence, and what it truly means to thrive.

The sessions weren't just lectures, they were eye-opening experiences. I learned how to train my mind to handle stress, reframe setbacks as opportunities, and build habits that actually stick. One of the biggest takeaways? Self-compassion isn't weakness, it's a superpower.

What truly set this program apart was the sense of community. Being surrounded by people on the same journey, sharing struggles and breakthroughs, made it all the more powerful. Today, I approach life with more clarity, confidence, and a mindset that sees possibilities instead of obstacles. If you're looking for something that genuinely transforms the way you think, feel, and grow, this is it.

Psychology in Everyday Life: The 5-Second Rule for Beating Procrastination

Ever found yourself delaying an important task, even though you know you should start? Psychologists suggest that hesitation often leads to self-doubt, making it harder to take action. A simple trick to overcome this is Mel Robbins' 5-Second Rule, if you feel the urge to act, count backward from five (5-4-3-2-1) and immediately start.

This method works because it interrupts your brain's tendency to overthink and shifts you into action mode. Whether it's getting out of bed, starting an assignment, or speaking up in class, this small mental shift can help build confidence and discipline. Try it and see how it transforms your productivity.

Mindfulness Tip of the Month

The "One-Minute Pause" for Instant Clarity

Feeling overwhelmed? Take just one minute to reset your mind with this simple practice:

Step 1: Close your eyes and take a deep breath in.

Step 2: Focus entirely on the present moment, observe your thoughts without judgment.

Step 3: Exhale slowly, releasing tension with each breath.

This quick pause helps reduce stress, improve focus, and boost emotional awareness. The best part? You can do it anytime, before a test, during work, or even before bed.



NAWAL BASHIR

Message from the Counselor's Desk

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Dear Students,

Welcome to a new semester! This is a fresh start filled with opportunities to learn, grow, and achieve your goals. As you navigate your academic journey, remember that challenges are a part of progress, embrace them with resilience and a positive mindset.

Balance is key to success, so prioritize both your studies and well-being. Manage your time effectively, set achievable goals, and maintain a healthy routine. Stay connected with your peers, seek guidance when needed, and never hesitate to ask for support.

Our counseling team is here to assist you in overcoming academic, personal, or emotional challenges. Whether you need motivation, career advice, or simply someone to talk to, we are always available to help.

Wishing you a semester filled with growth, success, and meaningful experiences. Stay motivated, stay positive, and make the most of every opportunity!



AZAN SHAKIR

The Psychology of Habits: How Small Changes Lead to Big Results

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Habits shape our daily lives, influencing everything from our productivity to our well-being. Whether it's hitting the snooze button every morning or checking social media before bed, our actions are often driven by subconscious routines. But what if we could rewire our habits to improve our lives? Psychology provides fascinating insights into how habits form and how we can change them to achieve long-term success.

Psychologists describe habits as behaviors triggered by cues, followed by a routine, and reinforced by a reward. This is known as the habit loop, a concept introduced by Charles Duhigg in his book *The Power of Habit*. For example, if stress (cue) leads to snacking (routine) and a temporary sense of relief (reward), the brain reinforces this cycle, making it harder to break.

The good news is that habits are not fixed; they can be reshaped. Here are some strategies backed by psychological research to help build better habits:

1. **Start Small:** The key to forming lasting habits is to begin with tiny, manageable changes. Instead of aiming to read for an hour daily, start with five minutes and gradually increase the duration.
2. **Use Habit Stacking:** Pairing a new habit with an existing one makes it easier to adopt. For example, if you want to develop a reading habit, try reading a page after brushing your teeth at night.
3. **Create a Reward System:** Reinforcing positive behavior with rewards strengthens habit formation. Even a simple act like marking a calendar after completing a task can be motivating.
4. **Change Your Environment:** Your surroundings influence your habits. Keeping healthy snacks visible or placing your phone away from your bed can make good habits easier and bad habits harder.
5. **Stay Consistent:** Psychology shows that repetition is key. On average, it takes about 66 days to solidify a habit, so consistency is more important than perfection.

Breaking bad habits requires replacing the existing reward with a healthier alternative. If stress leads to emotional eating, replacing snacking with deep breathing or a short walk can help rewire the brain's response.

Understanding the psychology of habits empowers us to take control of our behaviors. By making small, intentional changes, we can create positive routines that lead to long-term success. The power of habits lies not in overnight transformation, but in consistent effort. Small changes, when repeated, lead to remarkable results.

Psychology Fact of the Month

The Brain Can Trick You Into Feeling Phantom Phone Vibrations!
Ever felt your phone vibrate in your pocket, only to check and find no notification? This phenomenon, known as Phantom Vibration Syndrome, occurs because our brains are highly attuned to digital communication. Studies suggest that frequent phone users experience these "false alarms" due to heightened neural sensitivity, as the brain misinterprets muscle movements or external stimuli as phone vibrations.

Next time it happens, you're not imagining things, your brain is just playing tricks on you!



AQSA SHABBIR

Dear Counselor: How do I?

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Dear Counselor, how do I deal with pressure from family or society about my career choices?

Dear Reader,

Dealing with family or societal pressure about your career choices can be overwhelming, but remember, this is your journey. Your dreams and passions matter. Start by understanding their concerns. Often, they stem from love and a desire for security. Have open conversations, explaining your goals, potential career growth, and why your chosen path excites you.

Set clear but respectful boundaries while staying confident in your decision. Seek guidance from mentors, professionals, or counselors who can help you navigate doubts. Surround yourself with people who uplift and support your aspirations.

If pressure feels intense, take a step back for self-reflection, ensure your choices align with your passions, not just external expectations. Success is built on persistence, learning, and fulfillment. Stay committed to your path, and in time, your progress and happiness will help others see the value in your decisions.

Believe in yourself—your future is yours to shape!

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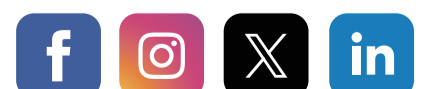
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