



The Cycle of Wellbeing Program

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This program aims at providing psychological and spirituality services to people offering services to others (service providers). Since such people meet a lot of things that result to psychological discomfort, psychological trauma, depression and other psychological and social related problems that minimize their ability in performing their task.

Sometimes these people might have been forgotten that they don't need assistance or because of the way they are perceived by people or the way they perceive themselves that they are capable of solving all their problems something that is impossible. These people might be leaders in different aspects, social workers, parents, caregivers, medical personnel and other workers in different posts.

Something to note, stress, Depressions and other psychological discomfort accompanied with physiological problems like cardiovascular problems and other systematic problems doesn't fear someone's Position, wealthy, security, Fame , educational level, culture and etc.

The Star of New Generation initiates this program as its important role to play of assisting them psychologically since these people are promoting other people's wellness despite of all discomfort they face on the journey of assisting or helping others without themselves being not considered by others about their healthy. Taking care of them and their healthy is really taking care of healthy of majority and enhancing generation welfare.

Things to know about these stars (service providers)

- They are normal people who have feelings too, hence they can feel pain and develop psychological discomfort that can also promote psychological and social problems.
- They seek to attain peace of mind (as everybody does) through what they are doing despite of a lot of things they pass through.
- They face a lot of stressful environment compared to the ones they assist.
- Sometimes they do not get what they want according to their nature of their assistance and posts.
- Sometimes they die silently even if they know how to get assistance due to many factors around them.
- Sometimes they miss hope compared to other people due to limited resources to meet their needs.

Objective of the program

- To make them aware that they also need assistance of their healthy
- To make people around them fully aware that those people (service providers) also need psychological assistance to perform properly their duties.
- To promote their wellbeing since they carry solutions for majority.
- To promote a generation mindset that will help people on how to perceive these service providers through considering much more about their mental health.

- To provide assistance to these service providers on how to take care of one-self during different stressful moments.
- To make them and people around them aware of how mental health can uplift their performance and happier life.

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Tools expected to be used

- Psycho-education
- Different models
- Psychological instruments
- Projectors
- Discussions
- Movies
- Generational psychological motivation touch design
- Case studies
- Counselling
- Psychotherapies

Our Address:

Gangilonga - Iringa, Tanzania.



About Star of New Generation 1

Star of New Generation 1 is a counseling and psychotherapy related office which focuses on transforming mindset about different life aspects purposively aiming at attaining mental health for individuals' and generations' welfare.

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