



Erasmus+

Erasmus+ Programme

“Destination: Happiness!”

2019-1-PL01-KA229-065687



Module II: Coping with stress
Workshop on stress management techniques

6th Senior High School of Kavala

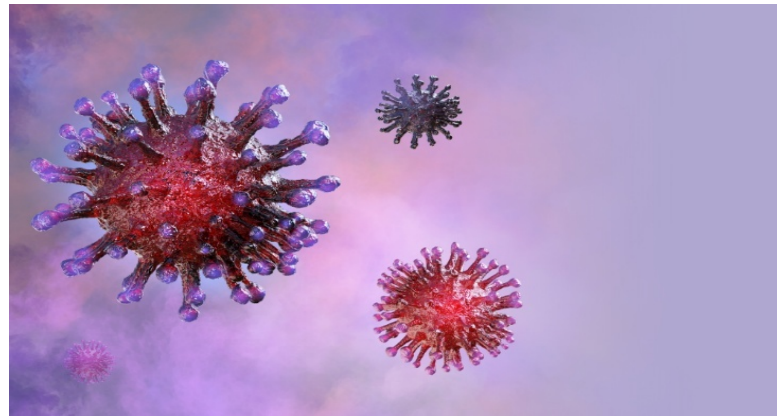


DESTINATION HAPPINESS

- As part of the Erasmus+ programme with the title “Destination Happiness”, a group of students who participate in this program organized a relevant workshop for Module 2 of the programme under the supervision of their English teacher Mrs Anastasia Amoiridou.
- In this program our students sought and listed various techniques for managing and combating stress, especially during these difficult times of the covid-19 pandemic. The results of the workshop were presented to the whole group of students and teachers.

Staying Positive During the COVID-19 Pandemic





The COVID-19 pandemic is challenging us in ways we could never have imagined, from unprecedented amounts of family time to homeschooling to working remotely—or not working at all. These sudden, rapid changes in the way we live, coupled with uncertainty, can feel overwhelming. While we may know that it's helpful for everyone to stay positive, it's sometimes easier said than done.

Here are some suggestions for uplifting your outlook:



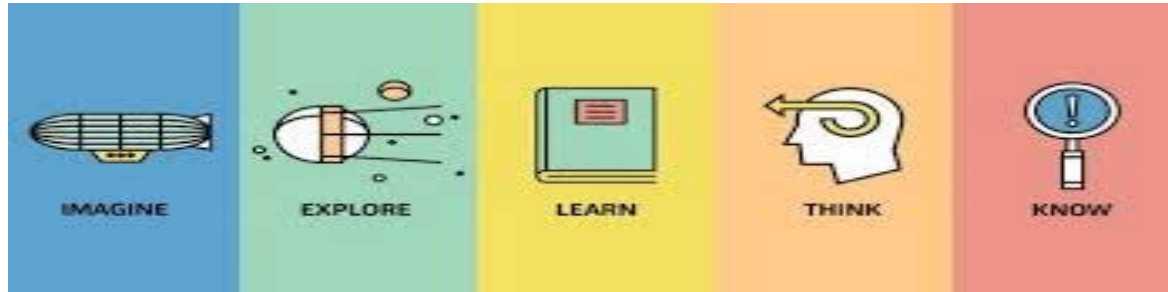
Remember it will not be this way forever. This is a difficult time, but it is just that — a time.





Recognize what you are doing well and give yourself credit.

It may be tough right now, but you have managed some things really well. Think about the physical, logistical, mental, and emotional struggles you may have encountered in the last few months, and the good—even great—way you approached and handled those challenges.



Learn something new.

Some of us have no work but an abundance of time, and some of us have increased work and reduced time. Whichever situation it is you're in, it's important to embrace it. If you happen to find yourself with spare time, here are some suggestions:

- Learn a new language online
- Buy an online cookbook and try some new, healthy, immune-boosting recipes
- Use YouTube to learn anything: camera tips, hair tips, makeup tips, etc.
- Take some online yoga classes
- Learn to meditate



One way that many students are using nowadays to cope with stress is trying a new hobby, including painting, gardening, photography or even cooking, baking, embroidery etc.

Having a hobby has been proven to reduce stress, decrease anxiety, build participation and generally change you for the better.



Practice gratefulness.

Even when life seems bleak, there are things we still have for which we should be grateful. Keep a gratefulness journal or do a quick morning gratefulness meditation. Notice both significant and small items for which you are thankful. Important things can include your home and shelter, your health, your family, your friends, your ability to put food on your table, and other essentials. Small things are more momentary pleasures, like a hot cup of coffee, a calming bath, a good book, or a funny meme. Be sure to include as much detail into your gratefulness practice as possible.



Write down 5 things you're grateful for, every morning.

We've said it before and we'll say it again, positive breeds positive. Doing this in the morning gives you an incredible headstart to having a positive day.

Here's an example and my 5 things to be grateful for today:

- the access I have to nutritious food to fuel my body through any potential virus
- having shelter and a roof over my head to keep me warm and safe
- family and friends to talk through difficult events with (e.g. having all my work cancelled)
- that I've invested in [meditation](#) over the years and I can control my mood very well regardless of my environment
- my body's capability to move and workout, wherever I am





Exercise.



This should be part of your daily routine already, but now even more so.

If you're an active individual, odds are you've made necessary adjustments to keep exercising at home instead of at your usual gym, which is likely on lockdown right now.

If you're not regularly active, make exercising a priority and incorporate it into your day.

Aside from its physical benefits, exercising releases endorphins in your body, which trigger feelings of positivity, so be sure to include an exercise routine in your day, even if it's only a short one.



Create and nurture your digital community.

Just because we're all practicing social distancing, it doesn't mean we can't stay in touch with our family and friends.

Thanks to all the communication technology most of us in the industrialized world have access to, doing video calls, jumping into group chats, and even attending virtual parties and concerts are valuable options.

Check-in with your friends and reconnect with those you may not have heard from for a while. Keep in mind that your friends and family are likely suffering from the same types of anxiety and stress that you are experiencing right now, so make a mental effort to contribute positively to the conversation.



Get dreaming. Plan your next adventure.

Just because travelling adventures have come to a halt, it doesn't mean you cannot dream or plan your next adventure for when this passes.

Don't lose the passion for travel. Keep the adventure alive within you and get dreaming on [Pinterest](#).



Being vigilant of our mood in today's pandemic environment should be a priority to us all.

Remaining calm and constructive at times of uncertainty can help us navigate through difficulties and find a path toward our more resilient selves.



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