



Pearson

The Mind's *Eye*



Issue 7



Philip Kurian

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2017 is out. Ring in the New Year!

We celebrated Christmas 2017 and we welcomed 2018 with much fanfare. Like any other year, 2017 had its peaks and troughs for everyone - from organisations to individuals. Collectively, as a society, we learn from the mistakes that were made and be happy with the privileges and fortunes that were bestowed on us.

At Pearson Clinical India, we soaked in the spirits of the festival and had a great time together as a team.

After the quick break, we are now recharged, re-energised and motivated to help our customers with all of their assessments needs.

We wish you a great 2018 and hoping the year would bring in a lot more satisfaction and growth at work and in your personal lives.

As always, Pearson Clinical India will continue to be your preferred partner in your search for excellence in the area of mental health.

**HAPPY
NEW
YEAR**

2018

Professional of the month



Professor Nov Rattan Sharma

Dr. Nov Rattan Sharma is working as Professor and Head in the department of Psychology, M.D. University, Rohtak (Haryana). With a teaching and research experience of more than 34 years, Prof. Sharma has contributed 172 research articles to various National & International Journals and Books. Prof. Sharma's experience in the area of Positive Health Psychology and the focus is more on Promotion of Health. As a Deputy Coordinator, large number of Health assessment and awareness camps in the villages of Haryana have been conducted under DRS-UGC program of the department. In order to participate in academic programs of National and International level, he has widely travelled and contributed to more than 120 Seminars/ Conferences/ Workshops. He has edited twelve books

in the various field of Applied Psychology. He has successfully supervised twenty seven doctoral thesis majorly in the areas of Health Psychology. Professor Sharma is the recipient of many prestigious awards such as Prof. (Mrs.) Manju Thakur Memorial Award; Prof. (Mrs.) Anima Sen Award; Best Psychologist Award; Ugadi Puraskaram State Award; Best Citizen Gold Medal Award; National Stress Management Award. Prof. Sharma is the life member of thirteen Professional and Academic bodies. He is the editor of Journal of Indian Health Psychology since its inception.

Prof. Sharma is happily available at **sharmanr5@gmail.com**, Mob: **9355612805**.



Emotional Health: Path to improved well-being



The concept of Emotional Health comes to us largely from the field of positive psychology. It can be thought of as an extension of mental health; it's the "optimal functioning" end of the thoughts, feelings, and behaviors that make up both our inner and outer worlds. It is a state or the degree to which individuals feel secure, stable and relaxed in everyday life. It refers to our sense of well-being.

People who are emotionally healthy have optimal self-esteem, and have more pleasant and fulfilling relationships. They are more aware of their emotions, and in control of their thoughts, feelings, and behaviors. Healthy emotional expression is a sign of emotional health.

Being emotionally competent does not mean one is happy all the time. Emotionally healthy people feel stress, anger, and sadness also, but they are

resilient; they can bounce back from setbacks, and thrive despite problems. They can also tell when a problem is more than they can handle on their own, and may need professional help, for example, a therapist/counselor, or a motivational coach.

Emotional health is an important part of overall health, and a path to improved well being. It allows one to realize their full potential. It helps one work with other people and contribute to society. An upbeat mental state is also linked with physical signs of good health.

Emotional health can lead to success in work, relationships and health. Happy people are more likely to work toward goals, find the resources they need, and attract followers with their energy and optimism — key building blocks of leadership and success.

Emotional health is a skill, and takes work. Some ways to get started are:

Start with the basics – take care of your physical health. Healthy body and healthy mind are interconnected. Our physical well-being has an impact on our feeling good and emotionally competent. Get enough sleep, eat healthy meals, and exercise regularly.

Manage stress. Strive for balance – between work and play, between activity and rest. Also learn relaxation methods to cope with stress. These could include deep breathing, meditation, and exercise.

Develop healthy self-concept. Improve self-esteem by identify personal strengths, and being with people who boost you, instead of bringing you down.

Cultivate adequate and appropriate ways of expressing your feelings. Keeping problems or feelings bottled up adds to stress, and can also cause problems in personal as well as professional relationships.

Build and maintain positive connections with other people. Maintain a social network, even if it's small.

Enhance your emotional awareness. Notice what in your life makes you sad, frustrated, or angry, and try to address those aspects in a constructive manner.

Learn healthy and constructive coping mechanisms. These can be done by introspection, observation, and even professional assistance like psychotherapy. Whatever it takes, hone resilience – the ability to learn from and bounce back from setbacks.

Find a sense of purpose in life, and spend time doing what feels meaningful. This could be doing an art-work you find meaningful, to giving your time or resources to a charity you believe in. This also includes making time for things you enjoy, making time for hobbies and leisure.

If undergoing overwhelming stress, or other emotional problems, reach out for support. It could be leaning on family or friends for support, or it could be professional help such as counseling, or at times even medicines.

Emotional health is vital to living a life of wholeness, balance, and contentment. It is worth the effort it takes to cultivate it.



Dr. Mahima Sukhwai

Product Manager, Pearson
Clinical and Talent Assessment



Featured Institution

B M Institute of Mental Health (BMIMH)

About Us

The B M Institute of Mental Health (BMIMH) is a multidisciplinary Institute for clinical diagnosis, training, care and academic pursuit in the frontier area of Mental Health and Disability Rehabilitation. It was established in 1951. With a history of more than six decades driven on an inter-disciplinary, dynamic and psychotherapeutic model, the Institute stands unparalleled in terms of its services and resources.

It is a grant in aid Research and Cultural Institute under Department of Higher Education, Government of Gujarat. The institute is affiliated with Gujarat University and recognized from Rehabilitation Council of India, New Delhi (A Statutory Body under Ministry of Social Justice and Empowerment) to offer professional courses. It is registered under section 52 of Persons with disability Act.

The institute is situated on the banks of the river Sabarmati, sprawling on both sides of the Ashram Road with a unique architectural ambience attached give the place an earthy feel and a calming effect. To address its functional aims and challenges, Shri Gautam Sarabhai designed the spacious architecture of B.M. Institute of Mental Health.

Mental health is an unavoidable and undeniable concern of the society. For anyone who has ever sensed any cause of their own mental instability or anyone around them, "Hope is within the Reach". B M Institute of Mental Health is committed to bring positive change in the quality of life of people having mental health problems and disability through its educational, mental healthcare, rehabilitation and community services.

Solution Pad:



Take your practice to the next level with the best assessments in the area *Emotional Health* from Pearson.



These assessments are also available on [Q-global](#), our digital assessment platform to reduce your test administration efforts.



Contact Us

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