

## Course information

Title	Stress Relief and Well-being Strategies for Teachers
Concept by	<u>Carmine Rodi Falanga</u>
Course URL	<u>teacheracademy.eu/course/stress-relief-and-wellbeing/</u>
N. of participants	Min. 4 - Max.14
Course length	One week (6 days, Monday - Saturday)
Language	English. Other languages may be available upon request
Locations and starting dates	<ul style="list-style-type: none"> <li>• <u>Ghent</u> - First Monday of the month</li> <li>• <u>Prague</u> - Second Monday of the month</li> <li>• <u>Tenerife</u> - Third Monday of the month</li> <li>• <u>Amsterdam</u> - Fourth Monday of the month</li> </ul> <p>On request, we can organize this course directly at your school. Discover all the dates at <u>teacheracademy.eu/courses-dates/</u></p>
Free time activities offered	All courses include at least one city guided tour and one full-day Cultural Activity.
Type of certification awarded	Certificate of Attendance, including a description of the course contents (80% of attendance required); other Certificates may be available upon request
Price	<p>Starting from 480€ *</p> <p>* Our courses are eligible to be completely funded by the Erasmus+ KA1 funds and several other programs.</p>

## Course contents

<b>Description</b>	<p>Having enough time for <b>self-care and well-being</b> is very important for teachers: after all, the more relaxed and balanced they feel, the more effectively they can also engage their students! And yet, finding this time can be difficult, as teachers must divide their energy between lesson planning, grading papers, and all the hard hours of teaching – not to mention the even hardest requirement of school meetings!</p> <p>Fortunately, there exist <b>effective strategies to manage stress</b>, and thus reduce burnout, together with other mental health issues, and <b>improve health, happiness, and effectiveness</b> at work.</p> <p>As a participant in this very practical course, you will learn what causes stress, how our bodies and minds respond to it, and how we can combat and revert its effects. You will focus on how to <b>strengthen your body</b> through improved sleep, nutrition, and exercise. And you will make practical exercises to <b>improve mental health and well-being</b> through stress-reduction and resiliency-building.</p> <p>The rich background of the trainer (trained as both a medical doctor and an educator) will help you dive deep into the topics, based on research strategies to relieve stress and supported by evidence-based medicine.</p> <p>By the end of the course, you will have not only acquired the theoretical bases for a healthy life but also have experienced and practiced concrete tools to improve your personal well-being, as well as that of your students.</p>
<b>Learning outcomes</b>	<ul style="list-style-type: none"><li>• Master some basic concepts of physiology and psychology (e.g., stress, wellness, burnout);</li><li>• Understand the causes of stress reaction, and the effects of stress on the body and the mind;</li><li>• Discover the eight dimensions of wellness;</li><li>• Evaluate and manage their own wellness;</li><li>• Relieve stress and anxiety on a day-to-day basis with practical tips and tools;</li><li>• Improve one’s sleep and nutrition through simple tips and small lifestyle changes;</li><li>• Practice simple exercises for relax and well-being from mindfulness, yoga and positive psychology;</li></ul> <p>Apply basic strategies for burnout prevention.</p>

## Tentative schedule\*

### Day 1 – Introduction to stress management

- Introduction to the course, the school, and the external week activities;
- Getting to know each other and icebreaker activities;
- Identification of learning needs and goals;
- Presentations of participants, their schools and the trainer;
- Introducing basic terms: stress, wellness, illness and their impact on teaching.

### Day 2 - Understanding stress

- Eustress vs distress (short term and long term stress);
- The physiological and mental impact of stress;
- Stress prevention;
- Burnout questionnaire, signs of burnout;
- Coping strategies and stress “first aid”.

#### Wellness

- Understanding the concept, wellness continuum by John Travis;
- Evaluating your own 8 dimensions of wellness.

### Day 3 - Breathing and relaxation techniques

- Understanding the importance and physiological impact of relaxation techniques;
- Anti-stress and anti-anxiety breathing;
- Box breathing, activating diaphragm;
- Jacobson (progressive muscle) relaxation;
- Autogenic training.

#### Simple exercise for school breaks

- Office yoga;
- Stretching;
- Simple tips for involving more movement into your life.

### Day 4 - Improving your sleep to improve your wellness

- How sleep influences our health, memory and cognitive functions;
- 20 tips for better sleep quality;
- Daily routines and habits for better sleep;
- How to help your students sleep better.

#### Nutrition for stress periods

- Understanding the different nutrition needs in stress;
- Macro and micro nutrients;
- Ideal dietary regimens for different body types;
- Vitamins, minerals and natural supplements to combat stress;
- Healthy snacks and lunches for busy school days.

### Day 5 - Mindfulness-based stress reduction (MBSR)

- Addressing the unconscious thoughts, feelings, and behaviors to decrease stress;
- Mindfulness meditation;
- Practical experience and tips for practicing at school and at home.

#### Building emotional resilience

- Recognizing, labelling, and understanding emotions;
- Practicing gratitude, perspective and complex view;
- Self-belief, self-compassion, and motivation;
- Positive psychology.

### Day 6 - Course closure & Cultural activities

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

\*The schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session. Course modifications are subject to the trainer’s discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

## Links and resources

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- Self-paced online courses for teachers:  
[online.teacheracademy.eu](https://online.teacheracademy.eu)
- Online English Courses for Teachers:  
[online.teacheracademy.eu/tag/english-courses/](https://online.teacheracademy.eu/tag/english-courses/)
- The New 2021-2027 Erasmus+ Programme Made Easy:  
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 [teachertraining@europass.it](mailto:teachertraining@europass.it)

 +39 055 247 9995

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