



COUNSELLING AND PSYCHOLOGICAL SERVICES BULLETIN

Issue 11

MESSAGE FROM THE HEAD OF DEPARTMENT

As we approach the start of a new semester, it is a great time to reflect, reset, and recharge. Each new semester brings fresh opportunities, unique challenges, and the chance to grow both academically and personally. Wherever you find yourself on this journey, I want to remind you that it is okay to ask for support, celebrate small wins, and prioritise your well-being.

At the Counselling and Psychological Services Department, our mission is to create a supportive environment where you can thrive—not just in your studies, but in your mental and emotional health as well. This bulletin is part of that effort, comprising of engaging articles and fun activities to empower your mental health journey.

As you step into the new semester, remember that taking care of your mental health is a sign of strength, not weakness. Whether you take a moment to pause and reflect, connect with others, or explore the elements of this bulletin, I encourage you to make yourself a priority this semester.

As always, our doors are open, and we are here to support you every step of the way. Wishing you all the best for the journey ahead!

Warm regards,

Dr. Tahira Haider

POEM

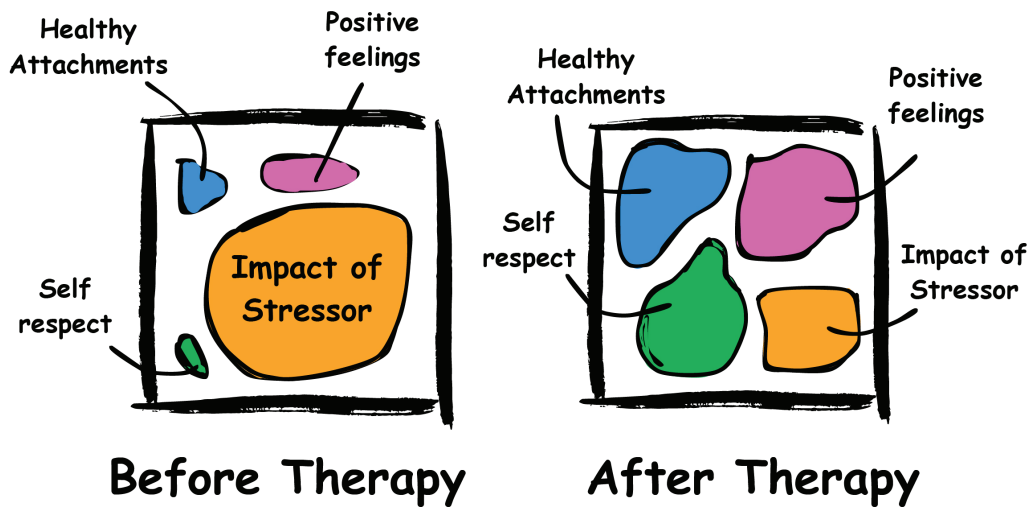
HOPE

HAFSA AZAM

Let's breathe peacefully and let the birds sing us to sleep.
Let's lie on the cool grass with our faces toward the beautiful blue sky.
Let's talk our hearts out and watch the sun go down.
Let's run along the hillside and leave our fears behind.
Hey! Let's play by the lake and forget all our worries.
Oh, friend, let's erase the sour memories and take a leap of faith.
Come, let's swing the rope, trace happiness, and take a step to change.
Let's get wet in the rain and sway with the waterflow.
Let's find hope, live a happy life, and glow.

How Therapy Works

Written by Therapist Hareem



✨ ✨ ✨ TYPES OF REST

TO AVOID BURNOUT AND PERFORM AT YOUR BEST

Written by Therapist Hareem

PHYSICAL REST

1

Signs you need it

1. Getting sick often
2. Lacking physical energy
3. Feeling sore and pain

How to get it?

Passively: 7+ hours sleep, nap when needed.

Actively: breathing, massage, yoga



MENTAL REST

2

Signs you need it

1. Feeling a mental fog
2. Lacking mental energy
3. Getting irritated easily

How to get it?

1. Listen to music
2. Meditate
3. Block time for deep work without distractions



4

SPIRITUAL REST

Signs you need it

1. Lacking Motivation
2. Feeling helpless or hopeless
3. Decreased Satisfaction

How to get it?

1. Practicing gratitude daily
2. Doing purpose-driven tasks
3. Practicing religion



5

SOCIAL REST

Signs you need it

1. Feeling alone
2. Detaching from loved ones
3. Feeling drained by people

How to get it?

1. 1:1 with people who're filling
2. Spacing from draining relationships
3. Being with like-minded people



6

SENSORY REST

Signs you need it

1. Feeling eye fatigue or strain
2. Sensitivity to loud voices
3. Difficulty smelling and tasting

How to get it?

1. Time out from devices
2. Grounding (five senses)
3. Briefly closing your eyes, face yoga



7

CREATIVE REST

Signs you need it

1. No free time in your day
2. Struggle with brainstorming
3. Unable to feel good in nature

How to get it?

1. Take big vacation or small break
2. Spend carefree time outside
3. Read, dance, or go on shows



Grief: What is it?

Written by Therapist Hania

What is it?

Grief is the anguish experienced after a significant loss or the death of a beloved person.

What are the signs?

Shock, numbness, sadness, denial, anger, guilt, helplessness, depression, and yearning. A person may cry for no reason.

Are there any types?

1. *Acute* (1st response, Intense and disruptive, resolves on its own)
2. *Integrated* (Processed, permanent response to the situation after adaptation to the loss, ability to experience satisfaction is renewed)
3. *Complicated* (Unhealed even after a year, requires therapy to resolve)

How do I grieve?

1. The Tasks of Mourning, introduced by J.W. Worden, can be a helpful guide.
2. Creating grief rituals can support the integration process.

Benefits of grieving

1. Acceptance of loss & Sense of control
2. Processing of emotions & Creation of meaning
3. Maintenance of bond with deceased
4. Expression of beliefs, values, healing, growth, & insights

Task 1: Accepting the reality of the loss

This task is about allowing yourself to feel the pain, which makes the loss real. Start by simply acknowledging the existence of painful feelings.



Task 2: Processing the pain of grief

Name and make sense of your emotions. Let yourself feel these emotions, rather than trying to bury them, or judge them.

Task 3: Adjusting to the world with the loss

Make practical changes, such as taking over tasks your loved one used to complete or doing the things that require your presence. Adapt to a changing self-identity and worldview, which may involve internal, external, or spiritual adjustments.

Task 4: Remembering the loss while moving forward

Create a place for your loss in your heart that leaves room for new experiences. Find a balance between remembering your loss and moving forward.

Tasks of Mourning

J.W. Worden



Grief Rituals: Choose an object, Give it meaning, Incorporate movement, Interact with chosen object, Create closure. (TherapistAid.com)

Hania Batool

Feel Your Feelings

HAFFIA AMSAL

01 NAME THE FEELING

Find a name for your feeling. For instance, deeper reflection upon feeling sad might lead you to find out that your actual feeling is loneliness.

TIP: Use the Mood Meter

THE MOOD METER

	Enraged	Stressed	Shocked	Surprised	Festive	Ecstatic
HIGH ENERGY	Fuming	Angry	Restless	Energized	Optimistic	Excited
	Repulsed	Worried	Uneasy	Pleasant	Hopeful	Blissful
	Disgusted	Down	Apathetic	At ease	Content	Fulfilled
	Miserable	Lonely	Tired	Relaxed	Restful	Balanced
LOW ENERGY	Despair	Desolate	Drained	Sleepy	Tranquil	Serene
	UNPLEASANT			PLEASANT		

IT'S OKAY TO FEEL



YOUR FEELINGS ARE VALID

02 VALIDATE THE FEELING

Remind yourself that feelings are a part of human experience and IT'S OK for ALL feelings to come and go. Validate experiencing them.

03 SIT WITH THE FEELING

Take a few minutes to analyze what physical, emotional or mental discomfort do your feelings cause. Notice your sensations and any thoughts, memories or visuals you come across. Sit with them without judging or trying to change them.



EXPRESS THE FEELING

To move past a feeling, you need to express it. Real change comes from your intent to move through your current feeling. A few ways to express your feelings include journaling, singing, or moving your body.

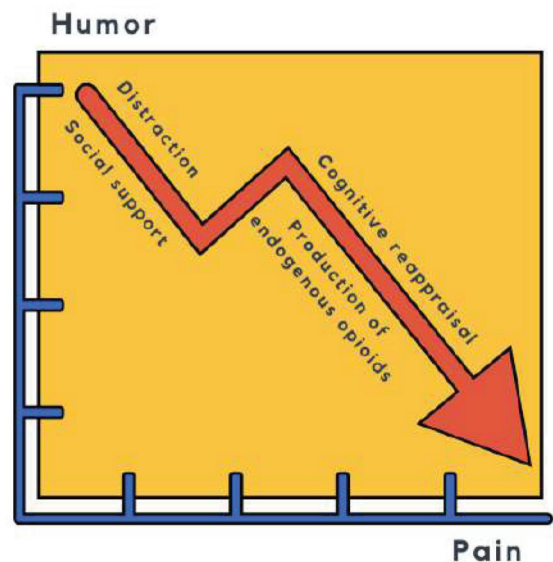
The Power of Meme Culture in Fostering Emotional Contagion

Qurat Ul Ain

Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation might be, you can survive it.

In today's digital world, memes have emerged as a significant cultural phenomenon that fosters social connection and enhances emotional well-being. What is it about these quirky images and witty captions that can evoke laughter, empathy, and even nostalgia? The power of meme culture lies in its ability to foster emotional contagion, allowing us to share our feelings in ways that words alone often cannot.

As we scroll through our feeds, we stumble upon these bite-sized pieces of humor that perfectly encapsulate our emotions, turning our individual experiences into collective moments of understanding. When a meme goes viral, it is not just the humor that spreads; it is the emotions behind it, binding us together in a network of shared feelings and experiences. During crises, memes serve as a valuable tool for alleviating stress. They transform our struggles into relatable content, offering a light-hearted perspective that encourages us to laugh at our challenges. This unique ability to connect and uplift makes meme culture a powerful force in shaping our emotions, reminding us that we are not alone in our feelings, and that sometimes, a good laugh is just what we need to heal.



COPING STRATEGIES

word search

Can you find all the words representing coping strategies?

n	t	a	f	x	j	o	d	w	a	c	y	l	t	s
c	b	g	m	v	s	y	k	a	u	b	n	z	r	a
s	r	z	y	h	w	a	o	t	e	k	v	h	e	j
o	e	i	p	j	r	f	g	x	c	r	b	w	a	g
g	e	d	n	e	i	r	f	a	l	l	a	c	t	e
a	t	v	w	e	v	i	o	s	r	j	g	m	y	z
k	n	o	s	z	h	y	b	c	a	d	r	s	o	i
f	u	c	b	g	p	t	c	w	j	q	e	d	u	n
w	l	o	k	m	i	v	a	i	y	o	s	n	r	a
j	o	u	r	n	a	l	b	e	n	t	w	f	s	g
m	v	c	o	o	k	g	e	i	r	z	u	c	e	r
r	x	w	y	d	u	s	j	e	h	b	r	p	l	o
e	o	b	p	v	r	q	t	f	k	y	p	r	f	v
t	j	n	w	a	t	c	h	a	m	o	v	i	e	r
b	l	f	i	p	h	u	d	z	c	g	a	w	j	h

breathe

stretch

journal

watch a movie

call a friend

cook

volunteer

read

organize

walk

garden

treat yourself

THE PSYCHOLOGICAL IMPACT OF BREAKUPS ON UNIVERSITY STUDENTS

BY ZAINAB BATOOL

Breakups are frequently a major critical moment in the lives of university students, affecting them both mentally and emotionally. During this initial time frame, students may often experience the complexities of their relationship while juggling academic pressure and their personal development. Relationships play a crucial role in many students' academic experiences, and ending a romantic relationship can be devastating. A breakup's mental, emotional, and social effects can impair an individual's overall health, interpersonal interactions, and academic achievements. The significance of the relationship and the student's emotional commitment to it are frequently reflected in the level of sensitivity of these emotions.

What Kind of Emotions Can a Student Experience While Going Through a Breakup?

Emotional disruptions, including mood swings, severe anxiety, depression, loneliness, and changes in self-esteem, can happen to university students. When a relationship ends, students may experience intense grief as they lament not only the death of their relationship but also the future they had seen together. Their academic performance may be impacted by this emotional turmoil, which may result in poor focus, low motivation, and tardiness. Understanding that these emotions are typical and a natural part of the process of recuperation is crucial.



Students who experience breakups often end up asking themselves, "Is life really worth living?"



Surviving a Breakup: Healthy Coping Strategies

Breakups sometimes leave a person with questions like, "Is this what I deserve? Can I ever be loved again?" Such statements can make individuals question their existence, which causes emotional distress and leads to suicidal thoughts and self-harm. Breakups can be painful, but dealing with them is more painful. To cope, there are some healthy strategies, which include freely addressing thoughts with the people who are close to you and supportive in general, writing to manage emotions, and putting self-care first through healthy routines. To progress, it is critical to avoid unhealthy conducts, such as excessive drinking or self-harm, and rather concentrate on personal development.

REFERENCES

- Cosby, B. (1991). *Cosbyology: Essays and Observations from the Doctor of Comedy*. Hyperion.
- Tabatabaei, Sara. (2021). The role of memes on emotional contagion. *İlköğretim Online*. 20.6028-6036. 10.17051/ilkonline.2021.05.676.
- Katherine, S. M., Ghesquiere, A., & Glickman, K. (2013). Bereavement and Complicated Grief. *Current Psychiatry Reports*, 15(11).
- Meurisse, T. (n.d.). How to master your emotions. *What Is Personal Development*. Retrieved from [https://whatispersonaldevelopment.org/wp-content/uploads/2018/Master%20your%20emotions%20\(workbook\)%20.pdf](https://whatispersonaldevelopment.org/wp-content/uploads/2018/Master%20your%20emotions%20(workbook)%20.pdf)
- White, H. (2022). *7 Types of Rest: The Key to Becoming the Prepared Adult*. American Montessori Society. <https://amshq.org/Blog/2022-12-21-7-Types-of-Rest>
- Worden, J. W., & Winokuer, H. R. (2021). *A task-based approach for counseling the bereaved. Grief and bereavement in contemporary society* (pp. 57-67). Routledge.