

# Stress Management Using Art Therapy

24 January 2025 10:00 AM - 24 January 2025 05:30 PM

## Brief Overview:

The World Health Organization (WHO) recognizes workplace stress as a global issue affecting employees' mental and physical health. It identifies prolonged stress as a key contributor to anxiety, depression, and other health conditions, emphasizing the importance of workplace interventions to promote mental well-being. WHO highlights the need for organizations to create supportive environments, implement stress management strategies, and prioritize employee wellness to reduce the adverse effects of workplace stress and enhance overall productivity.

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## Session content:

- "Stress Mapping" – visualize your stressors using art (e.g., creating a stress tree or stress flow chart).
- "Emotion Art Journal" – paint or draw your current emotions.
- "Creative Release" – participants create an abstract piece representing the release of tension.
- "Mandala Creation" – focus on creating detailed, repetitive patterns for relaxation.
- "Vision Board" – participants create an art-based vision of their stress-free, productive self.

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## For Whom:

- Professionals,
- Students,
- Individuals seeking creative ways to manage stress.

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## Key Takeaways:

- Identify personal stress patterns and their effects.
- Sharing insights on emotional patterns and discoveries.
- How art therapy can serve as a coping mechanism.
- How mindfulness practices improve focus and reduce stress.
- Real-life applications of art therapy in personal and professional life.
- Discussing takeaways and commitments to using art therapy techniques.

## Facilitator profile:

**Ms Padmaja S N**

- Padmaja SN CEO victory insights has 30 years experience.
- She has conducted over 2k workshops using innovative pedagogy.
- She is a International certified thereaaptic art therapy life coach and has over 25 diplomas in integrative therapies .
- Her clients are Reserve Bank of India, IITM, Madras Medical college, Tamil Nadu Agricultural university, MMA CVRDE, IOCL, Manipal institute of technology, MOP Vaishnav college to name a few
- She is a Masters in Education, Sociology, Art Therapy, MasterNLP practitioner ,Coach from Walt Disney Institute U.S.A, Diploma in Behavioral Training from Oscar Murphy Institute Singapore, Certified from Dalaillama and Emory Institute (UK) in Social Emotional learning .

## Fee Details:

- **Fee Details**
- Member amount : Rs 0.00- (Including 18%GST)
- Non Member amount : Rs 0.00- (Including 18%GST)
- Total Member count :