

Stress and Lifestyle Clinic

Who can attend and avail services: People from all walks of life can attend the stress and lifestyle clinic. The services offered include stress management, coping skills and problem solving training, strategies to handle interpersonal or relationship concerns, work or academic stress, effects of stress such as anxiety, anger and depression. The services can also be availed by those who require help for lifestyle modifications.

What is done? Sessions are offered on a one-one, basis and usually structured and brief in nature. Based on an initial assessment and screening, further sessions are planned. Interventions include wide variety skill enhancing strategies that are based on the cognitive behavioural approaches, such relaxation, anger management, activity schedules, mood management, identification and modification of unhelpful thinking patterns.

Who runs the clinic? A dedicated team from the Behavioural Medicine unit, Department of Clinical Psychology offers services at the clinic. The team brings with it several years of clinical and research experience and expertise in managing stress and lifestyle issues. It includes consultants from the Behavioural Medicine Unit Team, along with a PhD scholar who is posted on rotation.

Other activities by the team: The team additionally conducts workshops on stress management for working professionals, students as well as on handling emotions, relationships.

Schedule: The clinic is operational on Fridays between 2.00 pm and 4.30pm

Consultants:

- Dr. Paulomi M. Sudhir, Professor of Clinical Psychology
- Dr. Manjula M., Professor of Clinical Psychology

For appointments

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