

Workshop on “Building Resilience, Adaptability and Thriving in Adversity”

Subject: Building Resilience, Adaptability and Thriving in Adversity (Classes VI to VIII)

Date: 23rd, 25th & 26th July, 2024

Description:

- 24th July of every year marks International Self-care Day, the date makes it 24/7 to emphasize that self-care is supposed to be done 24/7 not merely a day.
- Self-care are activities, a form of care where one nurtures themselves and looks after their needs, health and well-being. It prevents one from complete burnout.
- A workshop was conducted for grade 6th, 7th and 8th on Self-care Day on “Building Resilience, adaptability and thriving in adversity”.
- Resilience is the ability to bounce back to functionality. Adaptability refers to finding comfort in changes, thriving in adversity is to seek every problem or a challenge as an opportunity to get better.
- The workshop was an interactive one where students were participating in various activities.
- Many of the problems one faces are emotional in nature. Emotional management can help us thrive better in adversities.
- Key life skills that can help students sail through life are- communication, time management and relaxation.
- Self-care is a combination of routine and self-care. It is another name for good body-mind connection.
- How we care for our mind is reflected in mental health and how we care for our body is reflected in our physical health.
- Students were taught the “54321” grounding technique in times of stress and overthinking.
- The session was ended with a Q/A round where students’ queries were answered.

Conducted / Compiled by:

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