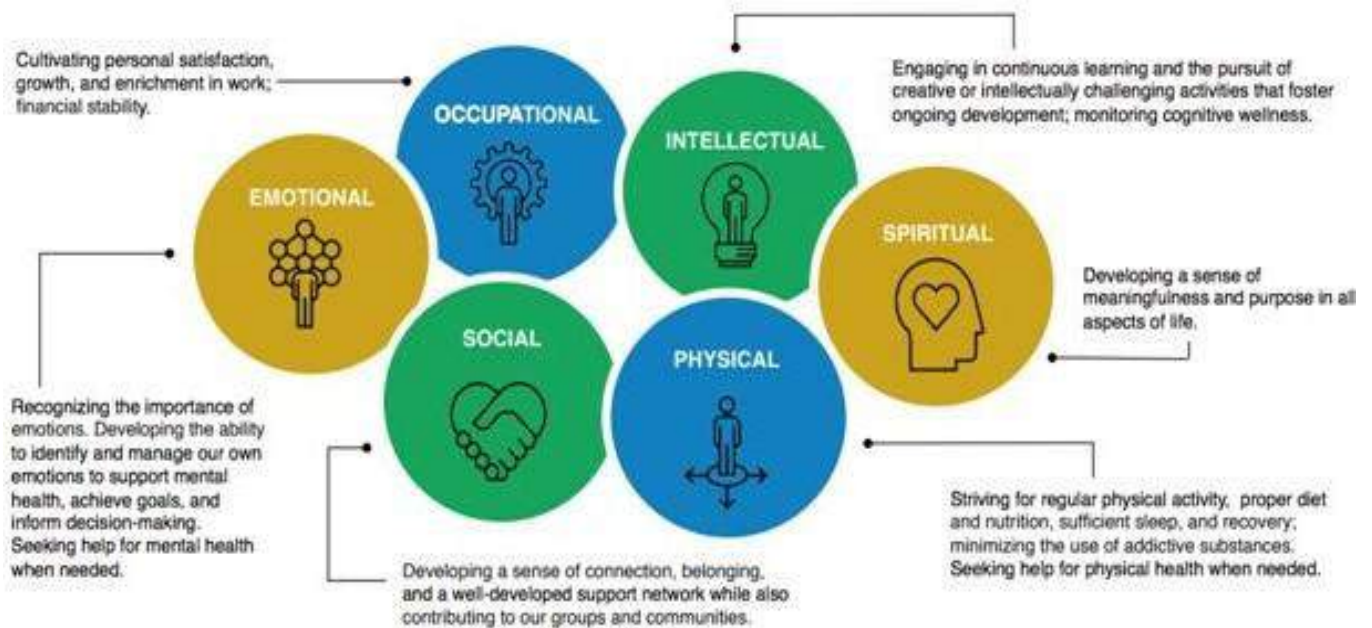


# WELL-BEING

*The state of being comfortable, healthy and happy*

✓ Well-being is not just limited to one particular aspect of living, rather it is a holistic term!

✓ A state of well-being is important to *realise your potentials to the fullest*

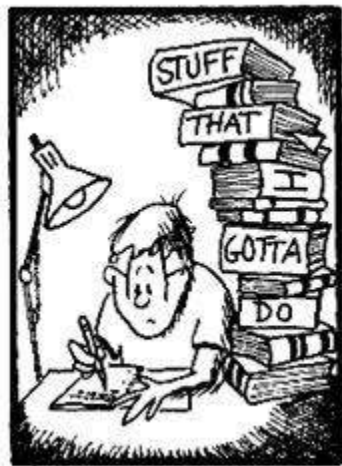


## Challenges to well-being that students face:

- Academic pressure and the constant striving to do better is a part and parcel of any higher educational set-up. Such an environment of competition often results in excessive stress and eventually burn-out.

- Multi-tasking and Time management is an essential requisite to excel the academic and life challenges. However, often the mechanism goes wrong and one is left with a mound of unfinished tasks. This nevertheless becomes a bigger challenge than the initial task at hand!

- Peer pressure to participate in indiscriminate substance use and other maladaptive behaviors lead to dwindling grades and poor control over behavior.



- Interpersonal difficulties and relationship challenges are a common barrier to a balanced social life.

- One seems to have a constant sense of time crunch and nothing seems to be working out on time. This again becomes a source of stress and maladjusted living.

- Improper biological rhythms, staying up all night, poor eating habits, all eventually affect not only academic but also social and emotional functioning and become the cause of more serious mental conditions.

- Signs and symptoms of severe mental illness may appear as a result of poor adjustment to the challenges of higher education and life away from home.

*All these might sound threatening but such issues are very real and can be effectively warded off if managed on time. Here arises the need to seek help and to speak up about concerns that bother you!!*

## Mental Health on the Campus

*The above concerns bring us to the importance of taking care of the mental health of our students and fostering an environment of growth and well-being.*

*Let's talk about mental health!!*

- Overcoming your emotional issues would lead to better performance, balanced life, enriching social relationships and a sense of mental and physical well being well-being.

*Talking about mental health issues is not a weakness. Break the stigma and seek help. We are here to listen.*



# When to seek help?

*There may be times when we are aware we are not our usual self...*



But even though we may realize that, we feel we should be enough to deal with our problem! But the truth is, as we all sick from time to time... it's natural to feel low, anxious, worried, and sad from time to time. *And knowing when to seek help is also strength!!!*

*If the answer to the following is 'YES' then it's time to ask for guidance:*  
*Have you been feeling these from time to time for the past 3-4 weeks?*

- Do you feel low most of the time of the day?
- Do you prefer to remain alone than before?
- Do you feel lack of interest in things that you like?
- Is there a constant worry at the back of your mind?
  
- Have you been feeling lack of motivation in studies lately?
  
- Is your sleep disturbed?
  
- Do you have difficulty is falling asleep?



- Do you wake up tired most of the day?
- Do you feel sudden bouts of anxiety?
- Do you have sudden sweating, palpitations etc?
- Are you being self conscious more than usual?
- Is there any palpitations or stomach ache, gastrointestinal discomfort going on for a long time?
- Are you irritable most of the time?
- Are anger outbursts common?

## Mind Care and Wellness Center

### Institute Counselling Service

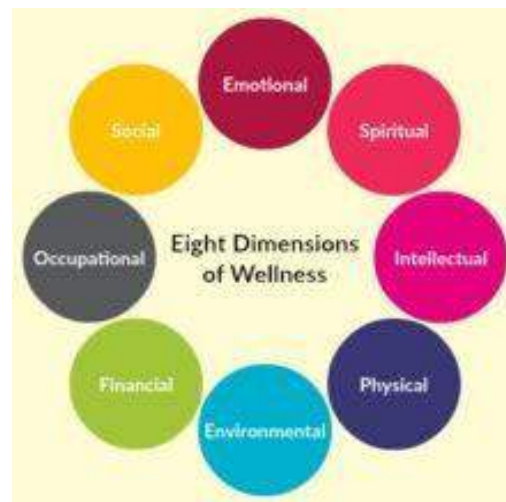
Log on to: <http://www.iiserkol.ac.in/~mcwc/>

Mind Care and Wellness Centre is grounded on the simple philosophy of respect and honour; respecting individuality and honouring diversity, and oriented towards the general physical and mental well-being of the student community at IISER Kolkata, and also the larger body of staff, faculty members and their families. Skilled Psychotherapists, Clinical Psychologists and Counsellors who believe in the strength and resourcefulness of our students, and are dedicated to helping them find resolution for their life difficulties. The focus of therapy is to help our students move forward in life and living by awakening and bringing forth their inner resources for growth, learning and renewed confidence in an environment that is **non-judgemental and confidential**. After taking admission at the Institute, students embark a new journey here where a lot of new parameters might be different and calls for better and newer adjustments. There may be issues related to academics, peers, family issues, issues related to career where the individual might need guidance. **Our mission is to address all the issues and factors leading to feelings of low mood, anxiety, stress, anger, low confidence, lack of motivation etc.** Our mission is to provide guidance to students, scholars and the general

body of stuffs to deal with issues and make better and healthier choices, leading to a healthy mental state.

Concerns of students who seek counselling are as follows:

- Pressure related to academics
- Pressure related to adjustment/difficulty to adjust to new environment
- Transition and change
- Uncertainty about values and goals
- Dealing with new academic pressure and change
- Interpersonal and intrapersonal relationships
- Family concerns
- Issues of grief and loss
- Dealing with lack of motivation
- Stress, depression and anxiety
- Experiencing bullying and dealing with it



# **How to get in touch?**

**Feeling need for counseling? Feeling Stressed? Need guidance?**



Mail: For appointment/ SOS

[lcs.off@iiserkol.ac.in](mailto:lcs.off@iiserkol.ac.in)

[neeraj@iiserkol.ac.in](mailto:neeraj@iiserkol.ac.in)

[anirbangupta220791@iiserkol.ac.in](mailto:anirbangupta220791@iiserkol.ac.in)

SOS <https://yourdost.com>



Days: Monday to Friday

Time: 10:00 AM to 5:30 PM

Venue: Visitors' Hostel, Room No. 308, Mind Care & Wellness Centre

## Some Take-away Notes

- Wellbeing is a physical and psychological aspect
- Knowing when to seek help and asking for guidance is a strength
- All counselling sessions are confidential, we respect individual privacy.
- When feeling blue, do things that give you pleasure, be with people who make you happy.
- In case of guidance MCWC is always available.

**Useful link:**

**Log on to:** <http://www.iiserkol.ac.in/~mcwc/>

**Online Portal:** <https://yourdost.com>