

CENTER FOR WELL BEING AND POSITIVE PSYCHOLOGY



YUMNA QURESHI

Coping with Change: Building Resilience and Adaptability in Uncertain Times

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Dear Readers,

In the face of uncertainty, one of the most valuable skills we can cultivate is resilience. As your editor, I am excited to delve into the topic of coping with change and explore strategies for building resilience and adaptability in these challenging times.

Change is an inevitable part of life, yet it often brings feelings of discomfort, fear, and anxiety. Whether it's navigating a career transition, adjusting to a new environment, or facing unexpected challenges, our ability to adapt and bounce back from adversity plays a crucial role in our well-being.

Resilience is not about avoiding or denying difficult emotions; it's about facing them head-on and finding ways to cope effectively. It involves cultivating a mindset of optimism, flexibility, and self-compassion, even in the

midst of uncertainty.

Adaptability, on the other hand, requires us to embrace change as an opportunity for growth and learning. It means being open to new experiences, seeking out creative solutions, and remaining agile in our responses to shifting circumstances.

In times of change, it's essential to prioritize self-care and seek support. Whether it's through mindful practices, connecting with loved ones, or seeking professional guidance.

As we navigate the complexities of change, let us remember that resilience is not a trait reserved for a few; it's a skill that can be developed and strengthened over time. By embracing change with courage and resilience, we can not only weather the storms of uncertainty but emerge stronger and more resilient than ever before.

4. Bonus Compliment:

One of the easiest ways of giving effective compliment is to recall something that the other person has said, or done something noteworthy that made a lasting impression on you.

5. Relayed Compliment:

A compliment that is conveyed to you by someone who heard someone else saying positive words about you.

6. Un-expected compliment:

Another important form of compliment in people's lives is when you offer positive feedback unexpectedly. It makes people immensely happy when we point out and praise the unadvertised facets of their personality.

In essence, giving and receiving praise and compliments is such a rare occurrence that it's truly delightful. However, we shouldn't always have to get this constant affirmation from the outside. It is important to become aware of our own abilities, strengths, assets and liabilities so that we can accurately and sincerely appraise ourselves, when others have missed the golden chance to acknowledge us.

This Award is for YOU! Lecturer of the Month:

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Ms. Ayesha Haider's dedication, passion, and expertise have left an indelible mark on our center, enriching the lives of both students and staff alike.

Not only does Ms. Haider excel in her role as a lecturer, but she also serves as the Head Counselor at our Center, demonstrating her unwavering commitment to the holistic well-being of our community. Her compassionate approach and genuine care for each individual have created a supportive environment where students feel valued and empowered.

Her tireless efforts in promoting mental health awareness and providing counseling support have made a significant impact on our campus culture, fostering a sense of belonging and resilience among our community members. Additionally, her cooperative and helpful nature further enhances her invaluable contributions to our center, embodying the spirit of teamwork and support.

On behalf of the entire staff, I extend my heartfelt gratitude to Ms. Ayesha Haider for her outstanding contributions to our center. Congratulations, Ms. Haider, on being recognized as our Lecturer of the Month.



PROF. DR. SHABBIR AHMAD RANA

The Art of Giving Compliments (Part-II)

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Compliment is probably the most useful tool for nurturing relationships, yet today genuine praise faces the risk of becoming tarnished through its misuse in the form of flattery and its lack of circulation in the modern society.

An honest word of praise—commendation—compliment can turn a bleak morning into a sunny afternoon by nourishing the spirit and the body as efficiently as a prayer or vitamins. In order to live happily what people want from others is "a little attention and few words of praise", but in doing so honesty and sincerity is essential.

Thought and subtlety often combine to produce effective compliments. The best compliment is that which reinforces our sense of personal identity. Everyone is unique and hence we must cherish and celebrate every individual's distinct qualities which sets them apart from each other. Each individual possesses both positive and negative aspects within their personality. It depends upon us that what we are looking for. Offering praise requires nothing from the giver except a brief moment of consideration and effort, yet the rewards are dividend. Something good can be said about everyone. We only have

to look for it.

The following tips can help you to give effective compliments.

1. Don't Exceed:

Whenever you compliment someone, you must not exceed a given range of compliments even if they are well intended. If you will praise too much that person will think or say: "That's not me; that making an individual feel like a phoney".

2. Indirect Compliment:

Direct praise and compliment to many is just like sunlight in summer that makes them uncomfortable. In our lives, one way or another, every individual has been a victim of unsolicited criticism. Therefore, while it not only creates a trust deficit towards our surroundings but engenders a discomfort when complimented, as it appears either a hoax or a lie.

3. Timings:

On the other hand, learn to compliment people at the right time. Complimenting an individual at the right time can elevate a downtrodden spirit while complimenting at the wrong hour can overwhelm a person. Therefore, the entire essence of compliment becomes ineffective.



AYESHA PERVEZ

POSITIVE PSYCHOLOGY AND SENSE OF ACHIEVEMENT

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“Did you once have a grand plan which has become obsolete and no longer serves you? If there are areas in your life which must change to help you create better results, a redesign may be in order. Consider going back to the ‘drawing board’ to deconstruct what isn’t working and start anew.”

Susan C. Young

Achievement is often discussed among individuals, but usually only in the terms of who gets the highest grades or who performed best in his/her task. For different individuals, success and achievement can take many forms. Setting clear goals in developing and persevering will allow us to focus more on our own progress and develop a stronger sense of well-being.

In positive psychology, achievement implies more than just getting the highest score. Individuals will feel a sense of accomplishment when they can see their own progress in learning and mastering a subject or skill. To accomplish this, a redefinition of success and achievement is required to shift the emphasis away from getting the highest marks on any task to self-satisfaction. For example, completing a difficult task is an achievement, whether or not you receive the highest marks; it is an achievement just to complete that task.

It is vital for individuals to set personal goals for their achievements. These goals should align with one’s capabilities, interests, and skills.

Setting unrealistic goals can lead to disappointment, while setting goals according to one’s potential enhances interest and boosts motivation. To set these goals and understand one’s capabilities, soft skills training is essential (Soft skills are non-technical attributes that relate to how people work).

Soft skills are in fact healthy supporters of communication and performance. They are recognized as connectors that build the gap and bridge relationships among people, enriched productivity and performance.

Soft skills reduce the gaps across various departments in an organization, thus promoting effective communication and performance. Positive psychology focuses on topics that are included in soft skills training such as achievement, life satisfaction, happiness etc.

Hence, achievement is not limited to performing your best; it is also about how you celebrate each accomplishment or success.

Empirical Research: "The Impact of Gratitude Journaling on Mental Well-being of College Students"

Research Question:

Does regular gratitude journaling affect the mental well-being of college students?

Statistical Findings

- According to a study published in the Journal of Happiness Studies, individuals who engaged in gratitude journaling reported higher levels of life satisfaction and positive affect (Emmons & McCullough, 2003).
- Another study in the Journal of Positive Psychology found that gratitude journaling was associated with reduced symptoms of depression and increased levels of happiness in college students (Seligman et al., 2005).
- Research published in Psychological Science

demonstrated that individuals who kept a gratitude journal for just three weeks experienced significant increases in optimism and positive mood compared to those who did not (Lyubomirsky et al., 2005).

- A meta-analysis of 39 studies, published in Clinical Psychology Review, concluded that practicing gratitude was consistently associated with greater psychological well-being, including reduced symptoms of depression and anxiety (Wood et al., 2010).

These statistics provide empirical evidence supporting the potential benefits of gratitude journaling on mental well-being, which could be further investigated through a longitudinal study focusing on college students.



MAHTAB CHEEMA

Student’s Testimonial

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and challenges. Their guidance has been invaluable in helping me navigate the ups and downs of my academic life. From managing stress to coping with personal issues, the Well-Being Center has equipped me with the tools and resources I need to thrive. I am immensely grateful for the unwaver-

The Well-Being Center at IAC has been my safe place at the university where I feel understood and supported. The counselors are incredibly empathetic and approachable, creating a safe space where I can openly discuss my concerns

ing support I've received from the Well-Being Center team. It's truly a pillar of strength for students like me, and I cannot imagine my university life without it.

MARIAM KHAWAR

Hope, Optimism and Positive Psychology

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“The aim of positive psychology is to begin to catalyze a change in the focus of psychology from preoccupation only with repairing the worst things in life to also building positive qualities.”

Seligman & Csikszentmihalyi



The soft skill that assists individuals in adopting positive mindsets in their personal and professional lives is optimism. The "glass-half-full" metaphor is the most commonly used to explain optimism. Optimism is a mental state marked by hope and confidence in success and a bright future. Optimists anticipate positive outcomes, whereas pessimists anticipate negative outcomes. Optimism is the key to maximize one’s success while minimizing his/her failures. It's beneficial to look honestly at your shortcomings, so you can work on them, but focusing on your strengths can never hurt. Keep in mind that the more you practice challenging your thought patterns, the more automatic it'll become.

Positive and negative expectations for the future are crucial in realizing the vulnerability to psychological problems as well as physical illness. Negative events tend to roll off your back, whereas positive events reinforce your belief in yourself, your ability to make good things happen now and, in the future, and in the goodness of life. There is a significant positive relationship between optimism and coping strategies that emphasize social support and the positive aspects of stressful situations. Optimism can have a significant impact on mental and physical well-being. Promoting a healthy lifestyle, adaptive behaviours and cognitive responses associated with greater flexibility can therefore develop problem solving ability.

Hope is a construct which closely relates to optimism, although the two are not identical. Rick Snyder, one of the leading specialists in hope, represents it as an ability to conceptualize goals, find pathways to these goals despite obstacles and have the motivation to use those pathways. To put it more simply, we feel hope if we know what we want, we can think of a range of ways to get there and to start or keep on going.

It's not hard to guess that being hopeful brings about many benefits. For example, we know that hope buffers against interfering, self-deprecatory thoughts and negative emotions, and is critical for psychological health. In the domain of physical health, we know that people who are hopeful focus more on the prevention of diseases (e.g. through exercising). Overall, Individuals with higher levels of hope

are more successful in their performance. This means they are more optimistic regarding their future and that they see hope as a goal-pursuit thinking that causes motivation.



BOOK RECOMMENDATION

Authentic Happiness

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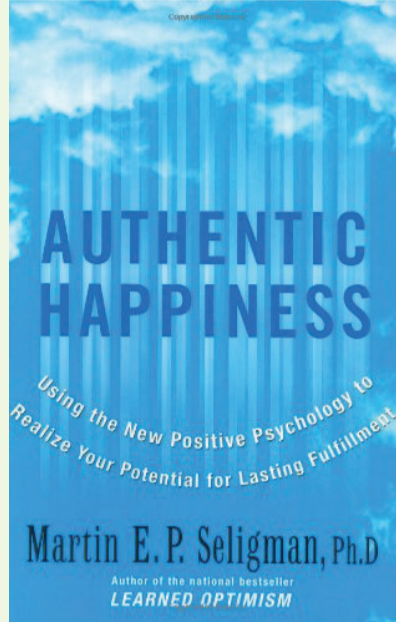
"Authentic Happiness" by Martin Seligman offers a profound exploration of positive psychology, advocating for a deeper, more meaningful form of well-being. Seligman challenges conventional views of happiness, urging readers to seek "authentic happiness" rooted in purpose, meaning, and fulfillment.

The book presents a wealth of research and practical strategies to help readers cultivate genuine happiness in their lives. Seligman emphasizes the importance of fostering positive emotions, engaging in meaningful activities, and leveraging personal strengths. Through accessible language and relatable examples, he guides readers on a journey of self-discovery and growth.

What sets "Authentic Happiness" apart is its holistic approach to well-being, addressing not only individual happiness but also broader questions about the human condition. Seligman explores the interplay between genetics, environment, and personal choices, offering insights that are both enlightening and empowering.

While some may find Seligman's optimism overly simplistic, his balanced perspective acknowledges the complexities of human experience. By blending scientific evidence with philosophical reflections, "Authentic Happiness" invites readers to reflect deeply on their own lives and aspirations.

In summary, "Authentic Happiness" is a thought-provoking and practical guide to unlocking the secrets of genuine well-being. Seligman's insights offer valuable tools for anyone seeking a more meaningful and fulfilling life.



Encouraging participants to contemplate the question, "What defines Leadership?" Habibullah ignited compelling dialogue that prompted attendees to explore their comprehension of leadership principles. Throughout the session, Mr. Habibullah emphasized the importance of adaptability in navigating change, resonating with many in the audience.

An interactive segment encouraged participants to share their professional aspirations, prompting active engagement and self-reflection within the group. This exercise facilitated personal reflection and contributed to a more dynamic learning environment.

A highlight of the session occurred when a participant questioned the complexities of the human mind, sparking a discussion on human qualities versus artificial intelligence. This exchange showcased the diversity of perspectives within the group and enriched the overall dialogue.

Mr. Habibullah also underscored the significance of teamwork by encouraging the use of "we" over "I" in the workplace. This emphasis on collective effort aligned with the discussion on performance, effort, and dedication as crucial factors for professional growth.

Overall, Habibullah's session provided valuable insights into performance enhancement principles and teamwork dynamics, fostering a dynamic environment of learning and exploration among participants.

MINAHIL JAVEED

Tumbling Towers: A Lesson in Leadership and Laughter

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AQSA SHABBIR

Message from the Counselor's Desk:

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Dear Students,

In the hustle and bustle of university life, I want to remind each of you to prioritize your well-being. Balancing academics, personal growth, and social commitments can be challenging, and it's crucial to pay attention to your mental and emotional health. Take moments for self-care, connect with your support network, and seek help when needed. Remember that you're not alone in facing the ups and downs of university life, and reaching out for support is a sign of strength, not weakness. As your counselor, I'm here to listen, guide, and support you on your journey. Let's work together to foster a positive and nurturing environment for your academic and personal success.

Your Counselor,
Aqsa Shabbir



In our soft skills class, we were assigned a task centered around the theme of leadership. Divided into groups, our challenge was to construct towers using paper cups, aiming for height and speed. The team with the tallest tower and the fastest time would claim victory. Amidst the flurry of cups and laughter, strategies were devised, roles were assigned, and the race against the clock began. Some teams opted for meticulous planning, while others relied on spontaneity and creativity.

After dedicated efforts, each group proudly displayed their towers on the table. However, amidst the excitement, a sudden jolt caused by a classmate accidentally hitting the table resulted in a cascade of collapsing towers. Despite the initial shock, the classroom erupted into laughter at the unexpected turn of events.

The incident served as a lighthearted reminder of the unpredictability of group activities and the importance of maintaining a sense of humor in the face of setbacks. Ultimately, while the towers may have fallen, the laughter and camaraderie that ensued highlighted the true essence of teamwork and shared experiences in our learning journey.

Performance Enhancement Insights from the Faculty Development Program Session



During the recent session of the Center for Well-Being and Positive Psychology's Faculty Development Program, Performance Coach, Mr. Habibullah shed light on the topic of Performance Enhancement.

All the participants were invited to explore the essence of leadership. Mr. Habibullah initiated the session with a recitation from the Holy Quran, setting a contemplative tone for the discussion ahead.



ANUM AZHAR

The Impact of Morning Routines on Productivity

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“A well-spent morning brings a day of content”

In the quest for enhanced productivity and personal efficiency, the importance of morning routines emerges as a pivotal aspect of daily life. As Ralph Waldo Emerson once said, "The first hour of the morning is the rudder of the day." This statement highlights the profound impact that the start of our day can have on our overall performance and well-being.

Research into the domain of productivity underscores the significance of establishing a consistent morning routine. A study published in the American Psychological Association highlights that individuals with a regular morning routine exhibit higher levels of productivity, lower stress levels, and an enhanced sense of well-being compared to those who haphazardly start their days. The routine does not necessarily have to be complex or time-consuming; even simple actions, such as making the bed or a brief session of morning meditation, can set a positive tone for the day ahead.

Moreover, the psychological concept of "decision fatigue," as popularized by social psychologist Roy F. Baumeister, further supports the importance of morning routines. By minimizing the number of decisions, one has to make upon waking up, a set routine frees up mental energy for more critical tasks throughout the day.

Incorporating an effective morning routine requires identifying activities that resonate personally and contribute to a sense of well-being and preparedness for the day. For some, this may involve physical exercise to invigorate the body and mind. A 2019 study in the British Journal of Sports Medicine found that morning exercise not only improves attention, visual learning, and decision-making but also promotes better mood throughout the day.

For others, morning routines might focus more on mindfulness or planning activities. Engaging in meditation, journaling, or simply planning the day's tasks can help achieve a focused and calm mindset. Entrepreneur and author Tim Ferris advocates for a morning routine that includes journaling and planning as a means to "win the morning and win the day." While the backbone of morning routines is consistency, the most effective ones are personalized. As psychologist and productivity expert Dr. Michael Brue's notes, "The key to a successful morning routine is knowing what works for you. What energizes one person may not necessarily energize another."

This personalization extends to understanding one's biological clock which influences the optimal time for waking up, exercising, and engaging in productive work.

In conclusion, the power of a morning routine cannot be understated. As we navigate the complexities of modern life, establishing a morning routine that aligns with our personal and professional goals can be a transformative step towards achieving greater productivity and well-being. As the saying goes, "A well-spent morning brings a day of content," reminding us that the key to a productive day lies in how we choose to begin it.

Reader's Activity:

Activity:

Reflective Letter Writing

Key Words:

Self-reflection, Healing, Acceptance, Growth

Time: 30-60 minutes

Goal: To confront and process past regrets or mistakes in a constructive and healing manner. By writing a letter to yourself, you create an opportunity for self-reflection, acceptance, and growth. Expressing your feelings and thoughts about past events allows you to release pent-up emotions and gain insight into your experiences.

Instructions: Set aside uninterrupted time to write a letter to yourself. Begin by reflecting on what weighs on your mind. Describe how you feel about what happened, acknowledging any pain, disappointment, or guilt. Be honest and compassionate with yourself. Allow yourself to express any emotions that arise without judgment.

After writing the letter, take a moment to read it aloud to yourself. Notice any emotions that surface as you read your words. Consider what insights or lessons you can glean from the experience. Remind yourself that it's okay to make mistakes and that growth often comes from facing challenges and setbacks. Finally, choose to release any lingering negativity or self-blame, knowing that you have the power to learn, heal, and move forward with compassion and resilience.

Dear Counselor: How do I?

Dear Counselor, how do I identify and challenge negative thought patterns or beliefs?

Dear Reader,

Identifying and challenging negative thought patterns or beliefs is an important aspect of cognitive-behavioral therapy, which we can explore together. Start by becoming more aware of your thoughts and the emotions they trigger. Notice when you feel anxious, sad, or angry, and try to identify the thoughts that precede these feelings.

Once you've identified a negative thought pattern, question its validity. Ask yourself if there is evidence to support this thought or if there are alternative explanations. Challenge the thought by considering whether it's helpful or realistic. Replace negative thoughts with more balanced or positive alternatives.

For instance, if you catch yourself thinking "I'll never succeed," challenge it by acknowledging past accomplishments or considering what steps you can take toward success. Over time, practicing this process can help weaken negative thought patterns and cultivate a more positive mindset.

Remember, it's a gradual process, so be patient with yourself as you work to change ingrained beliefs.

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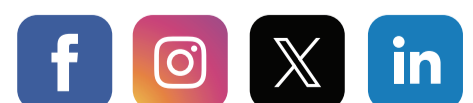
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