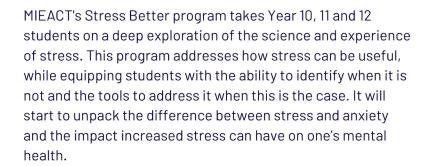
STRESS

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





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.





FREE TO ACT SCHOOLS

"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

ACPPS095

Science Psychology

ACPPS090

ACPPS094 ACPPS098













