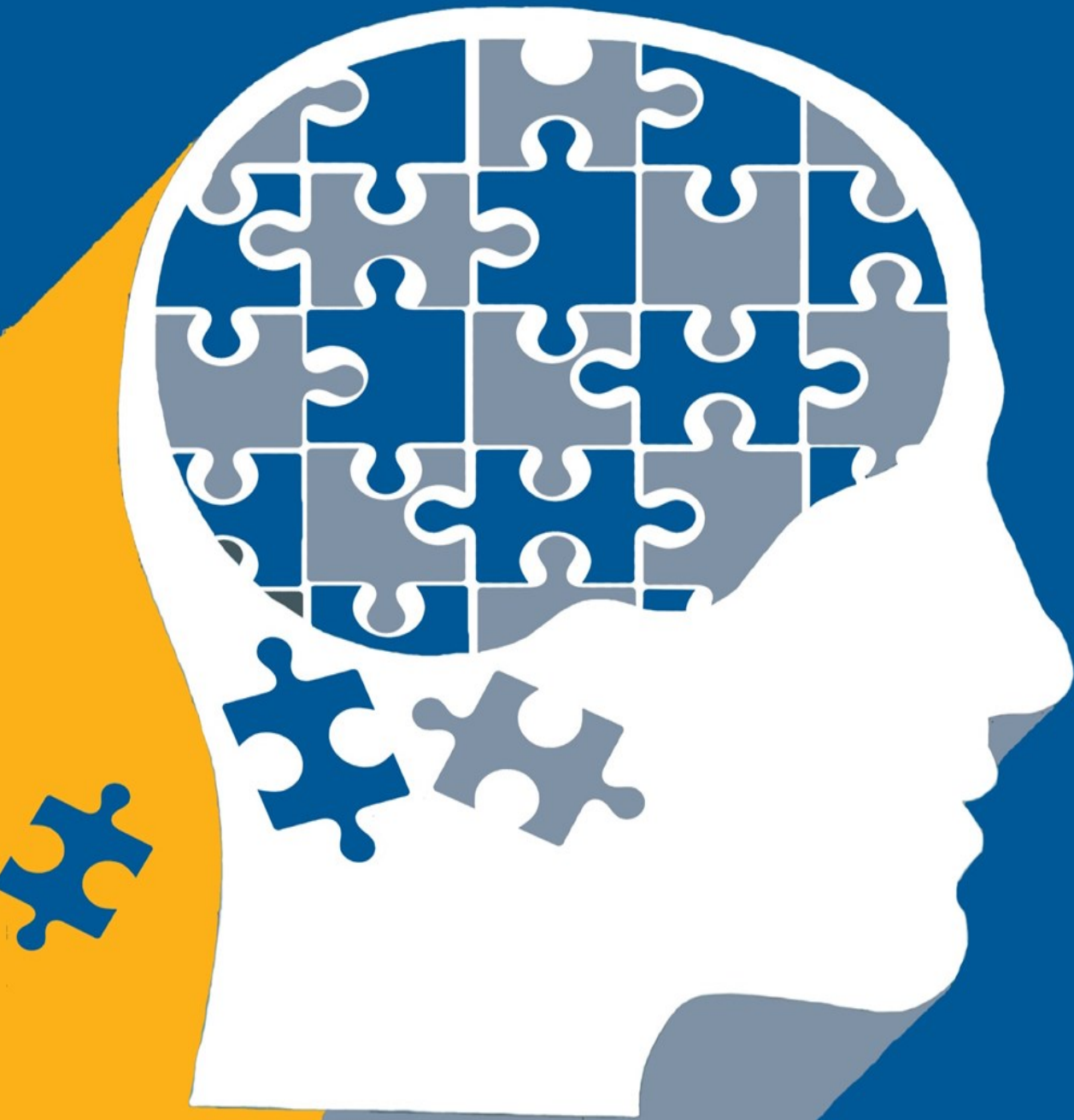


Volume 3, 2023



Insight

Know Learn & Grow



Department of Applied psychology
Govt. College Women University Faisalabad

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

◀♦ In The Name Of Allah ♦▶

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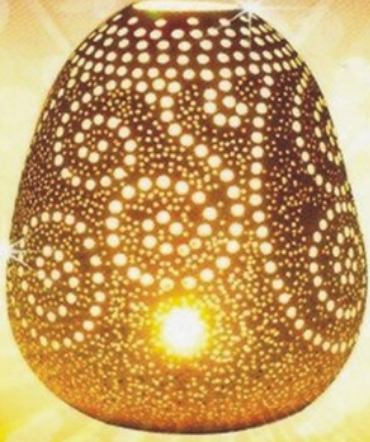
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سُنہری کرینیں

اور مکڑی کے جالوں سے بھی زیادہ کمزور ہیں یہ دنیا کے سہارے۔

آیت 41 سورة العنكبوت

پھر کیوں ہم ان کمزور سہاروں کے لیے جو آپکو کسی بھی وقت کسی بھی جگہ چھوڑ کر جاسکتے ہیں، اپنے رب کے مضبوط سہارے کو پیچھے چھوڑ دیتے ہیں؟؟ رب کا سہارا ایک ایسا سہارا ہے جو ہمیں کبھی گرنے نہیں دے سکتا، ایک ایسا سہارا جو ہر قدم پر ہمیں مضبوطی سے تھامے رکھتا ہے اس لیے اللہ سے جڑ جائیں، اللہ کی طرف ہاتھ بڑھالیں وہ آپکو اس دنیا کے لوگوں سے کئی زیادہ مضبوطی سے تھام لے گا، وہ آپ کے ٹوٹے ہوئے وجود کو جوڑ دے گا۔ ایک وہی تو ہے جو جوڑنے کی صلاحیت رکھتا ہے!!!



Management of Psychological Pain

Sitwat Fatima, BS Applied Psychology, 2018-2022

Physical pain is deemed as more manageable than psychological anguish. We can control bodily pain with the use of various remedies such as: you can take medication when you have stomachache. So many other mild to chronic physical illnesses can be treated with different medical interventions. Besides, physical pain, we may have psychological problems from mild to profound level. Here some questions arise in the mind.



- How can we communicate and manage psychological anguish and suffering, specifically, caused by trauma?
- Which medication would alleviate the psychological pain? Usually, individuals tend to hide their emotions from the rest of the world because they believe that no one can understand them. I cite a real life story of a girl who grew towards from negative pole to life towards positive pole of life after facing significant trauma.



A girl was only seven years old when her father died who showered her with unending blessings. She was emotionally disturbed after losing her father forever. The anguish was the same even after twenty years. She was upset when her father was not present on her convocation day. She used to feel as if she had no one with whom she could talk about her life problems, no one who could make her feel special as her father used to do.

That significant loss put negative influence during later stage of her life. Resultantly, she could not develop decision making ability, became obstinate and had a sense of mistrust. She grew up with the fear of losing loved ones. She struggled with worry, tension, and poor self-esteem. The death of her father was indeed a trauma resulting in different emotional and behavioral issues. With the passage of time, she tried to have faith in Allah Whose love is greater than the love of seventy mothers. She consulted a psychologist to rescheduled her life and set the goals to be targeted on time. She continuously focused on her studies and graduated with first division. With professional help, she overcame her emotional and behavioral problems which were the barriers in achieving the success. With continuous work hard, she learnt to live again without her father and started believing that, "death is unavoidable, and we all have to go one day".



If we cannot control ourselves, we shall be controlled by the world. The more we cry in front of others, the more the world laughs at us. We must define our boundaries so that no one may cross them and harm us. When we spend time with positive people, those who generally emit positive energy, we become more positive. That boosts our resilience required to focus more on the solutions and adaptability to environment. Through resilience, a person experiences minimal stress and high levels of enjoyment.



There are coping strategies and psychological interventions which may help a person facing misery. Allah has provided remedies to all difficulties and psychological suffering via correct support and prayers. Life trauma is transient and we can deal with it with bravery and patience. Allah said,

"O you who have believed, seek assistance through patience and prayer. Allah is indeed with the patient."

**FAITH AND PATIENCE
IS A GOOD COMBINATION
TO TIGHTEN YOUR BOND WITH ALLAH
EVERY TIME YOU FEEL PAIN,
SUFFERING OR HURT.**



1. When we lose something or someone dear to us, we experience emptiness and lose interest in life. We cannot sustain a balance between "spiritual life" and "material life. We, human being, complain to Allah whenever we encounter trauma and difficulty situation. That attitude inwardly affects us and aggravates emotional agony. But when we, during tough moments, reconnect with Allah believing that He will help us in dealing with suffering, the level and intensity of such agony gets decline. With the support of Allah Almighty, one can adapt with the problematic situation.

2. We can also seek aid from mental health professionals (psychologist) to achieve balance and live a happy life. We are so judgmental and emotionally sensitive as humans, sometimes, we focus more on bad than good one. That impedes our ability to grow, to be robust in different domains of life. Life is a roller coaster of ups and downs, and it takes patience to navigate it well. We cannot get to the top without first experiencing the bottom. We can never live a perfect existence. From psychological guidance, one can learn how to adapt with life circumstance or how to become resilient.



3. We should be grateful towards life. Always focus on the "HAS" have rather than on "HAS not". If we lose someone, there will be someone else in life with whom we can share what we feel and think.



4. A day of rest is essential for your mental and physical well-being. A relaxed day is beneficial to increase the motivational level and the removal of all tensions. There is much to be achieved by doing very little. Mental and physical exercises make you relax for the next day tasks. Do deep breathing and meditation to have control over intrusive thoughts. With relaxed mind and control, you can timely achieve your set goals.



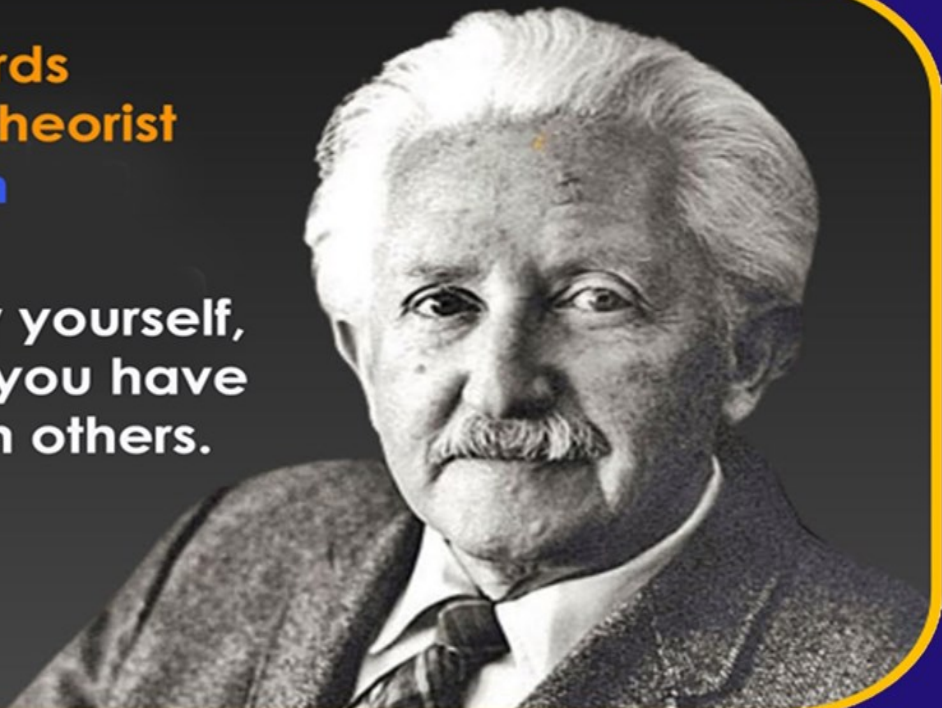
Remember! We cannot skip over chapters from our lives. Every page of our life teaches us something. No doubt, living with trauma is difficult but living again with full energy is possible. We can boost the resilience and faith in Allah to make life situations better. Through different strategies, we can move upwards in order to live a healthy and happy life.

LIFE WITH TRAUMA
Living in the shadows



Golden Words by Personality Theorist Erik Erikson

**The more you know yourself,
the more patience you have
for what you see in others.**



Childhood Neurosis and Its Management

Nimbus Marline, BS Applied Psychology, 6th Semester

Any man could, if he was so inclined, be the sculptor of his own brain. (**Santiago Ramon Y Cajal**)

It is a common belief that the brain is developed during early stages of life. It is silent while you are not working, yet the brain is evolving at an astounding rate. It is extremely active even when you are not thinking or your brain is at rest. Your brain keeps changing every time when you acquire a new skill or information. The brain has the ability to rewire itself. This is referred to as neuroplasticity or brain plasticity.



The term neuroplasticity refers to the ability to alter or adapt. Michele Vincenzo Malacarne, an Italian anatomist, conducted an experiment in 1793 on neuroplasticity. He paired animals in his experiment and trained one of the pairings for years. He dissected both trained and untrained animal pairs. He discovered that the trained pair's cerebellums were bigger than the untrained pair's. His discoveries were forgotten. William James was the first to use the term "plasticity" to describe behavior in his book *The Principles of Psychology* in 1890. He proposed that the brain and its functions do not remain fixed throughout maturity, but his notion was ignored until the 1970s. Karl Lashley conducted tests on Rhesus monkeys in 1923 that revealed observable alterations in neural circuits. These alterations demonstrated cerebral plasticity. Following are the types of neuroplasticity:

Neurogenesis: New neurons are created in the central part of the brain, the hippocampus and the olfactory bulb. Neurogenesis is at its peak in adult brains.

Synaptogenesis: New neural connections are created when the brain is exposed to new activities and experiences.

Long-term potentiation: Our repetitive behavior strengthens the synapses. This is done by studying, learning, and practicing. Several studies have shown that bilinguals have better cognition and flexibility in performing brain functions. The effect of learning a language on better cognition is a result of neuroplasticity.

Neuroplasticity manifests itself in two ways: rerouting and sprouting. Active neurons generate new connections to form other brain pathways during rerouting. The new axon and dendritic extensions that sprout allow the old neurons to create new connections. As we all know that the brain is constantly reorganized. In this regard, neuroplasticity rewires damaged brain cells caused by stroke, aging, and a variety of other conditions. Age is not a barrier to change. All of our habits since childhood have contributed to the modifications in our brain. The brain learns new actions and changes in following three different ways.

1. The first is chemical: The brain works by sending chemical impulses between neurons. When a new action is taught, the concentrations of chemical signals rise. This fast alteration in brain cells is associated with short-term memory while learning a new skill.



2. The second is the change in physical structure of brain cells. Making new neuron connections is the way of changing the structure. It takes longer than the chemical method of learning a new behavior. This aids in the enhancement of long-term memory in learning. For example, if you are learning a new talent like playing an instrument on a daily basis, you could believe you will master it after a week of classes. Because the structure of your brain has not been altered, you have suddenly forgotten the teachings. You have learnt to play an instrument, but it is in your short-term memory rather than your long-term memory.



3. Third, when you utilize a brain area on a frequent basis, it gets more excitable and simpler to use again, like in everyday cooking. Brain activity networks as a whole are evolving and moving. Neuroplasticity is aided by chemical, structural, and functional changes that occur throughout the brain. If we consider our brain to be neuroplastic, some questions/issues are emerged. Why can we not learn? Why do university students fail? Why do we forget as we become older? Why do individuals not fully heal from brain damage? That is what both promotes and inhibits neuroplasticity.



Practice is vital, but getting huge amounts of practice into the brain for learning a new skill is difficult. Exercises for brain stimulation might help with this. Higher practice leads

to increased learning, which leads to more structural change in the brain. This promotes neuroplasticity in the brain. Neuroplasticity has both positive and bad aspects. Because your brain is so flexible and pliable, you may acquire a new talent while forgetting a previously learned ability. The brain strengthens neural connections linked with addictive behaviors, which is a detrimental feature of neuroplasticity. It is referred to as negative neuroplasticity. These addictive habits are replaced with healthy ones with the help of therapy.



Neuroplasticity has also been observed in people undergoing post-traumatic therapy or dealing with anxiety and other mental health difficulties. Cognitive Behavioral Treatment (CBT) is a powerful therapy that promotes brain transformation and breaks the trauma patterns that cause neuroplasticity. According to Max Planck, "when you alter the way you look at things, the objects you look at change."



So, while coping with worry, try to alter your thinking style. Positive thinking will retrain your brain to perceive the good in the world. Knitting was often prescribed by doctors to ladies suffering from anxiety. Knitting is a repetitive action that increases serotonin synthesis, which works as a mood stabilizer. When a person knits and thinks on the scarf she or he is producing, dopamine synthesis increases, which is a pleasure neurotransmitter. It has also been

shown that in a group therapy, when people are immersed in enriched settings and interact with one another, their oxytocin levels rise. These effort-based incentives inherently improve neuroplasticity. Recent Danish research has also found that persons raised in green environs are 55 percent less likely to suffer from depression because their better neural connections. There are a few exercises to enhance neuroplasticity including reading, memorizing new vocabulary, intermittent fasting, doing art work, practicing gratitude, meditation and use of non-dominant hand.

In a nutshell, neuroplasticity occurs naturally in all of us as we go through life as the brain produces synapses. Because each brain handles learning differently, the patterns may differ from person to person. There is no such thing as a one-size-fits-all strategy to learning a new skill. Someone may need

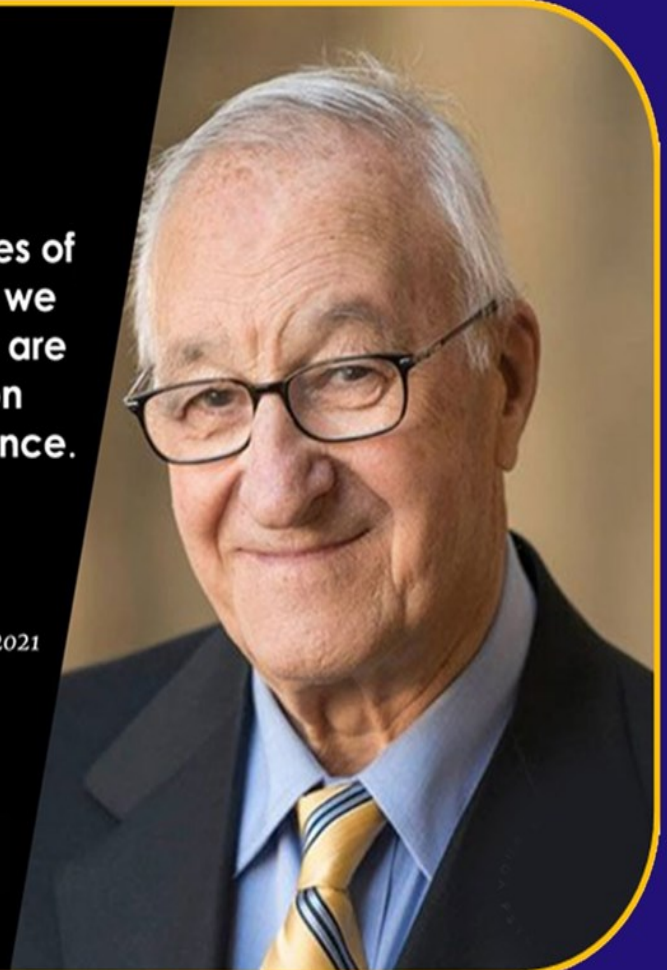
hundreds of hours to learn something new, while another may just need few hours. As a result, every one of us has a distinct and distinct plastic brain. Everyday acts are significant since each one promotes brain change. Your brains would not all be the same after reading this article. Your brain gets changed in unique ways for each of you. The information may be kept in long-term memory for some people and short-term memory for others. As a result, your brain will experience chemical or structural neuroplasticity. Individual differences, variability, and diversity are responsible for everything. Keep up the healthy habits you have developed so far and stop the unhealthy ones. After reading this essay, your mind would not be the same. Every one of us has transformed our brain in a unique way. Some may keep the knowledge in short-term memory, while others may keep it in long-term memory.

“

Most of the images of reality on which we base our actions are really based on vicarious experience.

ALBERT BANDURA

December 4, 1925 - July 28, 2021



Psychological Benefits of Gardening

Maha Anaya
BS 8th Semester



3. Gardening Makes You Creative:

When you have garden in your home, then you will be more concern about its maintenance. With the passage of time, you will wish to make it more beautiful and prosperous. Definitely, you will try to use your creative ideas how to flourish your garden. This effort will bring your creative resources on surface. Your creativity can be seen in the form of decorated plants.

4. Improve Attention Span and Concentration:

Gardening improves the way you properly pay attention to a single hobby. Gardening can help you learn to focus on the task at hand. You focus on fertilizing the soil, sowing seeds, watering and caring until the plants give you fruits/vegetables, flowers and other benefits. These activities increase your span of attention and concentration over time.

5. Stress Reduction and Mood Improvement:

Gardening is good for your psychological, mental and physical health. Gardening productively increases serotonin levels in your brain which makes you happier in daily. You may release your tension being indulged in different planation related activities. Gardening can enhance a person's cognitive abilities which may help you in viewing the things in positive ways. The positive shift of thoughts and energy will make feel stress free.



6. Gardening is a Form of Exercise:

When you grow a plant, you are required to follow many steps like weeding, digging, and ranking. These are basically different exercises which help you in overcoming psychological symptoms including tension, stress, despair, and hopelessness. Digging the land helps in expressing the aggression in socially appropriate way.



7. Encourages Social Bonds:

Through gardening, you learn to make a network of people who feel immense pleasure in plantation. Being the part of a larger institution, you can gain intellectual and physical fitness. The best results in community gardens are achieved when people work together to get the job done.

8. Develop Healthy Eating Habits

Gardening promotes healthy eating because gardeners are more aware of the health benefits of eating organic crops. Eating food you grow yourself is a fantastic feeling. This adds value to locally produced natural products when growing small amounts of food in the garden. You can grow food in your garden and lead a very healthy lifestyle.

In sum, you are suggested to spend your time and resources in residential garden. When you are surrounded by different plants, your brain releases a specific type of chemical that increases thinking ability and makes you more creative. So, build a beautiful garden at home to make yourself positive, healthy and creative.

"Plants make us happy and healthy"

Gardening is a great way to not only liven up your space but also helps improving the health of an individual and his/her surrounding environment. You might guess that wanting flower pots is the easiest thing for your home garden, but interestingly, it is not. The vessels and pots come in many different shapes and sizes which are made up of variety of materials.

Gardening can improve many aspects of mental wellness and awareness. Some of them are as follow:



1. Relaxing the body and mind

Gardening indeed makes you feel more relaxed and content. It seems to reduce mental distress and sentiments and can make you feel better internally. Simply, spending time around pleasant scents of different flowers and green leaves helps you in reducing the pressure you feel due to multiple task at hand in both living and working environment.



2. Develop the Sense of Positivity

Gardening is one of the major sources of positivity and strengthening one's mental well-being. You are likely to grow just like plants which give you lesson to relive and regrow. You may learn to remain satisfied and think positive regarding various aspects of life.

Gaslighting: A Form of Psychological Abuse

Maryam Shahzadi Lecturer

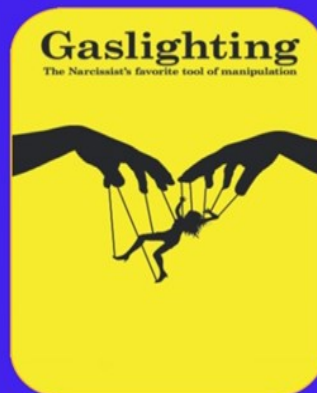
Gaslighting is a word used to describe the emotional and psychological abuse in a way that the person begins to doubt his/her own legitimacy, talent, and existence over time. It is a more advanced kind of abuse in which abusers deceive their targets and develop false narratives that lead to the loss of self-confidence and self-esteem. The word "Gaslighting" has now become common when young people started talking about that. According to Merriam Webster, the word of the year 2022 is "Gas-lighting."



Media also has widely given coverage to the issues of psychological abuse via making play, film, and Netflix series such as: "The Girl on the Train". The word "gaslighting" was first used in the play "Angel Street," written in 1938 which was subsequently adapted for the film "Gaslight" by Alfred Hitchcock, in which the husband employed several methods to convince his wife that she was mentally unstable so that he could steal her assets. When he switched on the lights in her attic to examine her jewellery collection and to rob her, the gas lights went downstairs. But he declared it the imagination of his wife due to the paranoid tendencies. As a result of his unusual activities in the attic, the house's gas lights went out but he continuously tried to make his wife believe that was not the issue of light but rather of her senses.



Apart from this fiction, real life abusive relationships can be understood with the help of gaslighting. In fact, gaslighting is strongly tied to other sorts of emotional/physical abuse and harassment in living and working environment. Gaslighting can be seen in romantic relationships, child-parent interactions, and other racial or political situations. Gaslighting may plague a person long after he/she abruptly and irreversibly ends his/her relationship with the perpetrator. It puts long lasting effects on the victim such as: development of posttraumatic stress disorder and obsessive-compulsive disorder. Victim may also suffer from depression, anxiety, social phobia and so on. His/her interpersonal relationships are at risk due to the various psychological issues. Insecure feelings, sense of mistrust, irrationality or craziness, feelings of incompetency, sense of worthlessness, withdrawal, giving justifications and self-doubts are some of the signs and symptoms through which victim of gaslighting (psychological abuse) can be recognized.



Although, psychological abuse (gaslighting) severely harm the person but he/she may be recovered using following strategies

1. Talk to Trustworthy Person

Express the concerns with trustworthy individuals rather than random strangers or classmates. Through sharing, victim can get relief from hidden painful emotions to some extent

2. Make Yourself Aware of the Use of Gaslighting

Try to understand the tactics behind gaslighting to take action on time. Gaslighting works best when the person is unaware of what is happening to him/her. Let the person, who openly mocks, know that his/her behavior is being understood and is absolutely intolerable.

3. Trust Yourself and have Self-Confidence

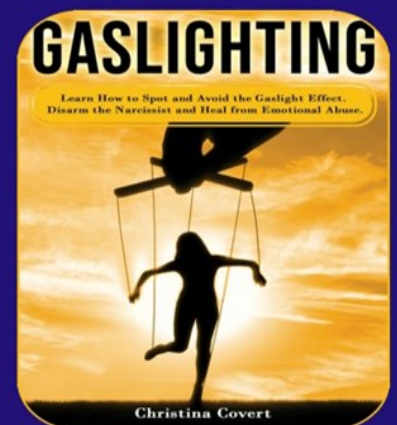
Be confident to face the users of gaslights. Believe that perception made through gaslight is not accurate and real. Focus on your strength, set new goals, avoid comparing yourself with others, and surround yourself with positive individuals who appreciate and value you.

4. Learn to Prioritize Self-Care and Mental Health

Self-care increases your stamina and improves your mental health by lowering daily stress and boosting self-confidence. Prioritize sound sleep, do mindfulness activities, talk to significant one, do physical /mental exercises and focus on personal grooming.

5. Seek Professional Help

Get professional help from psychologists/counselor when your personal, social, occupational functioning get disturbed. Learn the strategies to handle the situation when someone tries to abuse you through different tactics



استاد

ماہا عنایا

تجھ سے میرا جو عقیدت کا رشتہ ہے وہ کسی اور سے ہو نہیں سکتا
 ہو کر جدا تجھ سے میں، دسترس سے تیری باہر ہو نہیں سکتا
 خالی دامن رکھ کر انسانیت سے بھر دیا مجھ کو
 تجھ سے اعلیٰ اور سازِ فطرت کوئی اور ہو نہیں سکتا
 کردار اور گفتار میں نظر آتا ہے تو
 ترے علم و محبت کی مثال کوئی اور ہو نہیں سکتا
 چھلکتے الفاظ آنکھوں سے پڑھ لے
 استاد کے علاوہ ایسا کوئی ہو نہیں سکتا
 دل سے جو بات نکلتی ہے اثر رکھتی ہے
 سادگی اور شرافت میں کوئی تجھ سا ہو نہیں سکتا
 خدا تجھے ہمیشہ سلامت رکھے اے میرے محترم استاد
 تیرے علاوہ میری دعا کا حقدار کوئی اور ہو نہیں سکتا



Psychological Helpline

Q. I am student of 6th semester but still feel to be far behind my fellows. I could not talk confidently, even to simple questions asked by my teachers. I never took initiative whenever the department plans to organize an event. I want to shine like a star, desire to do something different but I am mentally weak. Please suggest how to come out of this situation.

A. Dear student, our Allah Almighty has blessed all of us with specific kind of talent and capability. You too have specific talent and potential but you still are unaware of that. If you want to shine like a star then then take following steps:

- First do mental exercise to relax your self
- Do deep breathing to feel good
- Discover what kinds of potentials you are having with the help of psychologist
- Listen your inner voice, your own feelings/emotions
- Stop comparing yourself with others
- Set realistic life goals
- Set minor goals to achieve major goals of life
- Learn to utilize original intellectual and creative resources
- Determine your level and start taking steps slowly
- Do positive self-talk and appreciate your own self
- Start you day with positive imagination and self-talk, for example, "I will do it"

With the use of these tips, you may shine like a star as you wish. You have ability to convert your minus into plus

Helpline

Email:

psychologicalwellnesshelpline@gmail.com



Psychological Wellness Center
Know, Learn & Grow

Department of Applied Psychology
Govt. College Women University Faisalabad

Events & Activities 2022

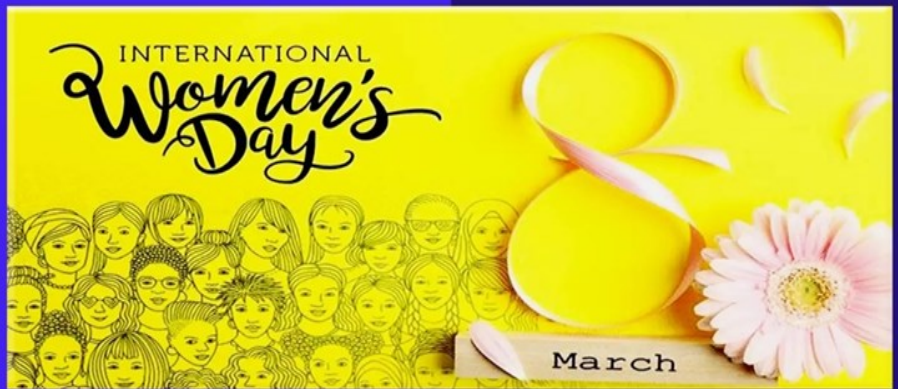
Drug Abuse Awareness Walk (25th Feb 2022)



SAY NO TO DRUGS

Events & Activities 2022

World Women's Day (7th March 2022)



Events & Activities 2022

Psychodrama

(Drug Abuse Prevention & Treatment)

18th March 2022



Events & Activities 2022

Faculty Development Training

(7th July 2022)



Events & Activities 2022

World Mental Health Day
(10th October 2022)



World Mental Health Day-2022

Mental Health Camp
10th of October, 2022

Activities

- . Psychological Testing
- . Counseling Services
- . Consultation

Venue: Department of Applied Psychology GCWUF

Seminar
11th of October, 2022

Guest Speaker

Prof. Dr. Rabia Khawar Chairperson
Department of Applied Psychology GCUF
Venue: Jinnah Auditorium GCWUF



Patron-in-Chief
Prof. Dr. Robina Farooq
Worthy Vice-Chancellor
GCWUF



Theme: Make Mental Health for all a Global Priority



Organizer: Society of Applied Psychology
Department of Applied Psychology
Govt. College Women University Faisalabad



Events & Activities 2022

World Mental Health Day
(10th October 2022)





Psychological Wellness Centre



[Know, Learn and Grow]

Department of Applied Psychology
Govt. College Women University, Faisalabad