

International Women's Day Event

13th March 2011

Event report – New Delhi

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Event organized by:



in cooperation with Paycheck India Project @ IIM- A, ITUC, UNI, and
WageIndicator Foundation

Websites

<http://www.paycheck.in>

<http://dfl.wageindicator.org>

<http://www.unitespro.org>

The Decisions For Life team in Delhi marked the importance of the hundredth International Women's Day by organizing a workshop on alternative techniques for stress management for women across industries.

Event: International Women's Day

Day: March 13th, 2011

Venue: IWPC, 5, Windsor Place, Ashoka Road, Delhi - 110001

Timing: 11: 45 AM to 5:00 PM

Participants: 18

The Decisions For Life team in Delhi organized a workshop on stress management using alternative techniques that dealt with procedures such as thought control process, relaxation techniques and hypnosis.

Proprietors Profile:

The workshop was proffered by Dr. Somesh Chadda. He is a PhD in hypnosis and an expert of neurolinguistic programming along with having years of experience with the Time Line therapy and the Sedona method. Dr. Chadda has an experience of 25 years in dealing with stress management issues using alternative techniques.

Participants Profile:

It was a small congregation with participants largely hailing from various professional backgrounds across the eight occupational groups and some students pursuing their specialization degrees, ready to join the workforce and pursue their careers.

Agenda for the Workshop:

Since the workshop was on alternative techniques, it was bound to follow the lines of some experiential exercises and techniques that would form the modus operandi. Thus, based on the design proposed by Dr. Chadda, an agenda for the workshop was carved out. However, there were a few alterations in the same as it was improvised to suit the needs of the proprietor as well as the participants following a few changes in the schedule on the day of the workshop.

AGENDA

11 – 11: 15 – Welcome and Introduction

11: 15 – 12: 30 – Session

- Sharing Workshop objectives
- Capturing Participants' expectations and Learning Needs.
- The Core Sources of Stress: Internal or External?
- How our Responses enhance or reduce stress? A discussion session.

12: 30 – 12: 45 – Tea/Coffee break

- 12: 45 – 2: 00 – Session
Changing Internal Representations (NLP Processes) (Practice Sessions)
- Using Physiology to reduce/remove stress (NLP Processes) (Practice Sessions)
- Preventing Stress from Happening (in known situations) (NLP Processes) (Practice Sessions)
- Reducing Brain Waves to reduce/prevent stress (Self-Hypnosis Process) (Practice Sessions)
- Methods of Reducing Brain Waves (Practice Sessions)

2: 00 – 2: 30 – Lunch Break

2:30 – 4.00: Session

- Visualizing to prevent stress (Self-Hypnosis Process) (Practice Sessions)
- Releasing feelings of anxiety, fear, irritation, anger, sadness, etc (The Sedona Method process) (Practice Sessions)
- Preventing feelings of anxiety, fear, anger, sadness, etc,(The Sedona Method process) (Practice Sessions)
- Learning to make a request to reduce stress in working relationships and at home or social situations (an input from Assertive Communication) (Practice Sessions)

4: 4: 15 – Tea/ Coffee Break

4: 15 – 5: 30 – Session

5: 30 – 6:00 – Open Discussion and Feedback

6:00 – Closing



*"Stress is simply the adaptation
of our bodies and minds to
change."*



Rationale behind the Workshop:

It is said that a Stress is not what happens to us. It's our response *to* what happens. And the *response* is something we can choose.

Stress, as we all know is and will always be an integral part of every working woman's life. A working woman has to not only take care of her work but also that of her household and has to strive to create a perfect balance between these two intricate aspects of her life. It's mostly here and when she has to choose one over the other that she is bound to experience stress and its related woes. Such is the consequence of the reality that is unavoidable and the only solution to its perilous effects is "knowing" how to handle it efficiently.

Thus, on the event of International Women's Day – that is a commemoration of the inherently wondrous proficiencies of women in managing work as well as family and to spread some light on few unconventional, yet extremely effective techniques of dealing with every day hassles experienced by women at work as well as in their personal lives, the 'Decisions For Life' team organized a workshop on "Alternative Techniques for Stress Management".

Preparation for the workshop:

After deciding upon the theme, Dr. Chadda, who has an expertise of 25 years in the field was contacted and was requested to conduct the workshop. On receiving an approval on the same from the Project coordinator, the venue was finalized and the invites were designed. An information booklet containing some reference material in relation to the theme of the workshop was developed and printed. Women across eight occupational groups were invited and their participation was confirmed. Some promotional material like notepads, pens, folders, bookmarks, brochures, and banner were arranged as well.

Proceedings of the workshop and the Key Learnings:

The workshop began and proceeded largely based on the agenda but as aforementioned, it was improvised depending upon the need of the situation and the change of the schedule.

After an initial delay, the workshop began around 11: 45 with an introduction to the objective. With this began a generic interaction with the participants in order to gauge their needs and expectations. Their profile was understood and thus the proprietor progressed with the agenda in place.

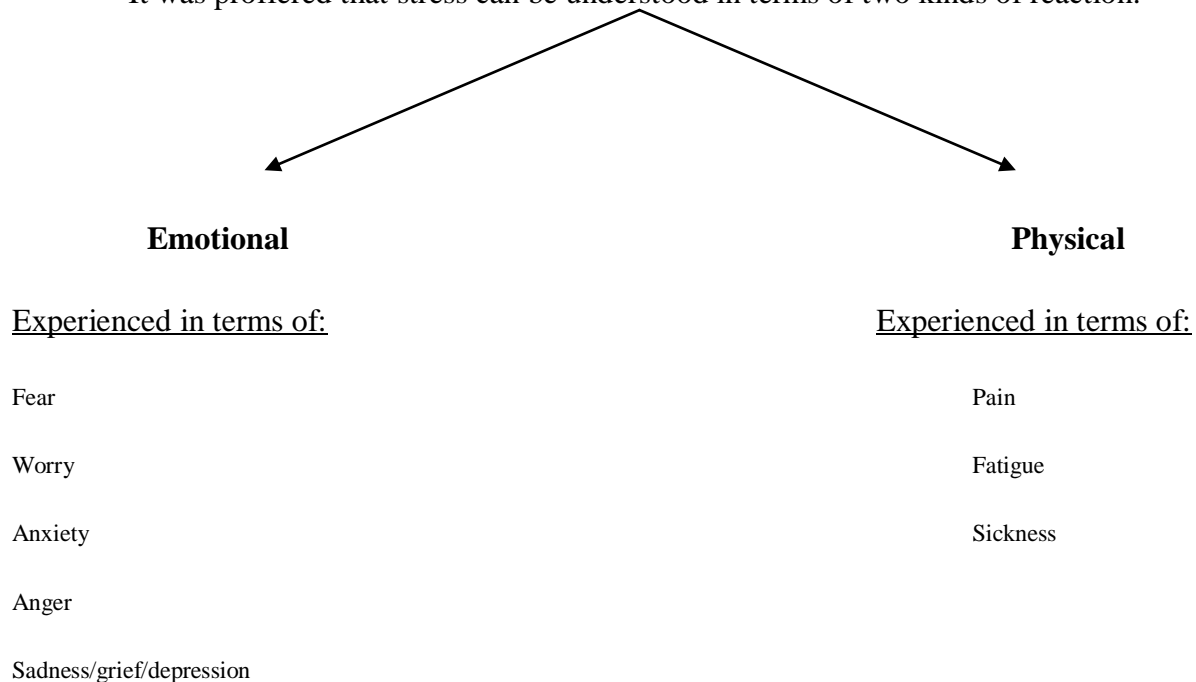
Session1:

The first session was initiated by discussing the story of man who with his efforts and dedication proceeded to become a very successful person in the corporate world, while emphasizing on the dictum that: *results depend on the action*.

Stress per se is not as harmful of a condition as its consequences. When a person is stressed, his/her ability to think straight gets clouded which in turn leads him/her to undertake inappropriate actions, ultimately resulting into inappropriate results leading to a further escalation in the level of stress.

Further, it was discussed how different kinds of diseases effect different people in different ways. It was understood that stress is what reduces ones immunity that makes the human body more prone to physical illnesses and interferes with the process of recuperation as well.

It was proffered that stress can be understood in terms of two kinds of reaction:

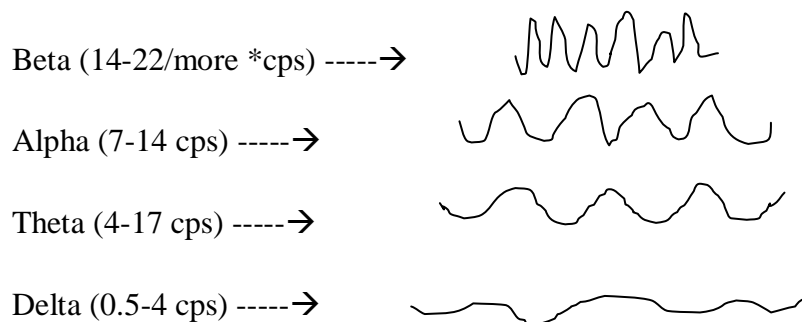


Stress at the physical level can be controlled with various interventions and is thus manageable. But stress at the emotional level creates greater problems and is far less voluntarily manageable. Thus the efforts at the alternative level address the emotional reactions to stress.

With this, the first round of refreshments was served.

Session 2:

This session was focused on some technical details of the brain functioning. It was proffered that the brain functions with the help of glucose and with that help generates some electrical impulses. This happens at four levels or in four types:



These brain waves determine what the human brain thinks imagines and does. When a person is stressed, he/she is said to be functioning at the highest level of brain waves that is, Beta. The Alpha state is said to be the calm state of mind. Theta state of mind is the dream state. And the Delta state of mind is the deep sleep state.

Thus, to reduce stress, a person will have to transit from Beta to Alpha state.

This was followed by the first exercise of the workshop that dealt with transiting from the Beta to the Alpha state of the mind.

Prerequisites:

The body posture has to be relaxed, feet on the ground, loosened shoulders, hands placed on the thighs comfortably, with a straight back

*Cycles Per Second

Procedure: *verbatim

- After setting the body posture, take 5 deep breaths at a comfortable pace.
- Count backwards from 25 to 1.
- Relax. Focus on the breathing pattern and concentrate on the current state of being
- Take a deep breath

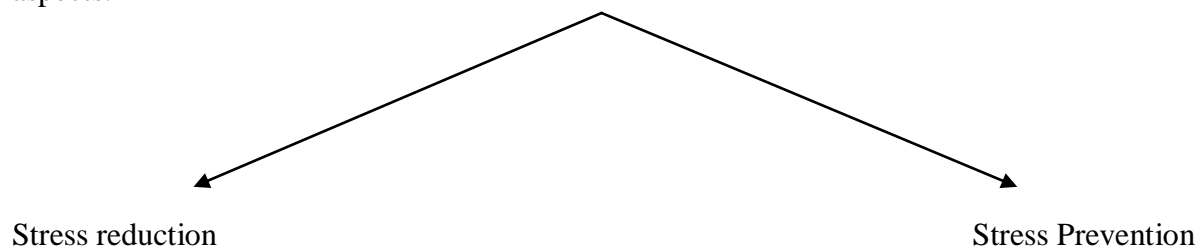
This is the primary method of transcending from Beta to the Alpha state.

After administering the exercise to the participants, they were asked to write down their experience and were also asked to share any particular experience they had and the effect the exercise had on their level of relaxation.

This was followed by Lunch.

Session 3:

After the primary method, next what was discussed was about Stress Management and its related aspects.



Stress Reduction is effective to a certain extent but the primary aim of most stress management interventions is to prevent any stress from happening.

To be able to prevent stress from happening, one has to attain a very high level of practice of transcending from Beta to Alpha stage regularly.

Next the process of *Visualization* was discussed. This is a process that in layman's terms would be called imagination.

Stress happens because the brain is incapable of distinguishing between the reality and imagination. For example – the process of getting a feeling of a knot in the stomach when one thinks of facing a difficult situation in the future.

Thus a way to prevent stress from happening is to *visualize* positive outcomes and in turn control the brain wave patterns.

Procedure:

- Decide what you exactly want.
- Think about it and create a mental picture
- Transcend into the Alpha state.
- Time a watch to five minutes and visualize yourself attaining what you want.

This should be done everyday to help create a positive environment around oneself which will reduce the chances of one undergoing stress. Also, because one will be in the alpha state most of the time, the reaction to any stressor in the environment would also be less inappropriate as compared to the Beta state.

Then the second method of going into Alpha state was discussed and practiced.

The second method to transcend into the Alpha state is called the *Peripheral Vision/Defused Focus Method*.

Procedure:

- Focus your vision on any one particular point/object in your environment
- Continue doing so for a while
- Gently rub/massage you eyes in a soothing fashion
- Open you eyes slowly

After one opens his/her eyes, the effect is such that he/she magically becomes aware of the surrounding both in the left as well as the right side of the vision, without actually having to look

either side. This is another state of relaxation by controlling the brain waves and transcending into the Alpha state.

This was followed by the second round of refreshments.

After the refreshments, the proprietor introduced the participants with yet another method to prevent stress. It was understood that the brain is mechanized in the fact that it can detect the danger *signals* and reacts to these in form of stress. One way to prevent that from happening is by creating a positive environment around oneself, as mentioned earlier. Apart from Visualization, another technique of doing so is an exercise involving making a sentence of positive words/thoughts. For example: I *will* get a promotion *this* year. One has to form such positive sentences and repeat them regularly to themselves in a regular fashion. This will help an individual in fostering a positive environment for stress free existence. The participants were made to practice aloud such positive statements relevant to them for a while in isolation and were asked to share their experience.

This was followed by a recapitulation of all the basic learnings and the participants were left with a note to induce positivism in all their endeavors. The participants were asked for their feedback.

With this the session was closed. The participants were duly thanked and Dr. Chadda was also thanked for sharing his expertise with the group.

Feedback from the Participants:

A participant was quoted saying – “The workshop was very interesting.”

Another participant added – “I experienced two feelings of thoughtlessness and then some restlessness while transcending into Alpha. However, in all it was very insightful.”

Experience:

- The congregation was somewhat a symmetrical representation of the target occupational groups
- The participants were eager to learn about the alternative techniques, had an in depth insight into the precursors and the consequences of stress and were participative by nature

- Although there were a few impediments in the beginning, yet with the support and cooperation of the proprietor, the workshop proceeded almost as per the agenda
- In conclusion, the workshop was a good experience both in terms of organizing as well as gaining an insight into the intricate procedures of managing stress using alternative techniques.