



Emotional and Mental Well-Being Talk:

Stress Management

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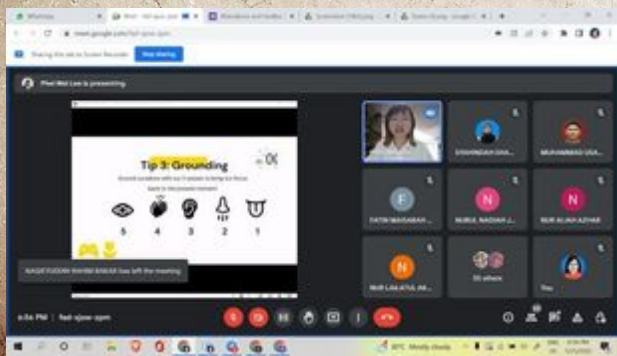


The French Language Club of Universiti Teknologi MARA Cawangan Pulau Pinang held its first virtual emotional and mental well-being talk via Google Meet on the 5th of December 2022 from 6:00 p.m. to 7:00 p.m. The main purpose of the talk is to raise awareness among university students on the importance of mental well-being. A registered and licensed counsellor, Miss Lee Phei Wei has been invited as a guest speaker to share her professional thoughts on stress management. She graduated with a Masters in

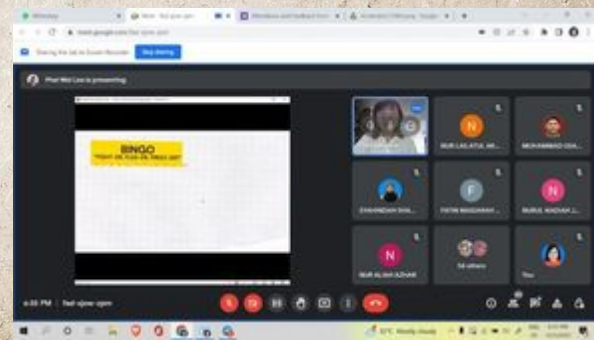
Counselling Psychology from Universiti Malaysia Sabah, and has been working in this field for more than five years. She has had experiences working with multinational clientele and public community, focusing on emotion regulation and bereavement.

The talk began with an opening speech by the moderator, Miss Syahindah Shamsudin. Next, a short French video clip showing a stressed single working mother was played. Then, the counsellor connected the video clip with the main topic,

stress. In the talk, self-assessment was concentrated on rather than the detailed explanation of stress. Some fun activities were carried out, such as a memory game, BINGO and Snakes and Ladders. The memory game exposed the audience to minimal pressure and stress. Then, the audience learned more about their stress responses by playing BINGO. Finally, the guest speaker ended the talk by sharing several stress coping tips using the Snakes and Ladders game.



The guest speaker sharing one of the stress-coping strategies



The guest speaker playing BINGO with the audience