

Year 10-12

STRESS BETTER

Delivered in a single 60-minute session, this program provides senior students with a comprehensive understanding of stress, including its underlying scientific principles.



FREE TO ACT SCHOOLS

By the end of the session participants will:

- Learn the difference between acute and chronic stress
- Understand how the body responds to stress
- Explore when stress can be helpful or harmful
- Identify personal stressors and recognise how stress feels
- Understand stress tolerance and how to influence stress levels
- Discover practical strategies for managing stress
- Know where and how to seek help when needed

"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

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|------------|---------------------|
| AC9HP10P02 | Behavioural Science |
| AC9HP10P04 | Psychology |
| AC9HP10P06 | |
| AC9HP10P09 | |
| AC9HP10P05 | |

To enquire or book contact bookings@mieact.org.au



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