



Stress Management Seminar

All students – and staff! – become stressed and/or distressed. Do student have the skills to recognize these moments in ways that support learning and healthy development?

Target Audience: K-12 educators and After School Professionals

What are the helpful and – inadvertently – unhelpful ways that you and/or your students manage stress and distress?

This workshop provides stress management strategies that provide students with the opportunity to explore, experience and practice how to prevent, manage and relieve stress as it relates to:

- High school seniors who are looking forward to college and/or the workforce;
- Middle school students who will transition to high school and have to cope with additional responsibilities;
- Providing alternatives to substance abuse (i.e. drug, alcohol, etc.) to cope with stress;
- Improving students' self-awareness, self-efficacy and emotional self-management skills;
- Embellishing the school's health curriculum with regard to the above mentioned health issues.

For more information contact:

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