Managing Mental Health Through Mind Sciences

Dr. Kavita Bhargava

India's Leading Psychotherapist

Mind and its Functions

Each one is blessed with a mind but not with the hands on training on how to handle this most powerful machine. We know a bit about the brain and its functions. But, the mind and brain may take different paths. Balancing them both seems really difficult. In this workshop you will get to know more about your mental health from the perspective of the mind, brain and how our own judgements or beliefs impact our lives.

- Difference between Mind and Brain
- Mind and its functions
- Impact of Judgment

Learning to Create your Best Possible Reality

We live in uncertain times where we sometimes fail to understand what's happening with us and how to overcome the odd situations that we face. To answer the questions of life, this workshop will help you understand how we create our own reality and if a reality is created already, how to modify it using the power of your subconscious mind. The body achieves what the mind believes. The only way to get things done better is to think better. We will also discuss the 7 types of thinking errors and how to manage these errors.

- How we create our own reality?
- Mind-Brain-Body connection
- 7 types of Thinking Errors and managing these errors

Managing Emotions

In this workshop we will also learn how to understand the emotions as well as heal the unhealed emotions through meditation. Once the emotions are healed we see positive changes in oneself first and then the environment shifts for the greater good.

- Understanding Emotions
- First Aid- Emotional Management Technique to heal your unhealed emotions viz. Stress, Depression, Anxiety