

THE WINCHESTER SCHOOL, JEBEL ALI

Date: 30th September 2020

Audience: Year 10 students

Venue: Class Room - Virtual Assembly

Title: Dealing with worry, stress, anxiety, and depression.

Presenters / Conductors: Student Counsellor

Aims & Objective: To understand the causes and effects of negative emotions and how to effectively deal with them.

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.



Student/Parent/Teacher Feedback:

"In the present scenario, it is indeed important for us to address our mental health also for the all round development as an individual", said Meyan Ketan 10 G

"As a teacher it is important to remain calm and be patient. Hence, we should consider the different ways to remain stress free.", says Ms.Sindhu.E, 10 H

Organized by: Student Counsellor