

OPEN SECRETS TO JOYFUL LIVING

Grade: Teachers (Pre-KG to 12)

Day & Date: Thursday, 10th October 2024



INTENT: The primary intent of observing World Mental Health Day on 10th October was to align with this year's global theme of 'Workplace Mental Health' and address the mental health and wellbeing of teachers across all educational phases. Titled 'Open Secrets to Joyful Living' the session was designed to equip teachers with practical strategies for managing stress, increasing self-awareness and building resilience in their daily lives; introduce the participants to mindfulness and mental wellbeing practices, such as the 8-fold path of Buddha, which emphasizes principles like right intention, mindfulness and ethical living; highlight the pillars of happiness, including purpose, positive affirmation, gratitude, visualization, journaling, self-control and self-love, as essential components of mental health and ultimately create a safe, reflective space for teachers to share experiences, engage in self-exploration and form connections with others.



EXPERIENCE: The session was conducted in a phased manner, with separate batches for early years; primary; middle, secondary, and senior secondary teachers to ensure targeted discussions and engagement. Several interactive activities were integrated to make the learning experience dynamic and relatable. This included inspirational videos such as 'The 99 Club' and 'Perseverance Walk' highlighting themes of contentment and persistence in the face of challenges. These stories allowed participants to reflect on their own lives and experiences. The ice-breaking skittle activity helped build rapport among participants and create an atmosphere of openness. Teachers were encouraged to write down and share things they were grateful for, fostering a sense of appreciation and positive thinking through the gratitude jar activity. Facilitators encouraged teachers to share personal experiences, which deepened understanding and created a sense of community. The session concluded with an uplifting dance activity, reinforcing the importance of physical movement in maintaining mental and emotional wellbeing. The atmosphere was inclusive, warm, and supportive, allowing teachers to relax, learn, and participate fully.

INSIGHT: The session had a positive and lasting impact on the participants, as evidenced by their feedback and active participation throughout the event. The teachers acquired valuable knowledge on managing their mental health. The impact extended beyond just the knowledge shared, as participants left with renewed motivation and practical techniques to enhance their overall well-being.