



Bal Bharati
PUBLIC SCHOOL
NEELBAD, BHOPAL

Report

Date : 14-05-2021

Topic : Stress management

Resource Person : Smt. Harita Arora

“ Sometimes when people are under stress, they hate to think, and it’s the time when they most need to think.

Stress is a body’s response to any physical or emotional or mental change in life. Stress means body’s reaction to situation that challenge you.

On 14-05-2021, I attended the workshop on the topic Stress management at work which was very informative session .This informative session was taken up by **Smt. Harita Arora**. More than 400 teachers attended the workshop.

She explained us classroom activities to reduce stress – Brush it off, Leaves it at the door, Humor and laughter, meditation, Clear mindedness, Deep breathing exercises, Protective bubbles . She explained us stress reasons – Financial, workplace, personal relationship, parenting, daily life activities, illness etc. She also explained the benefits of stress management – positive attitude, ability to focus achieved, more energy and stamina. She explained stop light of self regulation – STOP AND BREATHE, THINK and DECIDE AND DO.

“ HAPPINESS IS NOT SOMETHING READYMADE.IT COMES FROM YOUR OWN ACTIONS.”

The resource person who took the workshop was immensely experienced and professional. The interactions made sure that there was no low point in the session. It gave everyone a clear perspective for the long run. It was very informative and interactive and even quite fun filling session. I am very thankful to my school for giving me this wonderful opportunity to attend this webinar.

Submitted By :

Ms. Pratiksha Sharma