



WORKSHOP FOR TEACHERS

SESSION : 2025-26

THEME/TOPIC: STRESS MANAGEMENT

RESOURCE PERSON(S): Dr Bindu Sharma

ORGANISED BY: MBS International School

DAY & DATE: 14 January 2026

DURATION: 11:30 am to 12:30 pm

VENUE: School Auditorium

ATTENDED BY: Teachers (Nursery – Class 8)

Objectives: Identify sources of stress in teaching environments.

Teach mindfulness and cognitive reframing techniques.

Promote healthier lifestyles for sustained teaching efficacy.

Ms. Bindu Sharma, Vice Principal of the school, led a workshop on stress management for teachers from nursery to class 8. The session equipped educators with practical tools to handle professional pressures while aligning with NEP 2020's focus on teacher well-being.

The workshop further explored the concept of stress as the body's natural response to physical and mental demands, highlighting the role of adrenaline and the *fight-or-flight* mechanism. Teachers were helped to understand that while moderate stress can enhance performance and efficiency, excessive or prolonged stress can lead to anxiety, burnout, and reduced effectiveness, whereas too little stress may result in disengagement.

A detailed discussion was held on identifying stressors, categorised as situations, activities, and relationships that may cause physical, emotional, or psychological trauma. Common stressors related to school responsibilities, work pressure, family dynamics, relationships, legal matters, financial concerns, health issues, environmental factors, and living situations were examined to help teachers recognise triggers in their own lives.

Ma'am elaborated on the negative effects of stress, covering physiological symptoms such as changes in weight, hair loss, heart palpitations, and high blood pressure, along with emotional and behavioural symptoms including mood swings, anxiety, irritability, and the risk of unhealthy coping habits. This segment aimed at building self-awareness among teachers so that early signs of stress could be identified and addressed proactively.

The session then focused on stress management strategies, emphasising body relaxation techniques such as breathing exercises and guided imagery, physical activities including yoga and aerobic routines, meditation, and the importance of counselling and talk therapy when required. Teachers were encouraged to maintain stress journals to reflect on daily challenges and emotional responses.

Interactive group discussions enabled participants to share experiences and suggest practical solutions, including effective time management, breaking tasks into manageable parts, setting realistic goals, avoiding procrastination, setting boundaries, and practising positive reframing to manage workload pressures constructively. The importance of scheduling personal time, avoiding excessive caffeine, and maintaining a balanced lifestyle was also highlighted.

Outcomes and Feedback

Participants reported improved emotional regulation and rational thinking under pressure. They also gained insights for personal stress reduction, aligning with NEP 2020 teacher wellness goals. Teachers committed to try the suggested practices. Follow-up sessions and daily exercises were suggested for long-term benefits. The workshop reinforced collaborative support within the school community.





MBS INTERNATIONAL SCHOOL
SECTOR-11, DWARKA, NEW DELHI-110075

