

Year 7-9

KNOW STRESS

Builds an understanding of stress, the role it plays in our lives and equips participants with tools to manage stress more effectively.



FREE TO ACT SCHOOLS

MIEACT's Know Stress program is designed to increase students understanding of stress and age-appropriate strategies for managing stress more effectively. This program provides students in Year 7, 8 and 9 with an in-depth look at stress, common stressors, the impacts it can have on our physical and mental health and allows students to start applying their learning to stress scenarios.

By the end of the session participants will:

- identify ways to respond positively to challenging situations using appropriate strategies, including early help-seeking;
- understand the role of stress and how it can have an impact (both physically and emotionally) in their lives;
- plan, practice and formulate simple strategies to promote health, safety and well-being in relation to stress;
- identify their own personal stressors and what stress looks and feels like for them;
- identify areas of influence and control for individual stress;
- investigate ways to seek help about health, safety and well-being in relation to stress;
- practice and apply strategies to seek help for themselves and others.

"If you are stressed there are a lot of things you can do about it."

- Program participant

Australian Curriculum Links

Year 7, 8

Year 9

ACPPS072

ACPPS093

ACPPS073

ACPPS095

ACPPS074

ACPPS090

ACPPS075

ACPPS094

ACPPS76

ACPPS098

ACPPS077



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