General

Handle stress with good insight – Vice-Chancellor

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PEKAN, 30 November 2020 – It is a fact of life that various problems and pressures will pile up whether in one's professional or personal life.

Even so, all of these troubles should be handled with patience and good insight.

Many methods can be employed to manage stress, whether by getting the help of a counselor or informing oneself from social media platforms on managing stress.

The Vice-Chancellor of Universiti Malaysia Pahang (UMP), Professor Ir. Dr. Wan Azhar Wan Yusoff said that the best step to deepen your relationship with the Creator by reading the Quran and routinely reciting zikir, which is said to be the most effective way to manage stress.

Stress is a heavy burden on the soul, and it is up to the individual how they overcome that stress.

"Sometimes, misfortune can remind us to return to Allah.

Misfortune is a sign of our Creator's love towards us, and as it may be, many people change for the better after experiencing misfortune," he said.

He remarked this during the Self Care: Professional Stress vs. Personal Stress Programme organised by the Employee Assistance Program (EAP) Unit moderated by the Head of the EAP, Dr. Fatmawati Latada.

This programme recently saw the cooperation of the Counseling and Psychology Division of the Student Affairs and Alumni Department (JHEPA) aired via the Zoom application.

He added that in life, each person has their own responsibilities.

"As a person with a career and profession, there is a responsibility to commit to the duties bestowed on us.

"For those of us who work, we earn a living through it; therefore, we should carry out our responsibilities to the best of our ability.

"The same goes for personal stress, as mukallaf (religiously accountable) we are responsible for our family and also our religious duties," he said.

Also sharing his opinion, he said the mental note method is also good to put into practice.

"It is the ability for one to learn lessons from what happens and use it to guide the actions to not repeat the same mistakes in the future.

"This method directly prepares one for future challenges as well as additional duties that will be taken on.

"When given a large responsibility in any organisation, then carry it out to the best of your ability," he said.

He also added that we all have our own weaknesses, but we should not make that weakness the focus but instead make it a lesson to improve oneself as a person.

"Besides that, there must be a lot of discussion in an organisation to solve a problem.

"It is not wrong for us to voice our own views and opinions, but it must be done respectfully.

"We must train ourselves to think on a conceptual level," he said.

He also advised UMP associates that it is okay to be a workaholic in the workplace unless it becomes self-destructive.

He also recommended seeking counselling by referring to UMP's EAP that offers career or personal consultation services to staff in need.

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