

**Topic of the session:** From Burnout to Self-Care for Educators.

**Audience:** Principal, VP's , Heads and Teachers from pre-primary to senior secondary school.

**Date:** 19th September 2024, Thursday.

**Venue:** High School Auditorium.

**Resource team of the session:** Dept. Psychology.

**Objectives of the session:**

The objective of the session was to help school teachers de-stress and recharge through a series of engaging activities. The session began with a gratitude exercise, encouraging participants to reflect on positive aspects of their lives. This was followed by mindfulness breathing techniques to promote relaxation. Teachers then divided themselves into groups for creative activities like dance, music, art and craft, allowing for self-expression. By the end of the session, teachers felt de-stressed, uplifted, and energized, ready to approach their work with renewed productivity.

