



Equip yourself
with practical
tools to manage
stress more
effectively to
sustain your
mental health

Stress Better for youth



Designed to build an understanding of stress, worry and anxiety, and the connection between the three. This workshop equips participants with the tools to manage stress more effectively.

This is an interactive session delivered by a qualified facilitator including evidence-based educational content on stress and anxiety in Australia and lived experience of managing high stress situations.

We deliver this program to year 11-12 because they are going through a particularly stressful time. However This program also has links to the Australian Curriculum for younger age groups. Contact us for more information.

FREE to ACT schools

mieact

mental health & well-being
education & training providers

By the end of the session you will:

Have increased understanding of stress and the effects it can have on you

Understand stress tolerance and the ways we hurt or help our stress levels

Identify areas of influence and control for individual stress

Learn a simple formula to help you manage your stress

"Expectations are really high for us and I always feel I'm worried I won't meet them. I liked breaking down what I can't control and what I can influence."

-Youth Mind Pilot, Age 15

For more information visit www.mieact.org.au