



How to deal with burnout: Sessions with Cuddles Foundation

Adveka once again collaborated with Cuddles Foundation, our partner organization that works with children suffering from cancer, to hold sessions for its staff on how to deal with burnout and manage emotions. Held on March 21 and 22, these sessions involved 26 dieticians of Cuddles Foundation from across India. Due to the intensely emotional nature of their job, especially as it involves vulnerable children, these dieticians are very susceptible to self blame, guilt, sadness, and anger. Constantly experiencing these emotions can lead to burnout. Emotional management is therefore extremely important for them to better cope with their job.

Guru Nanak College students learn about stress management



On March 15, Adveka Foundation held a session with students of Guru Nanak College on mental health awareness and stress management. These students,

aged 16-18 years, are mostly from junior college and first year, and face immense stress during exams. Apart from providing self care tips, they were made to understand the importance of reaching out to mental health professionals such as a psychologist in cases where dealing with it by themselves became too difficult.

Intern Pooja Sharma writes on volunteering with Adveka

“One of the most insightful and rewarding experiences of my journey with Adveka was being part of the sessions for caregivers of cancer patients. It was a first-hand experience of learning how family and friends turn caregivers by providing vital and constant emotional and personal care when something like cancer strikes. It showed me the importance of a healthy mind, and how it can take you through even the most trying times of your life. I realized the amount of mental strength it takes, and this makes me better prepared to face any such crisis of my own.”

(To read Pooja's full blogpost, please visit advekafoundation.com/blog)

Caregiver Counselling Pilot Programme with partner organization ADAPT

In 2016, Adveka Foundation conducted a three-month pilot caregiver counselling programme with ADAPT (Able Disabled All People Together; it was formerly known as The Spastics Society of India), an organization that works with the disabled. Over six sessions, Adveka worked with the parents of disabled children aged 5-10 years old, covering topics such as self care, assertiveness training, emotional management, developing and building support systems, and problem solving. Most of the participants hailed from low income and lower middle class families, whose children suffer from both physical and mental disabilities. Due to the lack of requisite facilities available for disabled children in schools and public spaces, their families undergo severe emotional stress while taking care of them. The pilot programme was aimed at helping these parents cope better with their situation, and have better resilience, while reducing stress and caregiver burden.

