

# STRESS SAFETY NET FOR ACADEMIC EXCELLENCE

## RATIONALE

In the pursuit of excellence in Academic curriculum, every Student, Parent, Faculty Member and College Management are taking and giving lot of stress to themselves and their stake holders. The intensive efforts for academic achievement may pose a threat to students' well-being by way of increased number of academic demands or heightened levels of stress. Adolescents encounter a multitude of environmental stressors including pressure to achieve academic success with their rigorous academic demands (e.g., end-of-course standardized exams, high-stakes entrance exams, pressure to excel academically), conflict with parents and peers, transitions to new college environment, relationship frustrations, and major life events (e.g., financial issues, away from family, health problems). The accumulation of stressful life experiences serves as a significant and pervasive risk factor for academic success and development of adolescent psychopathology. Unmanageable stress also affects the Faculty Member' quality of life and performance at work. Managing stress at optimum level is the only way out to maintain motivation, positive mind-set and sustainable academic performance with well-being.

Stress Management Lab (SML) with its decade of research and training experience has worked closely with International council of Stress Management Professionals (ICSMP), Australia and has devised a comprehensive Stress Management program called "Stress Safety Net"(SSN) to enable an effective and efficient Stress Management model to mitigate the ill effects of academic stress and enable Students' Academic Excellence and Faculty Members well-being.

## USP

SML undertakes the following Stress Safety Net interventions to ensure Academic Excellence

- Stress Awareness and Assessments (Academic Stress and Coping Profile for Students & Personal Stress Resilience profile for Faculty Member )
- Structured process: Coaching (Habit formation in form of healthy lifestyle to win over Stress ), Counselling (Attitudinal Empowerment in form of effective coping mechanism)
- Do It Yourself (DIY) Modules, monitoring and follow-ups

## 1. Objective Assessments of following domains

For Students

- Academic Demands • Coping Strategies • Psychological Distress

For Teachers (optional)

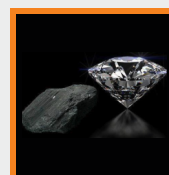
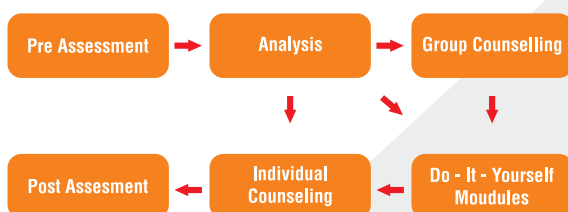
**Physical:** Stress Tolerance • **Neural:** Neural Balance, Active Relaxation at Work

**Emotional:** Anger, Anxiety, Depression • **Cognitive:** Self- Esteem, Behaviour Pattern, Locus of Control •

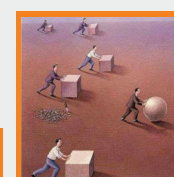
**Socio-Organisational:** Life Events, Over Load, Frustration, Deprivation, Role stress, Organisational Standards and Professional Competencies

## 2. Structured Process

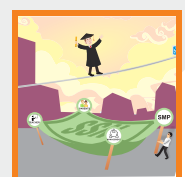
### STRESS SAFETY NET PROCESS



Realise Potential



Optimise Performance



Consistant progress

**GOAL OF STRESS  
SAFETY NET**

The process starts off with Pre-assessment of “Students Stress and Coping” for all the College Students and Faculty Member. In-depth Analysis and Suggestive reports will be provided at Student and Teacher level. Group Counselling for those with mild and moderate distress levels, One-to-One counselling for all with severe distress levels.

### 3. Customized Protocols

Online support will be provided to all the students and Faculty Member with **Do-It-Yourself (DIY)** modules for entire duration of the program. Techniques would be suggested based on individual stress and coping profiles. Parents and Faculty Member Role will be analysed and required support will be suggested to enhance the student academic support. Specific development interventions and policies would be suggested at institution level.

### 4. Follow-up monitoring

Use of STRESSSAFETY(Web tool) to monitor DIY practice and personal counselling of all required Student and Faculty Member . It further support with video/tele-counselling.

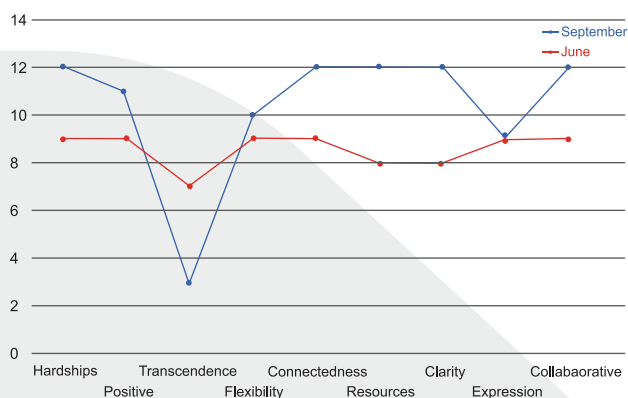
### SSN DELIVERABLES

- ◆ Stress and Coping Profile to all Students.
- ◆ Family Stress Resilience profile to all students’ families
- ◆ Personal Stress Resilience Profile to all Teachers ( optional)
- ◆ Stress Management Counselling
- ◆ Online access / in-person support to students and Faculty Members
- ◆ Stress Safety Net certification to the organization for those who involved in implementations, overall improvement and sustainable systems (optional)

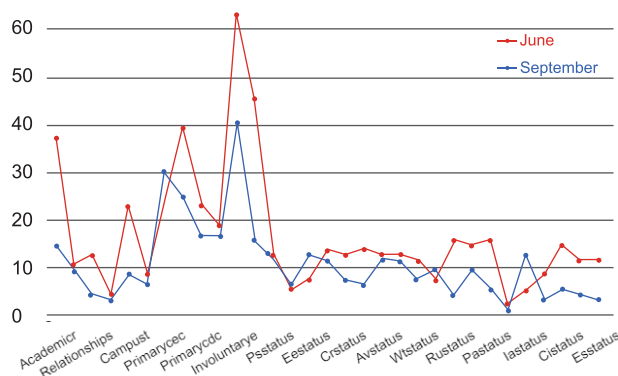
### ADVANTAGES OF SSN

- ◆ Addressing Student Academic Demands for Academic Excellence
- ◆ Addressing Faculty Member’s Work stress and improving well-being
- ◆ Promoting Student Psychological well-being
- ◆ Preventing Maladaptive (negative) Coping Strategies

### FAMILY RESILIENCE PROFILE



### STUDENTS STRESS COPING PROFILE



...many more relevant, in-depth and customised profiles for impact assessment

For demo (Or) any further details, feel free to contact us  
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