**EUROPASS TEACHERS ACADEMY**

**Stress Management and Recognition: Key Strategies for Teachers**

**Tentative schedule**

**Day 1 – Course introduction & stress symptoms**

**Course introduction**

* Introduction to the course, the school, and the external week activities;
* Icebreaker activities.

**Stress symptoms**

* Recognizing the symptoms of stress in adults, teens, and children;
* Effects of stress in educational environments;
* Presentations of the participants’ schools.

**Day 2 – Reliving stress**

* Easy relaxation exercises you can do on your own- anywhere, anytime;
* Your brain on stress: everything a teacher needs to know!
* The science of mind-body intervention: what research has proven and why it matters to you and your school (part I);
* Emotional Intelligence and stress management.

**Day 3 – Mindfulness**

* Easy relaxation exercises you can do on your own- anywhere, anytime;
* The effects of stress on learning;
* Emotional Intelligence as a school subject;
* Mindfulness as a powerful stress management tool for educators;
* Mindfulness guided exercise.

**Day 4 – Combat stress**

* Chair Yoga sequence in the classroom: how to relax in a narrow room;
* The science of mind-body intervention: what research has proven and why it matters to you and your school (part II);
* Stress and nutrition;
* Discovering the power of Art in fighting stress;
* Mindfulness exercises and resources for children and teens (part I).

**Day 5 – Relaxation strategies**

* Time management tools that will help you to deal with stress;
* Why showing some gratitude will help you to fight stress;
* Breathing exercises;
* Mindfulness exercises and resources for children and teens (part II).

**Day 6 – Course Closure & Excursion**

* Course evaluation: round-up of acquired competencies, feedback, and discussion;
* Awarding of the course Certificate of Attendance;
* Excursion and other external cultural activities.