

# Workshop on Mind Matters at Bloomingdale School

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## What are we going to talk about?

- Let's start with some activity..
  - What is my body image?
  - Peer pressure
  - Time management & Problem solving skills
- Study skills for students
  - Physiology of Stress,
  - Stress Management – An interesting story
  - Is Stress Essential
  - Stressors in Student Life
  - Stress management
  - Improving Attention and concentration
  - Memorizing tips
- Social media addiction
  - Internet Addiction
  - Dealing with Internet Addiction
- Chemistry of love
- Effects of Love
- A motivational video
- Puberty





**Let's start with some activities...**

## What is my Body Image?


Body image is how you see yourself when you look in the mirror or when you picture yourself in your mind.

Sr	Question	Never	Sometimes	Always
1	I feel that I am not good enough			
2	I feel that I am not good looking			
3	I wish I should be fairer than what I am now			
4	I wish I should be taller than what I am now			
5	I am worried that I'll not be appreciated for my looks or the way I look			
6	I am not smart and attractive and this bothers me a lot			
7	I am not happy with the change that is taking place in my voice			
8	I should not eat more food because I will gain weight and will look ugly			
9	Some magic should happen and I should change into a good looking model.			
10	I feel that I am weak			

# Body Image - Score

## Scoring:

- Give marks to NEVER responses.
- Give marks to SOMETIMES responses.
- Give marks to ALWAYS responses.



These topics are covered in workshops



# Add up all scores

These topics are covered in workshops

Interpretation of the scores	Total
Need to work on Body Image	
Fair enough body image	
Good body image	

# Body Image - Interpretation



10%  
Appearance

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90%  
Character

Positive body image is your attitude, not your body.

# Peer Pressure

Doing things that **you don't like** or unsure under the **influence or pressure from friends** or peers is called peer pressure.

It happens to **everyone, everywhere**.

Typical examples of peer pressure:

- *Getting involved in things like ridiculing, making fun or bullying someone*
- *Finding it difficult to say 'No' to smoking or experimentation with alcohol or drugs*
- *Taking risks like going to late night parties and not involving parents*
- *Feeling forced to have boyfriend or girlfriend even though you don't feel the need to have one*
- *Throwing parties or spending money when you are out with friends*



# Peer Pressure

## Why one gets pressurised?

- Some children or teenagers find it **difficult to say 'No'** to their friends or peers even though they have different opinion or value system
- Some children feel that they are **not cool enough** and they will be considered as cool as their friends or peers by following their way.
- Some children are **afraid** that they may not have friends or will remain alone if they will not follow what their peers are doing.

# Peer Pressure

## How to handle Peer Pressure?



- **Be yourself.** Be assertive.
- Stand up for yourself – **its OK to say NO** even if it means being different
- **Seek help, you are not alone.** Seek help from parents, teachers and people with whom you feel comfortable.

**Stand up for what's right.**



We just discussed how to deal with “not so friendly” friends,

Now lets find out how good you are at solving problems and managing your resources.

Lets take examples of Sahir & Shlok



# **Study Pointers & Stress Management for Students**



Lets take a small test again..

Turn over to next page of the questionnaire you  
already have

Read each sentence carefully and answer truthfully

Calculate points given for your answers



What is your score?

If it is above 28, you have significant stress my  
dear... please talk to your teacher/ parent or  
us about it...


# Study skills for students

Study Skills are approaches applied to learning. These are techniques that can be learned in short time to enhance our studying potential.

- *Stress Management*
- *Attention, concentration*
- *Memorizing tips*

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# Thank You

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