



YAYASAN SATYA DHARMA SURYA INDONESIA
SMK ATISA DIPAMKARA
KOMPETENSI KEAHLIAN: MULTIMEDIA DAN AKUNTANSI
TERAKREDITASI "A"

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No : 056/AD-SMK/IX/2023
Lampiran : -
Hal : **Permohonan Narasumber**

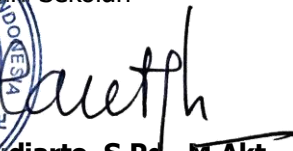
Kepada Yth,
Bpk. Sandi Kartasasmita, S.Psi., M.Psi., Psikolog, Psikoterapis
di tempat,

Dengan hormat

Dengan ini kami bermaksud untuk mengundang Bpk. Sandi Kartasasmita sebagai Narasumber Seminar dengan tema "Bagaimana Mengatasi Stress" bagi Guru dan Karyawan Sekolah Atisa Dipamkara. Adapun kegiatan tersebut akan dilaksanakan pada :

Hari, Tanggal : Selasa, 10 Oktober 2023
Waktu : 14.00 – Selesai
Tempat : Vidyarajasala Vihara Vajra Bumi Nusantara

Demikian permohonan ini kami sampaikan. Atas perhatiannya kami ucapkan terima kasih.

Tangerang, 27 September 2023
Kepala Sekolah

Hantoro Budiarto, S.Pd., M.Akt.



SURAT TUGAS

Nomor: 77-R/UNTAR/Pengabdian/X/2023

Rektor Universitas Tarumanagara, dengan ini menugaskan kepada saudara:

SANDI KARTASASMITA, M.Psi., Psikolog

Untuk melaksanakan kegiatan pengabdian kepada masyarakat dengan data sebagai berikut:

Judul : Mengatasi Stress
Mitra : SMK ATISA DIPAMKARA
Periode : ganjil 2023_2024
URL Repository :

Demikian Surat Tugas ini dibuat, untuk dilaksanakan dengan sebaik-baiknya dan melaporkan hasil penugasan tersebut kepada Rektor Universitas Tarumanagara

11 Oktober 2023

Rektor



Prof. Dr. Ir. AGUSTINUS PURNA IRAWAN

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- Pembelajaran
- Kemahasiswaan dan Alumni
- Penelitian & Pengabdian Kepada Masyarakat
- Penjaminan Mutu dan Sumber Daya
- Sistem Informasi dan Database

Fakultas

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- Hukum
- Teknik
- Kedokteran
- Psikologi
- Teknologi Informasi
- Seni Rupa dan Desain
- Ilmu Komunikasi
- Program Pascasarjana



SMK Atisa Dipamkara

Looking after Our Mental Health

A webinar on caring for our mind, body, and spirit

10 Oktober, 2023

14.00

@sandykartasasmita

**Sandy
Kartasasmita**

M.Psi., Psikolog.,
Psikoterapis





About the Speaker

Sandy Kartasasmita,
M.Psi., Psikolog.,
Psikoterapis

Clinical Psychologist

- Permanent Lecturer at Psychology Faculty - Universitas Tarumanagara
- Head of Indonesian Psychotherapy Association - HIMPSI
- Psychologist at Morphosa

What is Mental Health?

Is it a state of mind?



Mental Health Issues Affect Everyone

It can happen to anyone.



**It's startling to consider
that one in every five
individuals contends with
mental health disorders.**

What is Mental Health?

Mental health refers to a person's emotional, psychological, and social well-being. It encompasses an individual's ability to manage stress, build healthy relationships, work productively, make sound decisions, and cope with life's challenges. Mental health is a fundamental component of overall health and affects every aspect of a person's life, including their thoughts, feelings, and behaviors





More than a State of Mind

Having good mental health is more than the absence of illness. Rather, it's a state of holistic well-being.



Emotional Well Being

This involves understanding and managing one's emotions effectively. It includes being able to express feelings in a healthy way and having a positive outlook on life.

PSYCHOLOGICAL WELL BEING

This includes cognitive abilities like problem-solving, decision-making, and critical thinking.

A person's mental health also affects their self-esteem and self-confidence.



SOCIAL WELL BEING

Healthy mental functioning allows individuals to build and maintain positive relationships with others, communicate effectively, and engage in social activities



MENTAL DISORDERS

Mental health also involves recognizing and addressing mental disorders and conditions, such as depression, anxiety, bipolar disorder, schizophrenia, and others. Seeking help and treatment when necessary is an essential part of maintaining mental health.



STRESS MANAGEMENT

Coping with stress in a healthy way is vital for mental well-being. Effective stress management techniques can prevent the negative impact of chronic stress on mental health.





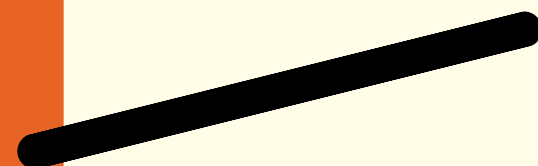
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SELF CARE

Taking care of one's physical and emotional needs through activities like exercise, relaxation, proper nutrition, and adequate sleep plays a significant role in mental health.





BUDDHISM



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SEKOLAH ATISA DIPAMKARA

mengucapkan terima kasih kepada:

Sandy Kartasasmita, M.Psi., Psikolog., Psikoterapis

Sebagai

Narasumber

Seminar dengan tema:

Cara Mengatasi Stres

Bagi guru dan karyawan Sekolah Atisa Dipamkara

Surabaya, 10 Oktober 2023



[Signature]
Budiarto, S.Pd., M.Akt.
Ketua Panitia