



DELHI PUBLIC SCHOOL, FEROZPUR

VIRTUAL WEBINAR

Embrace your mind & body

AN INTERACTIVE SESSION FOR EDUCATORS
DELHI PUBLIC SCHOOL, FEROZPUR



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Embracing your body and mind is about 3 A's



- **Aware**
- **Acknowledge**
- **Address**

Cognitive Focused Coping

- Set a 15 minute “worry Window.”
- Reframe and Rephrase (Positive Self talk).
- Be solution oriented (Adapt problem solving skills).



Emotional Focused Coping



- **Manage and validate your emotions.**
- **Maintain your Relationships & Practice Assertiveness.**
- **Embrace Empathy**

Self care

Forming habits

- Practice gratitude daily - 10 mins a day
- Skill Building - 20 mins a day
- Move your body (walking, running, yoga)
- Eat, Sleep, Hydrate check
- Manage Digital Space and time management



Self care

Recharge and relax



- Deep belly breathing -4,7,8 technique
- Instrumental music (wordless songs)
- Meditation (Calm - Application)
- Create Art
- Connect with Nature

Self care

Routine and schedule



Your Daily
Routine
Matters

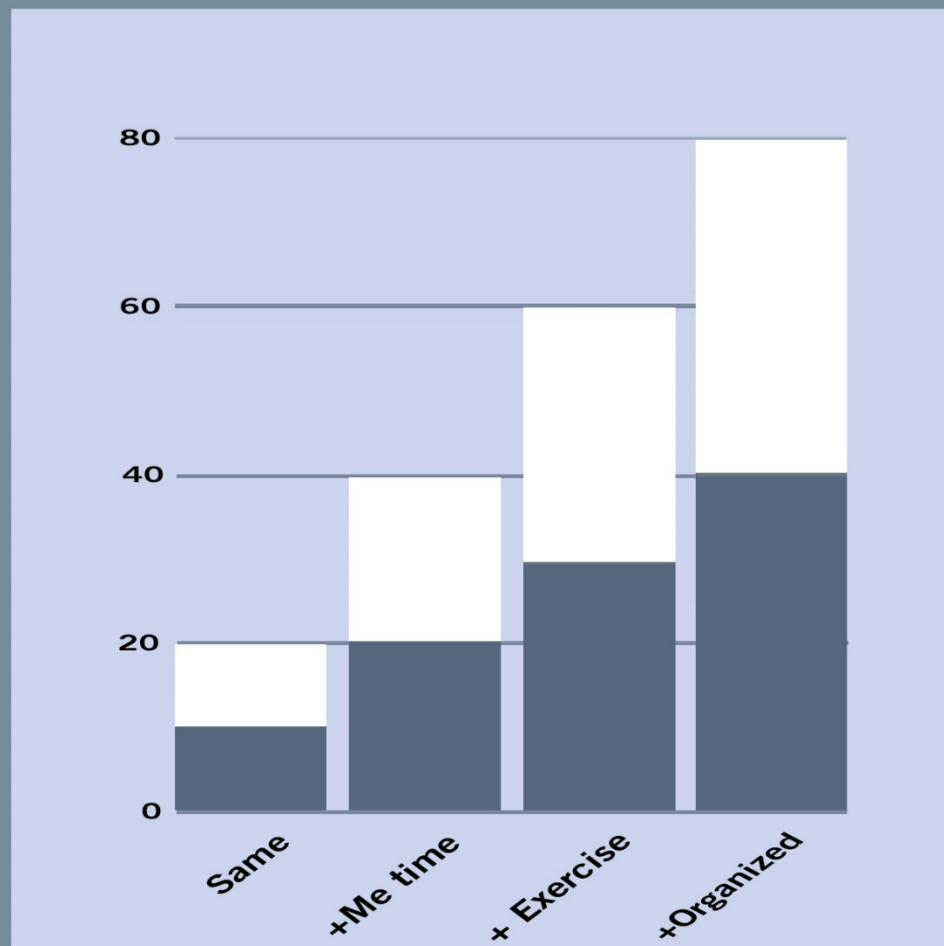
- Checklist
- Break tasks - incentives and achievable
- Accountability
- Collaborate
- Make a corner for your personal space (zen zone)



"आँखे भी खोलनी पड़ती हैं उजाले के लिए...
केवल सूरज के निकलने से ही अँधेरा नहीं जाता."

- Ayushmann Kkhurana

Choice is yours!





**Thank you
for joining
us!**

WE HOPE TO SEE YOU AGAIN!