

Proceedings of the Workshop

The one-day faculty workshop on “**Mental Health and Stress Management for Educators**” was organized by PML SD Business School to promote mental well-being, emotional resilience, and stress management among educators. The session was conducted by **Ms. Elisabeth Wagstaff**, Global Trainer from Ireland.

The resource person emphasized the importance of maintaining mental health in the teaching profession and encouraged faculty members to create a healthy balance between their professional and personal lives.

Key Discussion Points

1. Open Communication

- Faculty members were encouraged to openly discuss their problems and concerns rather than suppressing them.
- Open communication within teams and with colleagues was highlighted as an effective way to reduce stress and build supportive relationships.

2. Believe in Yourself

- The resource person stressed the importance of self-confidence and self-belief.
- Participants were motivated to trust their abilities and take positive actions rather than doubting themselves.

3. Voice Your Stress

- Participants were advised not to keep stress bottled up.
- It was emphasized that individuals should identify trusted people with whom they can share their concerns and emotions.

4. The “Bag of Stress” Analogy

- An interesting activity highlighted the concept of leaving work-related stress at the workplace.
- Faculty members were encouraged to imagine placing their work stress in a bag at the end of the day and picking it up the next morning, thereby allowing themselves to enjoy quality family time and maintain work-life balance.

5. Positive Role of Stress

- The session emphasized that a certain level of stress is necessary for motivation and performance.

- Healthy stress keeps individuals active, responsible and prepared. Complete absence of stress may lead to complacency, while excessive stress can cause anxiety and panic.

6. Interactive Discussion

- Participants actively shared their experiences and discussed common workplace stressors faced by educators.
- Practical techniques for managing stress, maintaining emotional resilience, and creating a positive work environment were discussed.

Conclusion

The workshop concluded with an engaging interaction between the resource person and faculty members. The session provided valuable insights into stress management, emotional well-being, and the importance of maintaining a healthy work-life balance. The participants appreciated the practical strategies and interactive nature of the workshop and expressed their commitment to implementing these learnings in both their professional and personal lives.