



An Overview of Stress Management

Stress is a part of life that we all experience, whether for a short or long period. To deal with it effectively, it's essential to understand what causes it and how it affects our mental, physical, and emotional health. Although stress can activate our natural survival instincts, we can learn to develop habits that align with our beliefs and values. When we recognise the different factors contributing to our stress, we can take control of the situation and approach it positively, which benefits our overall well-being.

The Benefits of Teaching Stress Management

Students can improve their emotional control and boost their self-confidence and self-esteem by learning stress management skills. This can lead to better overall well-being by reducing the negative effects of stress on mental and physical health. Students who have learned stress management strategies will be better equipped to overcome obstacles when faced with challenging situations. They are also more likely to approach problems calmly and with a clear mind, fostering creative thinking and innovative problem-solving.

Tips to help with Stress Management in your classroom

- **Create a Positive Classroom Environment:** Foster a supportive and inclusive classroom atmosphere where students feel safe, respected, and valued; provide opportunities to express their thoughts and feelings. Model and inspire a non-judgmental environment.
- **Teach Stress Awareness:** Help students to recognise signs and symptoms of stress, such as physical tension, restlessness, difficulty concentrating, or mood changes. Discuss the impact of stress on their well-being and academic performance.
- **Incorporate Mindfulness and Relaxation Techniques:** Introduce exercises like deep breathing and stretching into daily activities; you could encourage students to do them at the beginning or the end of given tasks and any time they feel the need.
- **Encourage Regular Physical Activity:** Promote the importance of physical exercise and its positive effects, encouraging students to engage in physical activities during recess, breaks, or after-school programs.
- **Teach Time Management and Organization:** Help students develop effective time management skills by providing strategies for prioritising tasks, setting goals, and managing deadlines. Allocate time for activities and break it down, suggesting or deciding together how much time to spend on each step. Meanwhile, you will teach students to break large tasks into smaller, more manageable parts.
- **Promote Healthy Habits:** Discuss with students the importance of healthy eating, regular sleep patterns, and staying hydrated.



- **Discuss, Show and Practice Stress-Reduction Techniques:** Help students practice stress management techniques, such as journaling, listening to music, and engaging in hobbies or creative activities and allow them to share their experiences. Provide opportunities to practice these techniques during class or as part of homework assignments.
- **Foster a Growth Mindset:** Emphasise the importance of effort, progress, and self-care rather than perfection.



Integrating Stress Management into the Curriculum

Project-Based Learning: Assign projects that require students to research and create presentations or resources related to stress management techniques.

- **Stress Management Resource Guide:** Students research different stress management techniques, coping strategies, and resources such as apps, websites, books, or local support services. They can create a visually attractive guidebook, website, or interactive presentation to share.
- **Stress-Reducing Art or Music Project:** Students create an art or music project that promotes stress reduction. They can design calming artwork, create a calming music playlist, and compose soothing melodies. Encourage students to share their work.



Collaborative Learning: Promote research and practice of stress management skills through collaborative learning activities.

- **Wellness Workshops:** Students organise wellness workshops focused on stress management. Students can develop workshop activities, handouts, and presentations to engage their peers and teach them practical stress management skills.
- **Stress Management Podcast:** Students work in groups to create a stress management podcast series. Each group can focus on a specific aspect of stress management, such as mindfulness, exercise, or effective communication. Students can conduct interviews, share stories, and provide practical tips and strategies for managing stress.

Interdisciplinary Approaches: collaborate with colleagues to design interdisciplinary lessons on stress management to encourage students to connect knowledge from different subjects, promoting critical thinking and a comprehensive understanding of stress and its management.

- **English and Literature:** Analyse literary works that address stress, resilience, and coping strategies, such as characters dealing with stress or personal challenges. Engage in discussions and written reflections on stress-related themes found in novels, poems, or plays. Encourage creative writing assignments where students can explore personal experiences with stress and ways to manage it.
- **Physical Education and Health:** Teach stress-reducing physical activities such as yoga, tai chi, or aerobic exercises. Explore the connection between physical well-being and stress resilience.
- **Art and Music:** Use art therapy techniques to express and manage stress creatively, such as creating stress-relief art projects. Explore music therapy. Engage in discussions about how artistic and musical experiences can contribute to stress reduction.

Your Role in Developing Lifelong Learners

With this resource, you will empower students with stress management skills for success in and out of the classroom, fostering resilience, self-awareness, and well-being. By developing these skills, students create a happier and healthier future. They learn to recognise and manage stress, enhancing focus, academic achievement, and the ability to navigate challenges effectively. Additionally, they will be more prepared to handle pressure and maintain a healthy lifestyle.