

CENTER FOR WELL BEING AND POSITIVE PSYCHOLOGY



Cultivating Resilience: Growing Together Through Life's Challenges

BY EDITOR: YUMNA.QURESHI@IAC.EDU.PK

As we navigate through the highs and lows of life, we inevitably face rough patches that put our resilience and inner strength to test. Today, I invite you to embark on a journey with me, one that explores the art of cultivating resilience in the face of these challenging times.

Resilience, an elusive yet essential quality, is not a trait one is simply born with; rather, a skill that we can foster and develop. In times of uncertainty and adversity, our resilience becomes a guiding light, offering a steadfast foundation upon which we can build our strength.

Picture resilience as a garden within us, one that requires intentional care and cultivation. Like any garden, it thrives when tended to with mindfulness and purpose.

One vital aspect is the acknowledgment of our emotions. In embracing our feelings, we lay the groundwork for resilience. Equally crucial is the power of perspective. Resilience often sprouts from our ability to reframe challenges as opportunities for growth. The adversity we face today might just be the fertile ground for tomorrow's strength. It's a shift in mindset that transforms obstacles into stepping stones, paving the way for personal evolution.

Community too, plays a pivotal role in this resilience cultivation. In challenging times, the support of those around us becomes a wellspring of strength. Sharing our burdens, seeking solace in connection, and offering support in return create a resilient network that sustains us through turbulent times.

Dear readers, let us embark on this exploration together, cultivating resilience as a shared endeavor. May our collective resilience flourish like a garden in full bloom.



AMNA SALEEM

This Award is for YOU! Counselor of the Month

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Ms. Amna has exemplified exceptional compassion and dedication in her role, standing out as one of the most empathetic counselors within our community.

Ms. Amna's unique ability to listen attentively provides students with a safe space to express their thoughts and concerns openly. Her genuine interest and commitment to understanding the students' perspectives create an environment where they feel heard and supported.

In her role as a counselor, Ms. Amna goes above and beyond, offering guidance and being a consistent presence for students in times of need. Her unwavering commitment to their well-being truly makes a positive impact on their academic and personal journeys.

Additionally, as a Soft Skills lecturer, Ms. Amna's lectures are not just informative but also inspiring. Her wealth of knowledge is complemented by a genuine desire to see students grow not only academically but also in their interpersonal skills. She seamlessly integrates compassion into her teachings, fostering an environment where students can flourish.

We express our sincere gratitude to Ms. Amna for her outstanding contributions to our community. Her dedication to nurture both the academic and emotional growth of our students truly makes her a deserving recipient of the Counselor of the Month award.

We are confident that Ms. Amna Saleem's unwavering commitment to the well being and growth of our students will continue to leave an incredible mark on our educational community. May her ongoing journey as a counselor and Soft Skills lecturer be as rewarding and fulfilling as the positive impact she has made on the life of others.

Congratulations once again, Ms. Amna!



Embracing Positive Change Welcoming Prof. Dr. Shabbir Rana as New Faculty Member of the Center for Well-Being and Positive Psychology

It is with great pleasure and excitement that we announce the newest addition to our family, Prof. Dr. Shabbir Rana, who has joined us as the new faculty member of the Center for Well-Being and Positive Psychology.

We extend a warm welcome to Prof. Dr. Shabbir Rana, whose wealth of experience and expertise in the field promises to elevate our center to new heights. We are thrilled to have him on board and look forward to the positive impact his addition will undoubtedly bring to our community.

The faculty of the Center for Well-Being and Positive Psychology expresses its enthusiasm for this new chapter and eagerly anticipates the collaborative efforts that will undoubtedly contribute towards the growth and success of our center.

Prof. Dr. Shabbir Rana, we are confident that your skills and dedication will greatly benefit our shared mission of fostering well-being and positive psychology. Your presence is a valuable addition to our team, and we are eager to embark on this journey together.



Mind Matters: Unveiling Insights on 'Me Time' and 'Self-Love' with the Center for Well-Being and Positive Psychology

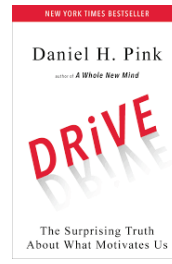
The Center for Well-Being and Positive Psychology in collaboration with Mr. Urooj Samdhani, HOD, Film and TV Department of School of Digital and Cinematic Art is excited to announce the launch of a new YouTube show named "Mind Matters." Join us on the channel for the debut episode, featuring a conversation between Ms. Amna and Ms. Mahwish, two clinical psychologists, from the Center, delving into the themes of "Me Time" and "Self-Love." Don't miss out on this insightful dialogue!



AQSA SHABBIR

Book Recommendation: Drive: The Surprising Truth about What Motivates Us

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“Human beings have an innate inner drive to be autonomous, self-determined, and connected to one another. And when that drive is liberated, people achieve more and live richer lives.”

Daniel Pink

"Drive" by Daniel Pink delves into the psychology of motivation, challenging traditional views and introducing three main concepts: autonomy, mastery, and purpose. Pink argues that these elements are essential for fostering intrinsic motivation and achieving higher performance.

Autonomy is the desire to direct our own lives. Pink emphasizes the importance of giving individuals the freedom to make choices, fostering creativity and ownership. Mastery involves the pursuit of continuous improvement and the satisfaction of becoming better at something. Purpose, the third element, is the desire to contribute to something greater than oneself, linking personal endeavors to a larger meaning.

Quoting Pink, "Control leads to compliance; autonomy leads to engagement." This encapsulates the core idea that autonomy, allowing individuals to have control over their work, leads to a more engaged and motivated workforce. Another notable quote is, "The richest experiences in our lives aren't when we're clamoring for validation from others, but when we're listening to our own voice." This underscores the importance of intrinsic motivation and personal fulfillment.

"Drive" is a thought-provoking book that challenges conventional wisdom about motivation. By highlighting the importance of autonomy, mastery, and purpose, Daniel Pink provides a roadmap for fostering a more motivated and engaged workforce. Whether you're a business leader, educator, or someone seeking personal development, this book offers valuable insights into what truly drives human behavior.

of Health (NIH) recognizes the importance of emotional well-being, emphasizing its impact on daily functioning. Interestingly, this perspective echoes the World Health Organization's comprehensive definition of health, dating back to 1947, which identifies health as a state of complete physical, mental, and social well-being.

According to the NIH, emotional well-being is not merely a subjective experience; it holds tangible consequences for how individuals navigate and perform their daily tasks. This acknowledgment underscores the interconnectedness of emotional health with overall functionality. Beyond the absence of disease, a person's emotional state significantly influences their ability to engage with the world, make decisions, and foster meaningful connections with others.

As we age, the interplay between psychological well-being and health becomes even more evident. Psychological well-being is a multidimensional concept, comprising evaluative well-being, hedonic well-being, and eudemonic well-being. Evaluative well-being pertains to life satisfaction, hedonic well-being involves our emotional experiences, and eudemonic well-being relates to finding purpose and meaning in life. These dimensions are not isolated; they weave together to influence overall health, particularly in older age groups.



FIZA IJAZ

Student Testimonial

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AYESHA PERVEZ

The Path to Happiness: Embracing Struggles as Catalysts for Growth

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The Center for Well Being at IAC has proven to be an invaluable sanctuary for students navigating the complexities of university and personal life. It serves as a safe haven where students can openly discuss their daily challenges with trusted counselors. The Well Being Center goes beyond the traditional academic role, actively supporting students in managing stress and overcoming various hurdles they encounter. The counselors are not just available but approachable, always ready to lend a helping hand. Their attentive listening and personalized guidance equip students with practical tools to effectively tackle the issues they face. The Well Being Center is undeniably a pillar of support, fostering a nurturing environment for students to thrive.

In my opinion all educational institutions must integrate well-being centers, acknowledging them as essential resources in cultivating a supportive environment that is vital for the holistic growth and success of students.

“Problems are a part of life. They will always be there. Don't focus on the problems, focus on the lessons they teach you.”

Nouman Ali Khan

Life can be tough sometimes. It throws problems at us that seem really hard to handle. But you know what? Facing these problems can actually help us find happiness in the end.

When we go through tough times, it's like a test. It makes us stronger and helps us learn important things. Imagine someone having money problems. It's really stressful and tough. But dealing with this teaches them how to manage money better. They become more creative in finding solutions and learn to appreciate success more. In the end, they not only fix their money problems but also feel really proud of themselves.

Relationships can also be hard. Arguments and disputes can make us really sad. But going through these tough times helps us understand ourselves and others better. It helps us build better and happier relationships in the future.

Sometimes, our jobs don't go well. We might fail or face big challenges. But these tough times



RIDA BIBI

Emotional Well-being and its Relation to Health

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"In the tapestry of life, Emotional well-being weaves the threads of happiness, purpose, and good health into a masterpiece."

Anonymous

In the pursuit of overall wellness, one cannot overlook the integral role that emotional well-being plays in shaping our lives. This aspect of health, often underestimated, has profound implications on our outlook, relationships, and, perhaps most significantly, our physical well-being. The National Institutes

teach us how to keep trying and adapt. We learn new things and discover what we're really good at. So, even though it's tough, it leads us to better jobs that makes us happier in the end.

Happiness isn't just about not having any problems. It's about facing the problems and learning from them. Every problem we face ends up teaching us something important. These tough times make us stronger, kinder, and more aware of ourselves.

Life is like a big storybook, and problems are like the exciting parts that make the story interesting. They help us grow and change into better people. So, when life gets tough, remember, it's just a stepping stone to finding real happiness.

“
"The true mark of a believer is when you find strength in your struggles, peace in your prayers, and comfort in your faith."
”

Mufti Menk



AYESHA HAIDER
**Embrace Change,
Boost Well-Being:
The Adaptive
Mindset Revolution**
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Adaptability, a key quality in navigating life's twists and turns, significantly influences individuals' daily experiences. Picture it as a superpower that helps you handle surprises and adjust to changes smoothly. When life throws unexpected challenges, adaptable people don't get confused; they find new ways to tackle problems.

This flexibility isn't just about coping; it's a game-changer. Adaptable individuals have a unique ability to stay cool under pressure, figuring out solutions and keeping a sense of control. This adaptability also brings a positive impact on emotions, reducing stress and boosting overall well-being.

Think of it as a toolbox for life – being adaptable means you're always ready to learn and add new tools. This approach becomes especially handy in both work and personal life. At work, it might open doors to new opportunities, while in personal life, it helps maintain a positive outlook even when things are uncertain.

In a nutshell, adaptability is more than just a skill; it's a mindset that empowers you to steer your life with confidence, even when the road is a bit bumpy. So, embrace adaptability as your ally in this journey of life, making every twist and turn a chance to grow and thrive.

It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.

Charles Darwin

Cultivating Cultural Responsiveness: Insights from the Faculty Development Program Session



Dedicated faculty posing at the end of a successful Faculty Development Program Session.



Ms. Sameeha shedding light on the topic of Cultivating Cultural Responsiveness in teaching

During the recent session of the Center for Well-Being and Positive Psychology's Faculty Development Program, Ms. Sameeha from the School of Digital and Cinematic Art shed light on the essential topic of cultivating cultural responsiveness in teaching. Her presentation was thoughtfully organized into two segments: the "Do's" and "Don'ts." Under the "Do's," Ms. Sameeha emphasized the importance of values such as punctuality, truth, trust, honesty, loyalty, sincerity, responsibility, sympathy, empathy, and supporting and adapting to change. On the other side, the "Don'ts" included recommendations to steer clear of manipulation, backbiting, leg-pulling, comparison, jealousy, and rage. Ms. Sameeha encouraged a professional approach, suggesting that ignoring negative behaviors and aligning our actions with these guidelines is crucial for deriving genuine benefits from the Faculty Development Program.

Ms. Sameeha not only provided insights on cultural responsiveness but also shared her experiences from RUBIKA France. She highlighted the punctuality of teachers at RUBIKA, emphasizing their strict adherence to rules and regulations. Teachers at RUBIKA are dedicated to their classes, prioritizing uninterrupted teaching time. Ms. Sameeha commended their commitment, noting that they don't leave the classroom for any reason, ensuring a focused learning environment. She also praised the teachers' proactive approach in taking initiatives to assist and support every student, maintaining a conducive atmosphere for learning.

Food for thought

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"The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."
”

William James

Fostering Collaboration: Exploring New Avenues with Enablers for Professional Development

The Center for Well-Being and Positive Psychology recently engaged in a productive meeting with representatives from Enablers. In this collaborative session, the Enablers team proposed an initiative where the Center would conduct specialized sessions to elevate the professionalism of their team by focusing on the development of essential soft skills as the center is already successfully teaching specialized soft skills courses at IAC. Moreover, they put forth the idea of introducing concise freelancing courses at IAC, tailored to cater to students' interests and aligned with practical skills for online earning.



Faculty of Center for Well Being and Positive Psychology pictured alongside the delegation from Enablers

Both parties also shared a mutual interest in co-creating a comprehensive course that combines soft skills with freelancing. Recognizing the importance of communication skills, there was a specific proposal to develop a course addressing this area, aimed at enhancing the communication proficiency of women managing small businesses or engaging in online platforms, facilitating smoother interactions with clients.

The Center for Well-Being and Positive Psychology expressed genuine enthusiasm for Enablers' proposals and looks forward to future collaborative endeavors.



ALI HASSAN

Fostering Leadership Through Focus: A Memorable Soft Skills Activity

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In a soft skills and personality development class led by Ms. Aqsa, I was tasked with organizing an activity centered around leadership. Excitement filled the room as I introduced a unique exercise requiring students to stand facing each other with a cup placed in between. The objective was simple: focus on the cup. Participants were directed to touch various parts of their bodies, and when the word "cup" was uttered, they had to grab it. The one holding the cup at that moment would be declared the winner.

This interactive activity not only brought laughter and enjoyment but also left us with lasting memories. The choice of this exercise was intentional, aiming to highlight the importance of focus and goal-oriented behavior in leadership. By navigating the challenges of the task, students experienced firsthand the qualities necessary for effective leadership. The positive atmosphere created during the activity fostered a sense of camaraderie and teamwork amongst the participants, contributing to an overall enriching experience.

Exploring Emotions Through Expression: A Soft Skills Journey



In the Introduction to Soft Skills course, students are assigned an important task centered around the recognition of emotions within their surroundings. The task involves creating personalized emotion journals where students keenly observe, identify, and express their feelings through pictures captured from their immediate environment. This activity not only fosters emotional intelligence but also cultivates an awareness of the subtle nuances of human emotions in diverse settings. By documenting their emotional experiences through visual storytelling, students enhance their ability to perceive and understand emotions, both in themselves and others. The journals serve as reflective tools, encouraging students to develop a deeper connection with their emotional landscape while honing their soft skills in observation, interpretation, and expression. This innovative approach integrates practical application with theoretical learning, providing students with a holistic understanding of the pivotal role emotions play in effective communication and interpersonal relationships

READERS ACTIVITY

Affirmation Mirror Exercise

Keywords:

Positivity, Self-affirmation, Empowerment, Reflection

Time: 10 minutes

Goal:

Foster self-empowerment, enhance self-esteem, and cultivate a positive mindset. This simple yet impactful exercise encourages participants to internalize affirmations, promoting a more optimistic and resilient outlook on themselves and their abilities.

Instructions:

Stand in front of a mirror, take a deep breath, and maintain eye contact with yourself. Repeat positive affirmations aloud, focusing on self-love, strengths, and resilience. Use phrases like "I am capable," "I embrace challenges," or "I radiate confidence." Feel free to customize affirmations based on personal goals.

Dear Counselor: How do I?

Dear Counselor,
what strategies can I employ to foster greater openness to change and adaptability in my life?

Dear Reader,

In fostering greater openness to change and adaptability, incorporating mindfulness practices into your daily routine is key. By staying present and developing a non-judgmental awareness of your thoughts and emotions, you create a foundation for navigating transitions. Additionally, take time to reflect on any limiting beliefs or thought patterns that might impede adaptability.

Challenge and reframe these beliefs to foster a more flexible mindset. Building a supportive network is equally essential; surrounding yourself with friends, family, or colleagues who offer encouragement and diverse perspectives can significantly contribute to your ability to adapt.

Remember, the journey towards greater openness involves gradual shifts, so be patient and compassionate with yourself throughout the process.

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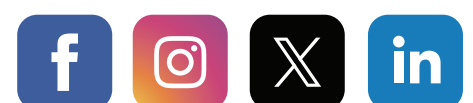
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