

CENTER FOR WELL BEING AND POSITIVE PSYCHOLOGY



YUMNA QURESHI

Awakening to the Importance of Sleep: Prioritizing Rest for Optimal Well-Being

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Dear Readers,

In today's fast-paced world, it's easy to overlook one of the most essential aspects of our well-being, sleep.

Sleep is not merely a luxury; it's a biological necessity. Yet, in our quest for productivity and success, many of us sacrifice sleep, thinking we can function just as well with a few hours less each night. However, research consistently shows that this couldn't be further from the truth.

Quality sleep is the cornerstone of optimal health. It's during the period of our sleep, our bodies tend to repair and regenerate; while our brain consolidates memories and learning, and our emotions stabilize. With insufficient sleep our cognitive functions, emotional resilience and physical health tend to suffer.

Moreover, the effects of sleep deprivation extend through every aspect of our lives. We become more susceptible to stress, anxiety, and depression. Our immune system weakens, making us more prone to illness. Our decision-making abilities falter, and our creativity

dwindles. In essence, a lack of sleep diminishes our capacity to thrive in all areas of our lives.

So, how can we prioritize sleep in a world that often values hustle over rest? It starts with recognizing the importance of sleep and making it a non-negotiable part of our daily routine. This means setting boundaries around bedtime, creating a sleep-conducive environment, and practicing good sleep hygiene.

Additionally, we must challenge the societal norms that glorify sleep deprivation and embrace a cultural shift towards prioritizing rest. Let's celebrate those who prioritize self-care and recognize that true productivity and success stem from a well-rested mind and body.

As we venture into prioritising our physical and mental well being; sleep being foremost let's also emphasise upon the importance of quality sleep. (Last line now) Through this, let us strive to create a culture of wellness where sleep is revered as the foundation of our well-being.

Wishing you all restful nights and energized days ahead.

compliment is a manna, a free gift. Please remember that: what comes from the heart, goes to the heart.

To be continued in next issue..... (Part-II)

This Award is for YOU! Lecturer of the Month:

By Prof. Dr. Shabbir Ahmad Rana and Center's Team



Ms. Yumna epitomises exceptional skills of sociability and adaptability as she effortlessly paves her way in a diversified culture. Her time at IAC is a true reflection of her commitment and steadfastness which is reflective of her work and personality.

As a colleague, Ms. Yumna is cooperative and considerate and serves as a pillar of support within the department. She is an incredibly diligent, dedicated, and competent educator. Her unique teaching style and exceptional abilities make her a role model for both students and colleagues.

In summary, Ms. Yumna's passion for teaching, refined personality, and competency are truly impressive. We firmly believe she deserves recognition as Lecturer of the Month.

We extend our heartfelt best wishes to her.



PROF. DR. SHABBIR AHMAD RANA

The Art of Giving Compliments

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Most of us in this sophisticated, dehumanized age tend to check reins on our own emotions by withholding words of admiration and approval. What we do not realise is how words of appreciation can bolster an individual's moral compass that can uplift them from a state of trepidation. People of all ages and backgrounds, at all stages of success or failure, need recognition in order to feel and live happily. As human beings we all need words of appreciation to defeat the two arch enemies of our happiness; loneliness and insignificance. Just a few words of appreciation might become the few bright threads in the dull and boring fabric of one's life.

Everyone, striving to contribute their best, craves to be noticed and appreciated. We each have numerous opportunities to praise others; whether at home, work, or in public spaces, potentially igniting a chain reaction of goodwill.

Social scientists have observed that the deepest urge in human nature is the desire to be noticed and appreciated to build our sense of personal growth.

Mark Twain once said that I can live for 12 weeks on a good compliment. Shakespeare also wrote that our praises are our authentic earnings. Something good can be said about everyone. We just have to think for a moment only and pay the compliment.

For a compliment is not a flattery or even praise. Flattery differs from praise, often because it is artificial and it is often studied. It is given for some internal hidden motive by weak people and is accepted and enjoyed by weak personalities. Praise is warming and desirable and it is what that human race lives on like bread. But praise is an earned thing. It has to be deserved like a hug from a child. Whereas a



ZAINAB KAZMI

Student's Testimonial

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My experience as a student of the first batch of the BS Psychology program at IAC was a very engaging and rewarding learning journey. Initially, adapting to a new environment and starting a degree program posed some challenges, but I am immensely grateful to have found dedicated and understanding teachers who provided invaluable support throughout the semester. Their guidance and unwavering assistance were instrumental in our progress.

Being part of the first batch also had its advantages, as we received focused attention and had ample opportunity to interact with our teachers on an individual level. They ensured a conducive academic environment where we could comfortably absorb knowledge while also prioritizing our physical and mental well-being. Overall, this experience has facilitated my personal and academic growth in numerous ways, and I eagerly anticipate further learning and development in the upcoming semesters of this program.

Exploring Self-Actualization and Character Development: Insights from Iqbal's Poetry and Quranic Teachings



The recent session conducted by Col. Syed Ali Murtaza Shah from the RUH Foundation at the Center for Well-being and Positive Psychology delved into profound themes of self-actualization, character development, and which further brought refinement in our teaching methods. Drawing inspiration from the timeless verses of Iqbal's poetry and the profound teachings of the Quran, the team engaged in thought-provoking discussions aimed at personal growth and professional enhancement.

Throughout the session, attendees were guided on a journey of introspection and enlightenment. By delving into the depths of Iqbal's poetry, profound insights into the human condition were uncovered, paving the way for self-discovery and actualization. Moreover, referencing the teachings of the Quran, principles of morality, and guidance were explored, essential for nurturing character and fostering a positive learning environment.

The session served as a catalyst for reflection and growth, empowering participants to embrace their roles as educators with renewed purpose and passion. Armed with the wisdom gleaned from Iqbal's poetry and the Quran, individuals left the gathering inspired to embark on a journey of continuous self-improvement and to impart invaluable lessons to those under their guidance.

life rich in meaning and personal satisfaction. As individuals embrace this dynamic alignment, they discover a renewed sense of fulfillment, enhancing not only their well-being but also contributing positively to the broader tapestry of their lives.

AQSA SHABBIR

The Art of Happiness: Insights from Positive Psychology

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“Happiness is the only thing that multiplies when you share it”

Albert Schweitzer



Positive psychology focuses on enhancing a person's qualities in both their personal and professional lives to help them function at their best. Enhancing an individual's personal and professional growth which helps them to be at their best.

Happiness has long been a human quest, and positive psychology has brought this concept into the domain of scientific inquiry in the hopes of achieving a deeper knowledge of global welfare and meaningful life. The pursuit of happiness is gaining popularity and scientific acceptance, whether on a global or personal basis.

Happiness in true sense is a feeling like no other and in order to experience the pleasant nature of it we must actively engage our selves in fulfilling activities we engage in daily routines. Positive emotions that boost our happiness and motivate us to thrive include pleasure, comfort, gratitude, hope, and inspiration. Happiness is known as “Hedonia” in the scientific literature which is defined as the presence of happy emotions and the absence of negative emotions (Ryan & Deci, 2001).

According to research in positive psychology, 50% of our ability to be happy is determined by our genes, 10% by external factors like gender, race, money, and education, and 40% by intentional behaviors like our behavioral and thought patterns. Another research reported that happiness and religious involvement are correlated linearly. Attending more worship services is associated with more devotion to one's faith, and devotion to one's faith is associated with greater compassion. Compassionate people are more likely to offer emotional support to others, and joyful people are more likely to offer emotional support to others (Krause et al, 2018).

The connotation of happiness is quite broad as the content of it varies from one person to another. It is also important to think about how we define happiness. Rather than viewing happiness as an endpoint, it may be more beneficial to consider what happiness truly means to us and then work on small steps that will help us become happier. In numerous areas of life,

YouTube Show: Mind Matters Unveiling Insights on Stress and Subjective Well-Being of Youth.



Join us for an enlightening conversation on the topic of Stress and Subjective Well-Being of Youth, hosted by Mariam Khawar, where we welcome the esteemed positive psychologist, Dr. Shabbir Ahmad Rana, who delves into the complexities of the human mind, offering valuable insights and practical tips for cultivating a healthier mindset. Don't miss this opportunity to be empowered and inspired to lead a more fulfilling life.

Join us on Youtube: <https://youtu.be/wyrQQDTafI8>



MAHWISH.IQBAL

Finding Purpose: Aligning Your Passions with Meaningful Goals

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“The only way to do great work is to love what you do.”

Steve Jobs

Embarking on the journey of aligning passion with meaningful goals is a transformative endeavor that involves introspection and purposeful action. Discovering one's passion necessitates self-reflection and a willingness to explore new experiences, unveiling hidden desires beneath daily routines.

Once passions are identified, defining meaningful goals becomes crucial, guided by personal values and the SMART criteria. The intersection of passion and goals serves as a source of motivation and resilience in the face of challenges.

Offer valuable knowledge and deep insights which helps an individual to adopt a positive mindset and set goals that are purpose driven. This would allow them to achieve their personal targets which would simultaneously alleviate their passion for their profession.

The synergy between passion and purpose lays the foundation for a fulfilling journey toward a

including mental health, physical health, and overall longevity, happiness has been found to predict favorable outcomes. Life satisfaction rises when positive emotions are present and positive emotions also boost our resilience. Happiness helps people develop stronger coping skills and emotional resources.

Positive psychology places a strong emphasis on the pursuit of happiness. Positive psychologists are interested in discovering new strategies to promote optimism and support people in leading better, more fulfilling lives. Instead of concentrating on mental disorders, positive psychology focuses on strategies to assist individuals, groups, and societies in enhancing good feelings and achieving greater happiness.

Perceiving the Arts Insights from the Faculty Development Program Session

During the recent session of the Center for Well-Being and Positive Psychology's Faculty Development Program, Prof. Dr. Shahida Manzoor, Dean of the School of Art, shed light on the topic of Perceiving the Arts.

The session commenced with Dr. Shahida posing a fundamental question to the audience: "What is art?" The attendees offered a diverse range of responses, highlighting their individual perceptions of art as a manifestation of inner emotions, a meaningful contribution to society, and a creative process.



Dr. Shahida then delved into the concept of the perceptual model, elucidating how individuals perceive the world in distinct ways. She emphasized the role of personal experiences and cognitive processes in shaping these perceptions.

A significant portion of the session was dedicated to introducing the critical method for evaluating art. Dr. Shahida outlined the four crucial steps of this method: Introduction, Analysis, Interpretation, Evaluation.

Dr. Shahida engaged participants in a discussion guiding them through the interpretation of a selection of art pieces from different historical periods. This exercise was designed to illustrate the application of the critical method in real-world scenarios, offering attendees a hands-on experience in analyzing and understanding artworks more deeply.

By delving into the core aspects of art interpretation and critical assessment, participants gained a heightened appreciation for the complexities and nuances within artistic creations. The session successfully fostered a dynamic environment of learning, inquiry, and exploration in the realm of art.

Thesis Exploration: School of Art invites Center for Well Being and Positive Psychology

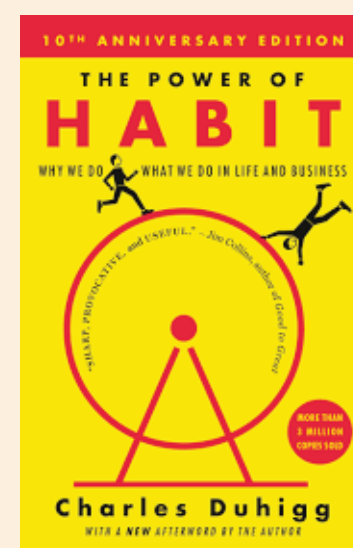
The Center for Well-being and Positive Psychology was invited by Mr. Mazhar Hussain, HOD of Graphic Design, to share their insights and expert opinions with students of School of Art as they embarked on their thesis projects exploring various psychological topics. During this engagement, the center's team offered valuable perspectives, facilitating a deeper understanding of the subjects under discussion. They actively engaged with the students, providing expert insights that enriched the students' ability to conceptualize and articulate their research effectively. Through this interaction, the students benefited from the knowledge and experience brought forth by the center's team. This effort underscores the center's commitment to supporting student learning and fostering a deeper understanding of psychological concepts.



AMNASALEEM
BOOK RECOMMENDATION

The Power of Habit

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The Power of Habit by Charles Duhigg offers an illuminating exploration of the science behind habit formation and its potential to catalyze personal transformation. Through captivating anecdotes and compelling research, Duhigg uncovers how habits intricately shape our lives, influencing individual behaviors and organizational routines alike.

By probing into the neurological processes that govern habit formation, Duhigg equips readers with practical strategies for recognizing and reshaping their habits. This empowers individuals to liberate themselves from detrimental patterns and cultivate more constructive routines. Whether you're striving for personal growth, organizational change, or enhanced well-being, this book provides invaluable insights into the power of habits and their capacity to facilitate lasting success.

With its rich insights, "The Power of Habit" serves as a guiding beacon for individuals and businesses alike, offering a roadmap for harnessing the transformative potential of habit formation.

Activity: Vision Board Creation

Keywords:

Visualization, Goals, Inspiration, Creativity

Time: 30-60 minutes

Goal:

Clarify goals, reinforce positive intentions, and inspire action. By visually representing your goals and desires, you reinforce your commitment to achieving them. The act of creating a vision board allows you to tap into your creativity while also serving as a daily reminder of what you're working towards, fostering a sense of empowerment and motivation.

Instructions:

Gather magazines, images, quotes, and other materials that resonate with your goals, aspirations, and values. Create a vision board by arranging these materials on a poster board or canvas, creating a visual representation of your dreams and aspirations. Include images and words that evoke feelings of empowerment, success, and fulfillment.

Exploring Emotions Through Art: A Path to Self-Awareness

In the initial soft skills classes, students are tasked with expressing their emotions through artwork. This assignment is designed to foster self-awareness and offer insights into their personal emotional perceptions.

Through creative expression, students delve into the nuances of their feelings, gaining a deeper understanding of their emotions. By visually portraying their emotions, they embark on a journey of self-reflection, unraveling the complexities of their inner selves. This exercise promotes personal development and cultivates empathy and understanding towards both themselves and others. Through the medium of art, students discover a potent means of self-expression and introspection, paving the way for heightened emotional intelligence and self-awareness.



SYED IBRAHIM ZAIDI

The Tale of the Rubber Chicken: A Lesson in Laughter and Learning

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In Ms. Mariam's soft skills class, a memorable and amusing moment unfolded during a lesson on communication. Ms. Mariam introduced a mystery box, piquing our curiosity. As we eagerly speculated about its contents, she selected a volunteer to unveil the surprise.

With a mix of nervousness and excitement, the student reached into the box, revealing none other than a rubber chicken! The classroom erupted in laughter, with the unexpected prop adding a touch of humor to the day's proceedings. Yet, amidst the laughter, Ms. Mariam seized the opportunity to impart a valuable lesson on adaptability and maintaining composure in unforeseen circumstances.

Following the laughter-filled episode, the rubber chicken became a symbol of the bond shared among classmates. Its presence served as a lighthearted reminder that learning can be enjoyable and that moments of joy can foster deeper connections within a learning community. We'll always remember the story of the mystery box and the rubber chicken. It was a funny moment that made our class experience even better.



FATIMA KHAWAR

The Crucial Role of Empathy in Building Lasting Relationships

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Empathy, often defined as the ability to understand and share the feelings of others, stands as a cornerstone in the establishment and sustenance of meaningful connections. In today's fast-paced world, where interactions are often brief and communication can feel rushed, the practice of empathy emerges as a vital component in fostering genuine relationships that withstand the test of time.

As noted by psychologist Carl Rogers, genuine empathy entails truly hearing others without imposing judgments or attempting to mold their experiences. This sentiment underscores the essence of empathy; creating a space where individuals feel seen, heard, and valued within their relationships.

Empathy allows individuals to step into the shoes of others, gaining insights into their perspectives, emotions, and experiences. This empathetic understanding forms the bedrock of resilient relationships, fostering mutual respect, compassion, and acceptance.

Active listening, an integral aspect of empathy, involves setting aside distractions and judgments to offer undivided attention and create a safe space for open communication. Psychiatrist M. Scott Peck highlights the significance of active listening in building stronger relationships, emphasizing its role in fostering genuine connections.

In the words of author Maya Angelou, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." This sentiment underscores the profound impact of empathy in shaping the quality of interpersonal connections.

In conclusion, empathy serves as a cornerstone in the cultivation of stronger, more meaningful relationships. By embracing empathy as a guiding principle in interactions, individuals nurture an environment of trust, understanding, and mutual respect, fostering bonds that endure the trials of time and circumstance. As individuals strive to connect with others on a deeper level, they can heed the wisdom of empathy and embrace its transformative power in building richer and more fulfilling relationships.

Dear Counselor: How do I?

Dear Counselor, how do I manage anxiety and worries about the future?

Dear Reader,

Managing anxiety and worries about the future is a common challenge that many people face, and it's completely understandable to feel overwhelmed by uncertainty. As a counselor, I want to assure you that you're not alone in this struggle, and there are strategies that can help you cope more effectively.

Firstly, practicing mindfulness techniques such as deep breathing, meditation, or yoga can help ground you in the present moment and alleviate anxiety about the future. Additionally, it's important to challenge negative thoughts by questioning their validity and considering more balanced perspectives.

Setting realistic goals and focusing on what you can control in the present can also help shift your focus away from worrying about what may or may not happen in the future. Seeking support from friends, family, or a therapist can provide you with additional resources and perspectives to help you navigate your anxiety.

Remember to prioritize self-care and engage in activities that bring you joy and relaxation. With time and effort, you can learn to manage your anxiety and cultivate a greater sense of peace and resilience.

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