



### **WEBINAR REPORT**

<b>DATE</b>	<b>: 30TH JULY, 2021 [Friday] 10:00 TO 11:00AM</b>
<b>THEME</b>	<b>: STRESS MANAGEMENT TECHNIQUES</b>
<b>RESOURCE PERSON</b>	<b>: AMIT KUMAR SHUKLA</b>
<b>ORGANIZED BY</b>	<b>: CBSE COE BHUVANESHWAR</b>
<b>ATTENDED BY</b>	<b>: NAYYER A KHAN</b>

CBSE CoE Allahbad [Prayagraj] has organized a webinar on the theme “Stress Management Techniques”. He enlightened the attendees about the stress, its causes, its effect on our physical, mental and social life. He also makes us aware about the benefits of Stress Management. He said “You can’t always control what goes on outside, but you can always control what troubles you within”.

In today’s competitive world where everything operates on a global basis it is hard to cope with the pressure both on the professional and social front. He first told what is stress in real sense. He also discussed that everyone is dealing and he not only helped the teachers to understand the concept of stress but also discussed about various psychological, emotional, environmental and physical effects emerging out of them. Through various case studies discussed through videos, the workshop became more educative and entertaining.

#### **WAYS TO DEAL WITH STRESS**

- 1. Re-balance Work and Home**
- 2. Build in Regular Exercise**
- 3. Eat Well and Limit Alcohol and Stimulants**
- 4. Connect with Supportive People**
- 5. Carve out Hobby Time**
- 6. Practice Meditation, Stress Reduction or Yoga.**
- 7. Sleep Enough**
- 8. Bond with Your Pet**
- 9. Take a Vacation**
- 10. See a Counselor, Coach or Therapist**

The resource person from CBSE also elaborated the set of techniques that help in managing stress more effectively. The workshop was quite informative, educative and interactive.

**Report Submitted by**

**NAYYER A KHAN**