



JKPS

'B' Paschimi, Shalimar Bagh, Delhi-110088

Workshop On Stress Management

"Stress is not what happens to us. It's our response to what happens. And the response is something we can choose."

- Maureen Killoran

A workshop on stress management for the students of classes XII was conducted on 30 April 2024 by the school counsellor to educate students about the concept of stress and equip them with coping strategies to handle it effectively. During the session, students were introduced to the definition of stress. They learned about different types of stress (positive and negative) along with the signs and symptoms of stress.

The session focused on the impact of stress on individuals, exploring its psychological, emotional, cognitive, and social effects. Through interactive sessions and group discussions, students were given scenarios to identify instances of stress in their lives and understand the potential consequences of stress on their physical and mental health. The workshop also provided students with healthy and effective coping strategies to handle stress in their daily lives.

Overall, the session played a crucial role in equipping students with the tools necessary to handle stress. Along with this, the students also learned that the journey towards effective stress management is not a one-time event but rather an ongoing process of self-awareness, self-care, and skill-building.

