

Year 7, 8

# KNOW STRESS

Delivered in a single 60-minute session, this program helps students build a stronger understanding of stress and equips them with age-appropriate strategies, and tools to manage it effectively.



FREE TO ACT SCHOOLS



60 min

By the end of the session participants will:

- Understand how stress affects physical and emotional wellbeing;
- Identify personal stressors and recognise signs of stress;
- Learn positive ways to respond to challenging situations;
- Explore areas of influence and control over stress
- Develop and practice simple strategies to support health and wellbeing;
- Discover how and when 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

 AC9HP8P08

 AC9HP8P10

 AC9HP8P04

 AC9HP8P06

 AC9HP8P09

 AC9HP8P05

To enquire or book contact [bookings@mieact.org.au](mailto:bookings@mieact.org.au)



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