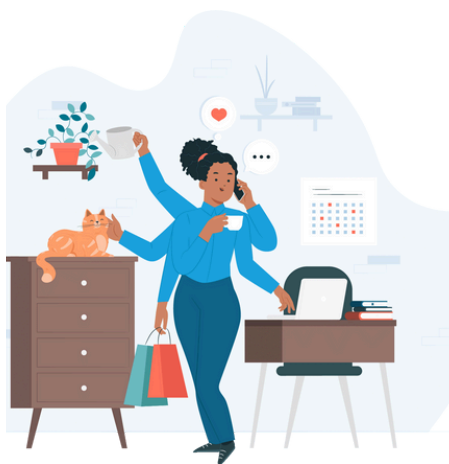




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Mental Health

Arooj A. Khan

Clinical psychologist, team member SPSC

Whether you're going through a life transition, struggling to comprehend your feelings, or trying to quiet your mind down, you might've tried to pause and to reflect on what psychological health truly means? As someone who deeply values well-being, Shifa Psychological Services Clinic (SPSC), invite you to join us in exploring this vital aspect of our lives. Psychological health in a nutshell is how we think, feel connect with others and exist in our day to day lives. Our thought patterns, our perception towards the world, our emotions and our reactions towards those emotions, motivation and our behavior are the by product of our experiences and the skills we have developed to meet our life challenges. Psychological well-being is not only the absence of mental illnesses but it help us to navigate through our emotions, thoughts and behavior in a balanced way. An imbalanced psychological state may trouble us with indecisiveness, emotional regulation, behavioral control, social life and other challenges. Psychological Health in Pakistan is influenced by the interaction between our social, emotional and spiritual well-being.

WORK-LIFE BALANCE

Muhammad Abbas,

Child & Clinical psychologist, team member SPSC

None of us is perfect. As creation of Allah, it is acknowledged in the Holy Quran "Verily, I have created man weak," indicating our inherent limitations. No doubt, succeeding at work is important, but we shouldn't forego our personal life and health for our professions. Our dedication to professional success can lead us to neglect our personal well-being, and for many of us work takes precedence over our health and personal life. This negatively impacts our mood, behavior and overall functioning. **Work-life balance** means the individual maintains a healthy balance between professional and personal life responsibilities and this is the formula for success in all domains of life.

Psychologically healthy individuals exhibit several key characteristics: they have a realistic sense of self, respect their imperfections, and manage emotions and its reaction constructively. They maintain healthy boundaries, compassionate relationships without exploiting others and demonstrate self-compassion by acknowledging and addressing their limitations without being overly critical. They indulge in effective stress coping while identifying the stressors and avoiding irrational thoughts and hostility. They have a proactive, problem-solving approach towards life, set realistic goals, and adapt well to changes. This resilience allows them to handle life's challenges appropriately and recover from setbacks with self-kindness and corrective action.



Featured this edition

Prof. Dr. Muhammad Tahir Khalily is Professor of Clinical Neuropsychology, Supervisor of SPSC and Dean Faculty Social Sciences, Shifa Tameer-e-Millat University. He has more than thirty years of national and international teaching, research, clinical, supervisory, academic, administrative and service development experience.

Did you know?

Dr. Khalily likes to play Table tennis, wear navy-blue color, and Eternity perfume. He is partial to the city of beauty, Islamabad. He appreciates the work of Rehman Baba & Allama Iqbal, listens to Dr. Israr Ahmed on the radio during driving and is an avid reader of Maulana Maududi.





How to manage work-life balance as a mother

Dr. Wardah Ishfaq,

Clinical psychologist, team member SPSC

Working mothers face unique challenges and joys as they navigate the dual responsibilities of career and family. They often find themselves balancing the demands of their careers with the responsibilities of parenting and managing a household. This juggling act requires strong organizational skills, time management, and the ability to prioritize effectively. Achieving a work-life balance is a constant endeavor for working mothers. They strive to allocate time for work, family, personal interests, and self-care while managing stress and avoiding burnout. Managing work-life balance as a mother can be particularly challenging but is crucial for your well-being and that of your family.

Key considerations and strategies to help achieve and maintain balance:

1. **Prioritize and Organize:** Planning and prioritizing tasks both at work and at home is crucial.
2. **Set Boundaries:** Establish clear boundaries between work and home life.
3. **Flexible Working Arrangements:** Explore flexible work options such as remote work, flextime, or compressed workweeks.

4. **Delegate Responsibilities:** Don't hesitate to delegate tasks at work and share household responsibilities with your partner, family members, or trusted caregivers.
5. **Utilize Support Networks:** Build a strong support network of family, friends, and other working parents.
6. **Self-Care:** Prioritize self-care activities such as exercise, relaxation techniques, hobbies, or simply taking time for yourself.
7. **Communicate with Your Employer:** Open communication with your employer about your responsibilities as a mother.
8. **Quality Time with Family:** Make the most of the time you have with your family.
9. **Manage Guilt:** Working mothers often face guilt about dividing their time between work and family. Remember that it's okay.
10. **Continuous Adjustment:** Recognize that achieving work-life balance is an ongoing process. Be willing to adjust your routines, schedules, and priorities as your children grow and your work demands change.

Balance Your Life: Thrive at Work and Home

Ms. Aneela Mushtaq,

Clinical psychologist, team member SPSC



A resilient and meaningful life is based on efficient management of one's lifestyle. It covers all of the things that are essential for maintaining overall wellness, such as exercise, healthy eating, rest, and leisure time.

