

# THE WINCHESTER SCHOOL, JEBEL ALI

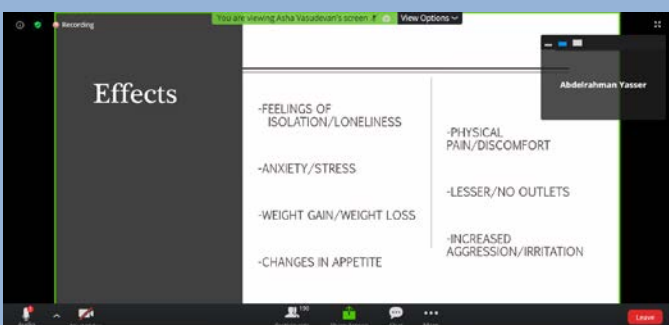
**Date:** 27<sup>th</sup>, 28<sup>th</sup>, 30<sup>th</sup> September 2020      **Audience:** Year 10, 12, 13      **Venue:** Virtual assembly on Zoom

**Title:** Dealing with emotion, stress anxiety & depression  
**Presenters / Conductors:** Ms. Ritushi (Student Counselor)

**Aims & Objective:** To discuss effective methods to deal with emotions, stress and anxiety.

**Summary:** The assembly began with a brief introduction to emotions and the heightened levels of negative emotions during the last 6 months. The counsellor discussed the various causes and changes that could lead to experiencing negative emotions. She went on to explain the many effects these changes can have on everyone, both physically and mentally. Then there was a section on how to effectively deal with negative emotions in order to stay physically and emotionally healthy. The assembly ended with a video showcasing some positive messages from people around the globe.

**Pictures / Flyers etc.:**



**Student Feedback:**  
The students left positive comments on the zoom chat box. 'This assembly was really helpful.' 'Thank you for talking about this.'

**Teacher Feedback:**  
The session was able to inform and educate students on how to deal with emotions, worry, stress, anxiety and depression and the students were interactive and enjoyed the assembly.

**Organized by:** Ms. Ritushi, Student Counsellor.