People's movements like these are the instances that make us believe in the power of social media to bring about a positive change in society. Frankly, two months ago we saw the same power come to the aid of the flooded state of Kerala, God's own country. Many of us in the TA community were personally affected by the event as the ITAA-SAATA conference 2018 took place in Kochi amid unprecedented circumstances. This issue offers its subscribers to what was a unique and profound learning experience for everyone involved with the conference. While the October issue of The Script carries many an odd to the Kochi conference, we have put together some deeply personal learning experiences from a few who put in words what most of us could only feel. No wonder Sunuprapaksh tipped his letter to the conference organizing committee as "Oh my, What do I say!". Arvind Shastri's touching story takes you through a rollercoaster of emotions while Karen Pratt's experience gives you a flavor of the dilemmas she faced during stressful times. As you read these experiences, check out the conference report by Pipla Interagency, China Raka's perspective from the role of Conference convener and head over to the gallery to see some of the moments from the conference.

Mohana was the proud recipient of the SAATA service award 2018 which was presented to him in Kochi. He shares his inspiring journey to this recognition in his experience titled "An award and an afternoon." Adding an exam Report to this issue is Deepak Dhananjaya's "CTA Exam Process", where the author invites all of us, would-be examinees, to experience the collaborative nature of the TA exams. Padmapriya shares her knowledge and tips on how we can all manage stress at our workplaces for a healthy life. Gauri Sharma found herself on the "Crossroads of the Heart and Mind", and she describes how she used TA to help her decide which path to take.

In the TA News section, we bring you snapshots of the workshops conducted for the CTA, and the SAATA Diploma exam TA Talks has a 15-minute shorter video conversation on the "Power of Process" where Adhranee Lee and Sunuprapaksh touch upon homonomy group work and the importance of process contracting. Creative Corner is thrilled to showcase Priya's awe-inspiring Zentangle art and that she calls "Yoga with a pen." She invites us all to start with some simple, mindful line strokes on route to beautiful creations.

Mohana reminds us that "Time never waits" through her poem which explores the various meanings and characteristics of the word "Time."

Lots of reading leaving you wanting for more? Head or Tale brings the next episode of TAZel - the TA crossword to you. Put your grey cells to work and send us your answers! Be like Kaya, the proud winner of our previous issue's TAZel.

We also have a couple of announcements:

Pen A Case (PIC): a Case Study Contest is on the cards for you to experiment with Case writing as you prepare for the exam! Details about the contest are available below. Start writing!

Sunuprapaksh takes over from Mohana as the BOT representative for the SAATA Newsletter. Mohan, thank you for your valuable inputs, guidance and the space you created for us to bring our best for the Newsletter. Sunupaksh, let the party begin! Do check out what his friends have to say about him in our team page.

Finally, I would like to leave you with the latest news of my son completing his first year of existence outside the womb. The picture is from the traditional Ayushshaham (life ritual for well-being and long life) celebrations we had on the occasion. What a beautiful privilege the last year has been. Among many other things, my respect for parents has skyrocketed. Cheers to the next generation that teaches us everyday.

As always, please keep sending us your feedback so that is the only means by which we know if our ship is sailing in the right direction! Happy reading!

Smita Nadkarni
Managing Editor
The Power of Process

In this episode of TA Talks, Adrienne Lee and Suryaprakash converse on the power of process in a seemingly content-focused world, be it in therapy, counselling, organisational or educational work. They touch upon homework, group work and the importance of working with what emerges while progressing towards a goal is essential for any kind of transformational work.

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Feedback

Thank you for including me on the mailing list for your newsletter. I loved receiving it. What a wonderful job you have done!

Read more...

Please send your content to newsletter@saata.org
Click here for guidelines.

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Creative Corner

Yoga With A Pen
- V Priya

Poem: Time Never Waits
- Vilj Mohanraj
EASTERN SYMPOSIUM 2019

Dr. Peter Alston-Mickle<br><br>Chief, CSIRO Plant Industry<br><br>Dr. Peter Alston-Mickle<br><br>Chief, CSIRO Plant Industry

Dear colleagues and friends of the Eastern Symposium, it was a wonderful opportunity to meet and share our latest research findings in the field of plant science. It was a truly inspiring event, surrounded by vibrant scientific discussions, engaging presentations, and new collaborations emerged. Thank you all for making this symposium truly memorable.

On the other hand, we would like to introduce two new exciting initiatives for the future of the symposium:

1. A new postgraduate student travel award: This initiative aims to support and encourage young researchers from around the world to attend the symposium and share their work. The award will cover travel costs and accommodation expenses for the selected students.

2. A new symposium series: We are planning a series of symposia that will focus on emerging trends and innovations in plant science. These symposia will be held in various locations around the world, providing a platform for researchers to present their latest findings and engage with peers.

We look forward to seeing you all again next year and sharing more exciting updates from the world of plant science.
Pen A Case (PAC)

PAC – The SAATA NLT Case Study Contest 2018

To warm up the SAATA Diploma/Advance Diploma holders and the CTA aspirants in their journey towards becoming ace Transactional Analysts in their chosen field of specialisation, we are pleased to announce the SAATA NLT Case Study Contest.

We invite you to write a short client case study/project as applicable to your field.

Broad guidelines as provided below:

<table>
<thead>
<tr>
<th>Specialisation</th>
<th>Counselling</th>
<th>Education</th>
<th>Organisations</th>
<th>Psychotherapy</th>
</tr>
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<tbody>
<tr>
<td>Contest Specifications</td>
<td>Client or Project Case Study</td>
<td>Client or Project Case Study</td>
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<td>Client Case Study</td>
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<td>Word Limit</td>
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The PAC review panel (panel of TSTAs, PTSTAs and CTAs) will follow similar assessment guidelines as laid set in the CTA Exam Handbook. On how to structure your case study, you can follow the Section C specifications provided in the below link (For Counselling: Pages 3-5; Education: Pages 7-8; Organisations: Pages 10-11; Psychotherapy: Pages 13-14):


No word count for Diagrams. Use as many as possible.

You can be as creative in your presentation as you would like to be. This carries bonus marks and brownie points.

Please ensure you follow the APA style of formatting, references, citations & bibliography: http://www.saata.org/ . Lack of proper referencing would be a big minus. Brownie points could be cancelled.

The winner would be rewarded by SAATA and the winning entries in each field would be published in the forthcoming edition of the SAATA Newsletter.

Go ahead, step up your writing and diagnostic skills, make your case, pen it and mail it to us at newsletter@saata.org

This will be an ongoing contest. The last date for submission for January 2019 issue is December 3rd 2018. May the force be with you!

Note: “This has been revised. Please refer to guidelines provided in January 2019 issue for the complete details.”
**Crossword**

Tazzle by Praya Veeraraghavan

Solve the TA crossword and email your solution to newsletter@saata.org. The first 3 winners (Tazzlers) will be featured in the next issue alongside the solution. Have fun and happy solving!

Across
1. This 2018 EBMA Award winner is on a habit (7)
2. Point in a game at which the player changes roles in order to collect his or her payoff (5)
6. An explicit bilateral commitment to a well-defined course of action (8)
7. An incipient positive stroke (7)
9. Sense described as experienced by all of us and are emotional triggers for needing strokes (6)
10. One of the 3 parts of the personality as described by Freud, Lahn for ‘I’ (3)
11. The Never’ script is illustrated by this Greek mythological figure (8)
15. A game played by a housewife who takes on everything that ultimately results in her burn out (7)
16. A consulting room game where the person plays dumb (6)
19. A simple way of referring to the negative, restrictive, non-verbal script messages received from the child in the parent (4)

Down
1. A term used in Transactional Analysis to describe the idea that when faced with very difficult or trying situations, some people will avoid the situation by carrying out one of these “behaviours” (6,7)
3. A game played when an individual suffers from a certain disadvantage in life, and they use it as a way to avoid taking responsibilities or justify their lack of drive and motivation to do better (6,3)
4. This author worked with Gama and Sarnoff on developing Computer transactional analysis (5)
5. Third degree Losing Spite (5)
8. A game where an individual sets up to get caught by these people (metaphonetically) (4)
12. A veteran Psychiatrist with over 40 years of experience, she is popular for “The Mirror Exercise” and “The Power is in the Process” amongst several others (2)
13. An Italian Psychologist and EBMA award winner for his work on Ego States and Transference (5)
14. When I am behaving, thinking and feeling in ways that are direct here-and-now response to stimuli, I am said to be in this ego state (5)
16. A new version of the game NOISGB (4)
17. A scary nickname given to Po by early TA writers (4)
Solution for Tazzle April 2018

Crossword Winners

Congratulations!
Correct entries received:

Kavya Kashyap
I totally enjoyed doing it. Very exciting! Indeed, it was a playful way of self-evaluating my TA basic knowledge. Looking forward to solving more such crosswords.
Dancing in Kochi

As we got closer to the time, the anticipation of another TA conference in India grew. The warmth and connection in past Indian conferences stands out for me—people kindly give and receive positive strokes and it creates such a wonderful sense of belonging—a theme that is important for me. The entire conference theme of The Dance of Culture felt important for me as a South African living within a multi-cultural society.

This time the monsoon floods added another type of dance to my experience in Kochi—a dance within myself about making decisions that would bring me safety and allow participation in the conference, a dance of balancing international connections and a deep value in being a South African.

My husband was travelling with me for the first time in India. After almost three weeks exploring the south of India and meeting people that had been significant to me over the many years of coming to India, we arrived in Kochi five days ahead of the exams and conference so that we could explore together. After a brief concern with the airport being closed for a few hours when one of the ladies suffered an injury, we arrived with no problem later that evening and had a wonderful five days exploring Kochi and doing a tour on the beautiful backwaters.

And then the rains returned:... 

So many things stand out for me now as I reflect on the experiences of those next four days. The conference organizers were flexible to consider, moment by moment, what the best decisions were—rearranging workshops, and ultimately deciding to end the conference one day earlier. What a strong and compassionate team they were! There was a balance of enabling/provocative presenters and participants who had been able to get there, to still experience deep moments of connection and learning, as well as seriously considering the safety of people. At the same time there was always the concern for the people who had lost everything—the generous donation of money that was collected to support relief efforts was heartening.

Adrienne Lea’s keynote address highlighted for me the balance of autonomy and horomony. I see Sharmi’s (1945) initial emphasis on autonomy as a gift to people striving to find their voice within families and systems of oppression. That autonomy alone is not enough—it can separate and divide and become all about “me.” Angel (1972) and Salleh (2011) wrote about homorony—the need for interconnectedness and between each person’s autonomy. In South Africa we have the concept of Ubuntu—the concept that a person is a person through other people. My own spiritual journey at present is being powerfully impacted by the writings of Dr Corma Bourgeois (2016) who speaks about non-dually. This is a different way of viewing the world—frees away the subject-object view of seeing people and ideologies and moves to linking from the experience of oneness that mystical experiences of many faiths, speak about. For example, in Christianity, Jesus said, “The Father and I are one” (John 10:30).

This sense of homorony and non-duality was powerfully lived out during those days in Kochi. As people from outside of India were anxious about how they would return to their homes and families, the conference team and local participants went out of their way to source different travel options and make wise decisions about the planned conference events.

The experience challenged me as a white South African who comes from a privileged background. It brought back some of the colonial elements of living in a society where I have more means and privileges than others and so can make different choices. My Indian friends, whom we would be staying for a few days back in Bangalore, initially suggested that an overnight train was a safe option. But we were only able to be on a waiting list. And my fantasy of the challenges of a twelve-hour train journey on a train that began to become long. A different plan was to travel by road to Tirumala and then book a new flight from there. I spent some time thinking deeply about the choices I made. If I think what seemed like the easier option and booked a new flight, was that betraying my friends who had chosen the more economical option? In a situation of stress, was this coming from an “I’m OK, You’re Not OK” attitude? What message was I sending about homorony and interconnectedness? If I chose the easier option?

As it happened, my friends also decided to do the road trip and flight from Tirumala, and so we were able to share in that experience together.

Another poignant moment was saying goodbye to one of my TA colleagues who had chosen to leave on the Saturday, while we chose to leave on the Sunday. As we hugged goodbye we wished each other well and the message to each other was: ‘Stay safe.’ A few days ago we met up in South Africa and I realise the power of the South African sense of belonging as we once again hugged each other and I felt the tears of grief flowing. There was a powerful confirmation of my roots in South Africa, the country of my birth, despite the challenges in our country—that strong sense of belonging in this land.

I know that one of my injunctions has been ‘Don’t belong’ and my eighteen year journey with TA has in so many ways offered powerful permission to belong in a very deep way. The experience in Kochi enabled me once again to deepen this sense of belonging—with my Indian friends and international TA colleagues, and with my fellow South Africans and my homeland—what a gift.

References:
Dear Readers,

In the eyes of the beholder, the Sandy Church Newsletter aims to bring joy to my readers by showcasing the beauty and wonder of nature, and by sharing the wisdom and insights of various authors and organizations. Through this newsletter, I hope to inspire my audience to appreciate the world around them and to cultivate a sense of curiosity and wonder. I am grateful for the opportunity to share these thoughts and ideas with you, and I look forward to continuing this journey with you in the future.

Sincerely,

[Your Name]
SAATA Newsletter

CTA Exam Process - Deepshikha Dhanpuri

Deepshikha Dhanpuri, CTA (P)
A computer science researcher graduate who has a degree in English literature, Deepshikha Dhanpuri is an experienced faculty and has already written her program requirements for CTA. In this interview, she explains the program requirements for CTA and gives insight into her experiences after completing the program. Deepshikha Dhanpuri reveals the challenges she faced during her preparation and the preparation process. She share her experiences and advice to aspiring CTA candidates.

CTA - A Journey that Ended with a New Beginning!

In 2010, January, I decided to take on one of the most famous training programs about the CTA exam plan and outlined a feasible deadline to write my exams for the course I started. I decided to do the CTA's advanced (Option) along the way. There were two more, and I was able to earn a great deal of experience in a short period. CTA, on the other hand, was a tool that did not require separate preparation or preparation for the Advanced (Option) certification. Deepshikha Dhanpuri believes in the importance of this course, given that the costs are similar to other courses. As a result, it strengthens the preparation for the CTA. The idea of a CTA is to prepare for applications, fees, other fees, and remaining supervision (I can see the importance of the course). With the new CTA Program, I decided to re-tool my practice material, which turned out to be the most important preparation for CTA.

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Crossroads of the Heart & Mind

Crossroads of the Heart & Mind

Last year, when I was walking down our lane, a friendly stray dog trotted behind me wagging its tail. Having never been near one before, I was terrified and took a detour to avoid it. As I walked on, the dog followed me half a block and then stopped, wagging its tail happily. I scanned the area for any indication of its owner but saw none. I felt relieved as it didn’t show any aggressive behavior, but I couldn’t shake the feeling of trepidation.

Though I was afraid, I decided to reconsider my decision. After much deliberation, I felt I would be fearful on a variety of counts. I had recently adopted an abandoned dog and the thought of taking on another pet seemed daunting. However, I found myself returning to the idea.

The thought of not adopting the dog troubled me, and I decided to take it home. It was a big step, and I was excited to have a companion for the long winter evenings.

Can thinking be based on the contexts and cultures of those that interact with it? Can the human mind be influenced by the environment it is exposed to? These are the questions that I often ponder in my daily life.

Parent

This concept is relevant in every context, whether it’s learning, research, or personal growth. I often find myself questioning and contemplating the ideas that I encounter.

Child

I find myself reflecting on the experiences that I have had in my life. How do these experiences shape my view of the world? How do they influence my interactions with others?

Adult

Adults are often seen as the culmination of all the roles we have played in life. How do we continue to grow and evolve as we age?

With or without your consent, I will continue to follow the path that I have chosen. Life is not always easy, but I believe that it is worth it to strive for a better future.

Feedback

If you have any feedback or suggestions, please feel free to contact me.

Thank you for reading! Have a great day!

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SAATA Newsletter

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Power: People Never Wasted

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Stress Management in the Workplace

Stress is a negative emotional experience accompanied by predictable physiological, cognitive and behavioral changes that are directed either toward altering the stressful event or accommodating to its effects.

Hanssens WW, Boot CR, Brouwer FJ, Heurman IL, Heurman YT, Eiltsa Vlasveld WC, Twisk JW, Anema JR, and van der Steek AE (2010) investigated the effectiveness of a digital platform-based implementation strategy to prevent work stress in a healthcare organization: a 12-month follow-up controlled trial. Questionnaire-based data were collected at baseline, and at 6- and 12-month follow-up. The strategy showed potential for primary prevention of work stress, mainly explained by an increase in stress in the control group that was prevented in the experimental group.

Occupational stress includes work hazards, work pressure, role conflict and ambiguity, inability to develop satisfactory job relationships, inadequate career development, inability to rectify conflict in one's job, and unemployment. It can produce increased incidence of work stress, job dissatisfaction, absenteeism, tardiness and turnover. Some of these job stressors can be prevented or offset through intervention. Although not all occupational stress can be avoided, knowledge of job factors that are stressful requires the possibility of reorganizing job design and implementing stress-reduction interventions.

Physical hazards are workers are exposed to a variety of sources, such as physical, chemical, and biological hazards. These risks create many adverse health outcomes, including injuries, cancer, and respiratory and cardiovascular disease.

Overload Work overload is a chief factor producing high levels of occupational stress. Work pressure also leads to stress.

Emotional and Role Conflict Emotional ambivalence occurs when a person has low clear ideas of what to be done and no idea of the standards used for evaluating work. Role conflict occurs when a person receives conflicting information about work tasks or standards from different individuals. In contrast, when people receive clear feedback about their performance, they report lower levels of stress.

Social Relationships: The inability to develop satisfactory social relationships at work has been linked to job stress. In psychological terms, one may find it easier to deal with stress if you feel supported by others.

Control: Lack of control over work has been related to a number of stress and illness indicators, including heightened catecholamine secretion, job dissatisfaction, absenteeism, and the development of coronary artery disease in perfectionists as well as the risk of death from all causes.

Unemployment: Unemployment can produce a variety of adverse outcomes, including psychological, physical symptoms, physical illness, alcohol abuse, low job satisfaction, and compromised immune functioning.

Other Occupational Outcomes: Occupational stress may be more related to general feelings of powerlessness, alienation, and the lack of commitment to the workplace.

Reducing Occupational Stress:

2. Involving workers as much as possible in the decisions that affect their work reduces stress.
3. Providing jobs as interesting as possible may contribute to the reduction of stress.
4. Providing workers with opportunities to develop or promote meaningful social relationships can reduce stress or buffer its impact.
5. Rewarding workers for good work.
6. Providing workers with adequate position in work settings can look for signs of stress before stress has an opportunity to do significant damage.

Combining Work and Family Roles: Combining multiple roles, such as those related to work and home life creates role conflict, role overload, producing psychological distress and poor health. On the other hand, role combinations may also enhance self-esteem and well-being. Which of these effects occur depends on, in large part, on available resources, such as time, money, social support, and help.

When is professional help needed for stress management?

When you:
1. Feel that stress is affecting your physical condition.
2. Feel that self-care is not sufficient.
3. Feel it is difficult to think and concentrate.
4. Feel depressed, agitated, or moody, or that life is not worth living.
5. Have your appetite and sex life 1 difficulty to sleep.
6. Are managing your stress level by eating, sleeping, drinking alcohol, smoking, or using recreational drugs.
7. Have worries, feelings and thoughts that are difficult to talk about and.
8. Feel your voice becoming louder.
9. You have difficulty in your work or school.
10. You consider your work as a waste of time, money, and effort.

Managing work-life boundaries and recognizing the need for help is crucial. Support from colleagues and managers aid in stress-reducing stress, work overload, and unhealthful stress outcomes.

References:
3. www.google.com

RECEIVE OUR NEWSLETTER
An Award and an Aftermath

At the event, I would like to thank SAATs Awards Committee and the IAAC for conferring the First Name Award on me. I also thank the people who nominated me for the same. It is an honour to be recognized for one’s contribution. As the list of contributions was read out, I thought to myself: all the years and moments spent in pursuit of knowledge and then some how or other I ended up receiving an award, which seems to be a fitting recognition.

As much as it is fantastic to receive an award, it sounds a bit surreal as well. It seems to be something that one does not expect to receive. It is due to the nature of a surprise. It took me a while to digest the thought and then after a few days I realized that I would not be able to hold office at the time of nominations as I am currently living away from the UK. However, there are some other reasons around me, I have been trying hard to recognize this recognition.

I have contributed to the IAAC community by having my work which I would consider to be my contribution. And there was no reason for me to receive an award; much like the others who have been nominated and continue to do so. While there was an inner desire to lose weight and improve the awards for the years of effort that has been put in, the final result is not always as expected.

I have been struggling with the problems of increasing my body weight in recent years and have received several messages from the community.

Among the people who had inspired and influenced me as an adult are Dr. Sharron Campbell, Dr. Judith Brown, John Cusack, John Stirling and others. They had high expectations and commitment in the way they offered encouragement to the community.

There are many who have helped me in lieu of meaningful ways. If George was as my first metaphor, than Swami Ramdev as a friend, and person I admire for his commitment and passion for the topic of fitness, and as the one who inspired me (KSS). If SAAa Newsletter met not only CTAs but also in providing the space and embarking various opportunities to work and develop, Andrew as my next sponsor and as we note, who made use of our own ways can one call it public and work with organizations, Dr. Jordan, James, (SAAa Newsletter) in the future, not only will I work towards creating an awareness of the importance of the community.

Gururaj, with the who knows, multi-faceted abilities, courage to stand by the principles and the challenge (SAAa Newsletter) Kartiki, Anuradha, Alka, and Neelam with the gentle ways as making a significant contributions. Meghajiwani with his perseverance and dreams to contribute to society. Exclusively with his commitment to the society and the community.

Thank you SAATs for all the opportunity and recognition. I will continue to contribute in ways in which I could contribute at large.
Oh My, What do I Say?

Dear Chitra and all (members of the Steering Committee)

What do I say, as in every occasion, this conference was also an amazing ride, close to two years. The last day of the conference was the height and a climax none of us expected. And that made it extra special and memorable. This was also the first time a conference was hosted not by any single local organization or a bunch of members, but by SAATA, in that sense. A conference wholly organized by remote control. It went so smoothly that we are yet to find where the remote went! Each of us took initiatives in our respective roles and respected others’ spaces, while being available to support each other as and when needed. It’s a beautiful case study of group work, planned and executed successfully, by a lovely bunch of volunteers from Coimbatore, Chennai, Bangalore, Manipal, and Kochi.

I fondly look back at the two years in the run up to this conference. The idea was germinated immediately after the ITAA supported conference in Coimbatore in 2016. Ironically that conference had to be moved out of Ooty just a month earlier due to a man-made circumstance of terror and uncertainty about people’s safety. It took shape during the MII in January 2017 where we decided to have it in Kochi, a city where SAATA does not have any infrastructure or volunteer base to organise. We simply wanted to give the best experience to the visiting delegates, and what better place than Kochi in God’s own country! We knew even back then that it will be a challenging experience. But little did we know how challenging it would end up being.

The conference contract was signed in Berlin during July 2017, but the organising in earnest started much earlier with scouting for the venue. And the rest is history.

Much of what people see in a conference is the last 3-4 days of curated programme with all its glitz and glory. But what goes unseen is the many many hundreds of hours of work of teams of volunteers directed by a handful of steering committee members, led by an able conference convenor. All of us worked like a well oiled machine - a machine with a heart and soul. Our mode of communication was Zoom meetings, WhatsApp and email correspondence dotted with occasional phone calls. And we did a terrific job at that.

I do wonder if it was too good to be true, as we did not have much unpleasant dynamics. I believe we dealt with our own differences and displeasure effectively in the spirit of camaraderie and Chinnes without any drama. Thus we modeled the spirit of TA being lived through. Often I hear people exclaim, ‘why don’t TA people know to be in peace with each other?’ I too used to rhetorically wonder often, ‘Are we so hard on a distorted notion of individual autonomy that at times we do not see eye-to-eye on matters? But this conference has been a great model for harmony - where each of us took responsibility for self without compromising our beliefs and values, while we adapted when needed for the larger good.

When the fury of nature hit us hard during the days of the conference, we held each other together and responded to the emerging situation adilly and with care. In hindsight, there might be some decisions we would have taken differently. But overall, we did a thorough job with a sense of responsibility and accountability. Much is written in The Script and in this newsletter about those days. And much will be talked about in future about this conference. But only a few will know what went behind the scenes and that needs to be acknowledged! I’m glad many did notice and express their appreciation for the way we worked as a synergistic team.

And finally, what a way to wrap up this journey - by choosing to give back what we could to those who could not make it.

And you, Chitra, beautifully embraced the role of conference convenor with dignity, poise, diligence and care. You created the space for all to work from our strengths, while being engaged with all the aspects of the conference. I loved every bit of working with you and others, specially to mention Ragini regarding the programme, you, Susan and Mohan as the core group, Hseena regarding the venue, Hema on promotion, and Reema on the programme and literally most other matters concerning the conference. I thank each one of you for this experience.

Hats off to each of us for a truly collaborative conference organizing, where we served SAATA and the ITAA with our hearts and souls! We gave our time and energy without any tangible returns. And that is an act of generosity. Happy and proud to be part of such a community.

While I still feel a sense of void and sadness at all the outcome, which was far away from the original plan, I know that will also pass. I still at times secretly wish If only the rains waited a few more days! I realise how hungrily silly and selfish I am and for now, I choose to sit with it and learn from it, whatever it teaches me.

Be well... and bask in the joy of accomplishment.

Editors’ Note: This is an expansion of an original communication sent by Sunilyaprakash to the Kochi Conference Steering Committee.
Yoga With A Pen - V Priya

Internationally certified zentangle trainer.
Internationally certified Heal Your Life Workshop Leader (USA)
Internationally certified Heal Your Life Coach
Advanced Trained in Transactional Analysis Research Area
Completed Level 1 certificate in play therapy
To add to it she has exposure to art therapy as well and is currently pursuing training in psychodrama.

Yoga with a pen - An intimacy with art
The creative adult is the child who survived
This being human is a guest house......
Every morning is a new arrival......

A joy, a depression, a sense of longing, some momentary awareness comes as an unexpected visitor......

Welcome and entertain them all......
A dark thought, the shame, the mirth, meet them all the door laughing......
And invite them in......

Be grateful for whoever comes, because each has been sent as a guide from beyond...... Rumi
Beware.....! Entertain them and don't get entrapped in it

In transactional analysis terms, when we get entrapped we call it a "Racket"......

We need to live more in the moment
Living in the moment also called mindfulness is a state of active, open and intentional attention to the present

One becomes aware that they are not their thoughts, but rather an observer of their thoughts from moment to moment without judging them

One awakens to experience life
Would like to break off your internal rackets
Start today by doing simple mindful line strokes
Time Never Waits

When I say time, it can also be connected to Sun, Moon, Stars and other planets.

When time knocks,
When nature calls,
We are born,
When we emerge out to see the universe
Then we start recording the time,
My birth
Was it a good time for my Father? Mother? Karma of my ancestors? Or my time?
Time never waits...

The time of birth is calculated to write destiny...
People count the days and see the time for Christening or Naming ceremony...
When the baby falls upside down, straws waiting on 4 legs, time has been calculated in some cultures...
They calculate the age for joining kindergarten or play school,
They see the auspicious time to start writing,
The time is noted for attaining puberty,
At a certain age they do puja (prayer) ceremonies for boys,
Time never waits...

Time is noted for inauguration,
Time is noted for marriage,
Time is noted for birth,
Time is noted for death,
Time is noted BECAUSE
Time is precious OR
Time never waits...

My concern is
Why are we not aware and using time for,
When we misbehave and do mischief?
When we hurt and harm others?
When we are proud and greedy?
When we are with lust and anger?
When we are in envy and sloth?
Time is very clear.
Time never waits...

Are we aware and accounting the time,

To be happy when we give Unconditional love,
Celebrate and note the time when we achieve our goals,
Count our blessings when we help the poor,
Count our blessings when we are healthy & strong,
Count our blessings when we are with strength & wisdom,
Appreciate when we are capable, expert & efficient,
Be fulfilled and count the time we were with joy & peace?

Let’s not forget or wait till death bed knocks our door, to understand and thank our Nature, Heart, Mind & Soul

When time is not ready to wait for us,
Then why do we always wait for the right time?
No time is wrong to do the right things !

TIME NEVER WAITS!
It’s time to REFLECT, RECONSIDER, REDECIDE

Friends let’s self evaluate using the TA models of EGO STATE, TIME STRUCTURING and STRESSES

1. How do I spend my time?
With/Out Rituals (Pastimes/Activities/Themes (psychological) Y INTO M) ...

2. Each and every moment of my life - Which ego state am I in?

3. Am I accepting and giving stripes for self and others?