

# NEWSLETTER Q1 2024



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# Updates and News



In this newsletter, we delve into the topic of stress management. With the modern world moving at a rapid pace, it's crucial to equip ourselves with effective strategies to navigate stress and prevent burnout. We'll explore mindfulness techniques, time management tips, and ways to cultivate resilience in the face of challenges.

In everyday life, we feel stress when confronted with difficult life situations. From traffic jams, work stress and to family related stress, we all are at times feeling stressed out. Here are some suggestions to understand stress and deal with it quickly.

Common reactions to a stressful event can include:

- Disbelief (as to how the event has unfolded).
- Feelings of fear, shock, anger, sadness, worry, numbness, or frustration.
- Changes in appetite, energy, desires, and interests.
- Difficulty sleeping or nightmares, concentrating, and making decisions.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, alcohol, and other substances.

These are some of the common reactions to stressful events. The more we delay in dealing with the stress, the more severe these common reactions become.

## **Here are some ways to I manage my stress:**

1. I do not listen to news in the evening.
2. Evening time is to sit down with the family and engage in discussion with children and grand children.
3. A little bit of exercise daily keeps me feeling fit.
4. Listening to music is also relaxing.
5. Reading poetry for me is relaxing.

My suggestion is that everyone can discover their own method of dealing with stress. Engage in activities that you like to do.

## **Client Spotlight: Celebrating Success Stories**

I Worked with a client who was in an abusive relationship. She was able to find the strength to leave her abusive marriage and start a new life. Initially, she was very scared what how will she take care of her

children as she struggled with her financial situation. But, we worked at getting her a new job and now she is able to survive. She told me last week that “I should have taken this decision a long time ago”.

### **Tips to become close to a teenager:**

Teens usually do not sit and talk to their parents. They are often in their own little world. Either they are with their peers or they are on social media. At this age, teens think that they know everything and don't need to listen to their parents.

1. Find out what the teens interests are and become knowledgeable about those interests. For example ...if your teen is interested in basketball, start taking interest in basketball and learn everything about basketball. Basketball will become a 'common ground' for your discussion with your teenager.
2. Ask your teenager about his interests. If your teenager is interested in astronomy, it will be important to find out what you as a parent and your teen can do something together around astronomy.
3. Treat your teen's friends with respect. As parents, you can request his friends to encourage your teen to put in more effort into his/her interests.

These are some of the ways to become closer to your teen.

### **Upcoming Events: Workshops and Seminars**

Mark your calendars for our upcoming workshops and seminars focused on topics such as stress management, emotional intelligence, and building resilience. These interactive sessions provide valuable tools and insights in a supportive environment. Stay tuned for details!

Every Monday, a workshop will be organized by Baldev Mutta which would discuss, fixing marriage, healthy families, positive relationships with children, seeking help with mental health and addiction related issues. These workshops will be streamed on Facebook live from 5 pm to 7 pm (Toronto time).

### **Community Corner: Mental Health Awareness**

As advocates for mental health awareness, we're dedicated to fostering a supportive community. This month, we invite you to join us in spreading awareness and breaking the stigma surrounding mental health. Share your experiences, offer support to others, and let's work together to create a culture of compassion and understanding.

Depression is a mental illness that affects a person's mood—the way a person feels. Mood impacts the way people think about themselves, relate to others, and interact with the world around them. This is more than a 'bad day' or 'feeling blue.' Without supports like treatment, depression can last for a long time.

Signs of depression include feeling sad, worthless, hopeless, guilty, or anxious a lot of the time. Some feel irritable or angry. People lose interest in things they used to enjoy and may withdraw from others.

Depression can make it hard to focus on tasks and remember information. It can be hard to concentrate, learn new things, or make decisions. Depression can change the way people eat and sleep, and many people experience physical health problems.

Age and sex can also impact how people experience depression. Males often experience anger or irritability rather than sadness, which can make depression harder for others to see. Young people and older adults may experience lasting changes in mood that are mistakenly dismissed as a normal part of growing up or of aging.

### **How can we treat depression?**

Depression can be treated by visiting a doctor and a counsellor. Regular exercise, healthy eating and developing routine also seem to help.

Here are some tips for supporting someone you love:

- Learn more about the illness and listen to your loved one so you have a better understanding of their experiences.

- Someone who experiences an episode of depression may want to spend time alone or act out in frustration, and this can hurt other people's feelings. These are just symptoms—it isn't about you.
- Ask your loved one how you can help. Think about practical help with day-to-day tasks, too.
- Make sure your expectations are realistic. Recovery takes time and effort. It means a lot when you recognize your loved one's work towards wellness, regardless of the outcome.
- Make your own boundaries, and talk about behaviour you aren't willing to deal with.
- Seek support for yourself and think about joining a support group for loved ones. If family members are affected by a loved one's illness, consider family counselling.

### **Connect With Us**

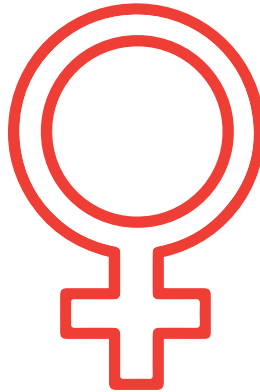
We love hearing from you! Connect with us on social media for daily inspiration, tips, and updates. Don't forget to subscribe to my newsletter to receive the latest news and resources straight to your inbox.

Thank you for being a part of our community. Together, we can empower each other to thrive and lead fulfilling lives.

Warm regards,

**Baldev Mutta**

# International Womens Day



International Women's Day, celebrated on March 8th each year, is a global observance that honors the achievements of women and highlights the ongoing fight for gender equality. It's a day to recognize the contributions of women in all spheres of life, from politics and science to arts and business. More than just a celebration, International Women's Day serves as a powerful reminder of the progress made in advancing women's rights while also acknowledging the work that still needs to be done to achieve true gender parity.

On this day, people around the world come together to amplify the voices of women, advocate for women's rights, and promote initiatives that empower women and girls. It's a time to reflect on the challenges women face, celebrate their achievements, and commit to creating a more inclusive and equitable world for future generations. From raising awareness about gender-based violence to promoting women's leadership and economic empowerment, International Women's Day is a momentous occasion that inspires action and solidarity across borders.





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