

Year 10-12

STRESS BETTER

Builds an in-depth understanding of stress, how it can impact our daily lives and equips participants with tools to manage stress more effectively.



FREE TO ACT SCHOOLS

MIEACT's Stress Better program takes Year 10, 11 and 12 students on a deep exploration of the science and experience of stress. This program addresses how stress can be useful, while equipping students with the ability to identify when it is not and the tools to address it when this is the case. It will start to unpack the difference between stress and anxiety and the impact increased stress can have on one's mental health.

By the end of the session participants will:

- understand the difference between acute stress and chronic stress;
- understand the physiological response to stress;
- understand when stress can be harmful or helpful;
- identify their own stressors and what stress looks and feels like for them;
- understand stress tolerance and the ways we can impact our stress levels;
- identify helpful strategies for managing stress and stressful situations;
- Identify where they can get help and how to do this.

"Sometimes feeling stressed is okay, look for symptoms to know when it is too much."

- Program participant

Australian Curriculum Links

Year 10

Year 11/12

ACPPS093

Behavioural Science

ACPPS095

Psychology

ACPPS090

ACPPS094

ACPPS098



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mental health education

www.mieact.org.au

