

Instilling Well-Being by Managing Stress and Emotions



For Intermediate Level



100 Minutes



Learning Objectives

- + Explore personal meaning and benefits of well-being
- + Learn ways to cope with stress and emotional upheaval
- + Cultivate a mindset of personal enrichment and relational fulfilment



Learning Tools

- + Facilitator driven discussions
- + Reflection tools
- + Shared stories and anecdotes
- + Psychometric instruments
- + Paired exercises



Your Takeaways

- + Enhanced well-being quotient
- + Feeling of autonomy and healthy interdependence
- + Coping mechanisms for self and others

Learning Modules

- + Meaning and benefits of Well-being
- + Well-being, myths, beliefs and behaviours
 - Helplessness vs. helpfulness
 - React vs. respond
- + Types and reasons for stress
- + Dealing with stress and emotional upheaval
 - Identify
 - Develop
 - Cultivate
- + Instilling a sense of well-being
- + Personal milestone charts