



THRIVING UNDER PRESSURE: OVERCOMING STRESS AND ANXIETY

Grades: 10 & 12

01-10-2025

**RESOURCE PERSON:
MR. RAJESH FERNANDO
POSITIVITY COACH**

INTENT:

The session was organized with the intent of equipping students with practical strategies to manage stress and anxiety during their Board Examinations. It aimed to encourage a positive mindset and resilience under pressure, while also providing a structured framework through the S-Formula (Start, Set Right, Steady, Sustain, Shine, Succeed, and Supercede) to help students approach challenges effectively. Above all, the session reinforced the importance of balancing academic preparation with emotional wellbeing.

EXPERIENCE:

The experience of the session was highly engaging and thought-provoking. Mr. Fernando connected with students through real-life illustrations, interactive activities and practical strategies, creating an atmosphere of openness and reflection. The creative use of magic as a medium not only drew the students' attention but also made the concepts more relatable and memorable. His clarity of communication, coupled with warmth and positivity, encouraged students to reflect on their own habits and mindset, leaving a lasting impression.

INSIGHT:

The key insights gained from the session were both immediate and long-term. Students learned to view stress and anxiety as manageable challenges rather than insurmountable barriers. They were motivated to not only prepare effectively for examinations but also to adopt resilience strategies as lifelong habits. The session highlighted the importance of confidence, focus and self-belief, while also fostering gratitude for their families, teachers and personal growth journey. It is foreseen that students will demonstrate improved concentration, enhanced coping skills and sustained wellbeing in both academic and personal spheres.

