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Exploring and noting down Future Uncertainties

- **Family Expectations:** What are your family's expectations for you in terms of job, marriage, or responsibilities? Share your feeling.
- **Personal Relationships and Love Life:** Your desires & concerns about romantic relationship.
- **Society Expectations:** What social pressures or expectations are there about your success, appearance, or behavior? Their influence on your self esteem.
- **Career Choice and Goals:** Your choice, interest and the worries about career choice.

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Identifying Your Anxiety & Discussing the same

- List 3 specific situations that makes you feel anxious.
- Reflect on the emotions you experience in these situations (e.g., fear, disappointment, sadness, pressure).
- Where do you feel these emotions in your body?
- How these emotions impact your daily life and how you overcome them.
- Conduct a Group discussion in your class, encourage friends to share their feelings.
- Were you able to find any similarities between you and your classmates?
- Reflect on your way and your classmates' way of handling such situations and emotions?



Building Resilience and Coping Skills with a plan



- Research about various coping strategies such as mindfulness, positive self-talk, seeking support from friends and family, engaging in hobbies, and practicing relaxation techniques.
- Research about quick coping tools you can practice to calm yourself.
 - Identify any support or resources you need to help you take this step.
 - List down 5 strategies you would like to include in your "Personal Resilience Plan".

Self-Reflection

- Take into consideration how you feel after completing this project.
- Did it assist you with new ideas or perspectives on your anxieties?
- Make a list of one or two positive affirmations or mantras that you can repeat to yourself when you feel anxious about the future.



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CAPTURE IMAGES, VIDEOS OF ALL THE 4 STAGES OF THE PROJECT AND COMPILE AND SHARE THE FINAL PROJECT WITH LINKS OF IMAGES AND VIDEOS IN

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