PRESS NOTE

Digital India Ask Our Experts

- **Episode 52 Addresses Workplace Stress Management and its impact on Health**
- **Emphasis laid on the importance of mind conditioning and developing greater control over emotional responses to challenging situations**

New Delhi: The latest episode of Digital India Ask Our Experts, a citizen-centric initiative of the Digital India Programme, Ministry of Electronics & Information Technology (MeitY), was conducted on August 21, 2026 on the topic "Workplace Stress Management", featuring Dr. Swapan Gupta, Professor of Neurology, G B Pant Hospital, Delhi, in an interactive discussion on workplace stress management and its impact on physical and mental well-being.

Watch the episode on https://www.youtube.com/live/bKjTRyMRd4g?si=wfSkDVE7ArTvDISX

The session focused on helping citizens understand stress, recognise its impact on health and adopt practical strategies to manage everyday workplace pressures.

Dr. Gupta distinguished between a difficult day caused by external circumstances and stress, which is influenced by how the mind responds to those circumstances. He emphasised the importance of mind conditioning and developing greater control over emotional responses to challenging situations.

Highlighting the impact of prolonged stress, Dr. Gupta described chronic stress as a "slow poison" that can keep the body exposed to elevated levels of stress hormones such as cortisol. Persistent stress can contribute to health problems, including hypertension, diabetes and cardiovascular disease.

Practical Ways to Manage Workplace Stress

During the interactive session, Dr. Gupta shared several practical approaches that individuals can incorporate into their daily routines.

He encouraged mindset reframing, including the use of positive affirmations and changing the way situations are mentally labelled. He also recommended prioritising tasks and setting boundaries, including categorising tasks according to urgency rather than attempting to address everything simultaneously.

On the importance of sleep, Dr. Gupta advised reducing screen exposure before bedtime to allow the mind and body to transition into a restful state.

The discussion also explored the role of activities that support positive emotional states. Exercise, meditation, hobbies and meaningful social connections were highlighted as ways to support the body's natural processes associated with positive emotions and well-being.

For moments of acute workplace pressure, Dr. Gupta suggested taking short “silence breaks” to step away from the immediate situation, regain composure and return to the task with a clearer mind.

Recognising when professional help is needed

Dr. Gupta also emphasised that stress should not be ignored when it begins to significantly interfere with everyday life. Individuals experiencing persistent disruption to sleep, appetite, daily functioning or relationships should consider seeking professional help. He also stressed the importance of seeking immediate professional support in case of suicidal thoughts.

The episode highlighted that managing workplace stress is not about eliminating every stressful situation, but about developing healthier ways of responding to pressure and recognising when additional support is needed.

Digital India Ask Our Experts provides citizens with an opportunity to interact with experts and gain credible, practical information on subjects relevant to their everyday lives. The programme continues to bring experts and citizens together through accessible and interactive conversations.

The Digital India Ask Our Experts is a LIVE interactive programme streamed on Digital India’s YouTube channel. For more information on upcoming episodes and Digital India initiatives, visit www.digitalindia.gov.inand www.negd.gov.in.