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Wellness and stress management

Rachna K Singh
 Artemis Hospital, India

The concept of wellness or complete wellness refers to a completely well rounded human being. It is inclusive of a holistic concept comprising of our mind, body, and soul. However, our wellness can be compromised with the patterns of our faulty lifestyle including stress, faulty diets, sedentary life, smoking and alcoholism. In addition, the pressure to perform, factors related to urbanization, our busy schedules and peer pressure seemingly contributes more to our faulty lifestyle patterns.

Consequently, stress has become a normal part of life for most of us owing majorly to these faulty lifestyle habits.

But, if left unmanaged, stress can lead to emotional, psychological and even physical problems, including palpitation, high blood pressure, chest pains and even coronary artery disease. Hence it is essential to identify the sources of stress (stressors), types of stress (Eustress and Distress), causal factors, and symptomatology and learn to deal with it effectively before it impacts ones Heart & Health.

Figure : Therefore, a six pillars approach to wellness has been suggested as shown below:

Biography

Dr. Rachna K Singh is a mental health professional with a medical background focused on providing Individual, Group and Corporate Counseling with a strong focus on Hospital and Clinical care. Her specialities include stress management, lifestyle management for heart diseases, and supportive care for chronically ill patients, work-life balance, parent-child bonding, cancer support care, ante/postnatal care, relationship counseling, pre-marital & marital counseling, adolescent counseling, neurological, psychiatric & psychological illnesses like depression, anxiety, insomnia. She has been providing her expertise using psychotherapy and alternate systems of medicine like Homeopathy for over 15 years.

rachnasingh@hotmail.com

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