



Bal Bharati PUBLIC SCHOOL

DATE & DAY	:	11th June, 2021 (Friday)
ORGANISED BY	:	CBSE, TRAINING HEADQUARTERS
THEME	:	PROMOTING MENTAL HEALTH FOR LIFE
RESOURCE PERSON	:	MR, ANURAG GUPTA
ATTENDED BY	:	MAHAVASH KHAN

Webinar report on topic " PROMOTING MENTAL HEALTH FOR LIFE " organized by CBSE, TRAINING HEADQUARTERS, MR . ANURAG GUPTA , focused on following main points

The primary aim of education is not to enable students to do well in school but to help them to do well in the life they lead outside school.

Introduction:

Right from the time of birth till the last breath drawn , an individual is invariably exposed to various stressful situations. The modern world which is said to be I World of achievement is also a world of stress and has been called the - age of Anxiety and stress.

Common stress associated diseases:

- Diminished immunity
- Headache
- Fatigue
- Weight gain
- Dyslipidemia
- Hypertension
- Heart disease
- Digestive problem
- Psoriasis / Eczema

Techniques of stress management :

- Stress management involves controlling and reducing the tension that occurs in stressful situations by making emotional and physical changes the degree of stress and the desire to make the changes will determine how much change takes place.

Eliminating stress from your environment:

- Abu Ali organise living space can be a major source of stress. If you are environment is well organised and please send that it can help to reduce stress.

Talk to someone:

- Find someone you trust , discuss the problems and look for solutions.

Take one step at a time:

- A complex problem can be overwhelming, even when you have got your plan mapped out.
- but remember the journey of thousand miles begins with one step.
- Just focus on one small goal at a time.

Personal space

- It is important for people to feel that they have sufficient personal space at work and at home.
- We are no personal spaces available, then you can establish some feeling of ownership by bringing personal objects such as small plants or photographs of loved ones.

Decoration and tidiness:

- A chaotic and cluttered living or workspace adds to stress.
- Don't be dogmatic but keep the area you are working in free of clutter.

Yoga Nidra :

- Yoga Nidra maybe rendered in English as “yoga sleep “.These aspects may include relaxation and guided visualisation techniques as well as the psychology of dreams, sleep and Yoga.
- The practice of yoga relaxation has been found to reduce tension and anxiety.The autonomic symptoms of high anxiety such as headache ,giddiness, chest pain ,palpitations ,sweating ,abdominal pain respond well.

Silence:

- It is good to be in silence, sometimes we gain energy by it when we talk it drains our energy. If we are silent for sometime then the mind feel relax.

Life is easy or complicated?

Why is Life not easy?

Life is complicated as well as easy. It depends from which point of you look at it .You eat a banana it's a very complicated process , long process ..but it is also very simple - you eat and it is digested in 20 minutes. Life is both complicated and easy .It is complicated because you have a long strengths, skills, talents in you.

Hobbies:

- Coming sound of water will sooth you.
- Just a regular walk will also relax you.
- If you can go swimming either at your local pool, a friend or relative's home or in a lake. Swimming is great for reducing stress.
- Do the activities or hobbies that relax you.

ABC of sound mental health:

- Always take time for yourself at least 30 minutes per day.
- Be aware of your own stress metre; no when to step back and cool down.
- Concentrate on controlling your own situation ,without controlling everybody else.
- Daily exercise will burn off the stress chemicals.

- Eat lots of fresh fruits, veggies, bread and water give your body the best for it to perform at its best.
- Forgive others do not hold grudges and be tall rent not everyone is capable as you.
- Gain perspective on things, how important is the issue?
- Hugs ,kisses and laughter have fun and don't be afraid to share your feelings with others.

Report Submitted by:
Mahavash khan