



Wellness and Stress Management

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Abstract:

Aim of work

Description: The concept of wellness or complete wellness refers to a completely well rounded human being. It is inclusive of a holistic concept comprising of our mind, body, and soul. However, our wellness can be compromised with the patterns of our faulty lifestyle including stress, faulty diets, sedentary life, smoking and alcoholism. In addition, the pressure to perform, factors related to urbanization, our busy schedules and peer pressure seemingly contributes more to our faulty lifestyle patterns.

Consequently, stress has become a normal part of life for most of us owing majorly to these faulty lifestyle habits. But, if left unmanaged, stress can lead to emotional, psychological and even physical problems, including palpitation, high blood pressure, chest pains and even coronary artery disease. Hence it is essential to identify the sources of stress (stressors), types of stress (Eustress and Distress), causal factors, and symptomatology and learn to deal with it effectively before it impacts ones Heart & Health

Biography:

Dr. Rachna Khanna Singh is a Mental Wellness Expert, and a TEDx Talk speaker, with a medical background & focus on Relationship, Lifestyle & Stress Management, providing Individual, Group, and Corporate Coaching with a strong focus on Hospital and Clinical care. She is currently heading the Department of Holistic Medicine & Wellness at Artemis Hospital, Gurgaon. She is also the Founder and Director of The Mind & Wellness Studio, Delhi & NGO Serve Samman, which aims at empowering children, youth, and women. She has an experience of over 20 years.



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