



STRESS MANAGEMENT AND RECOGNITION: KEY STRATEGIES FOR TEACHERS

ERASMUS+ 2023-1-CY01-KA121-SCH-000135495

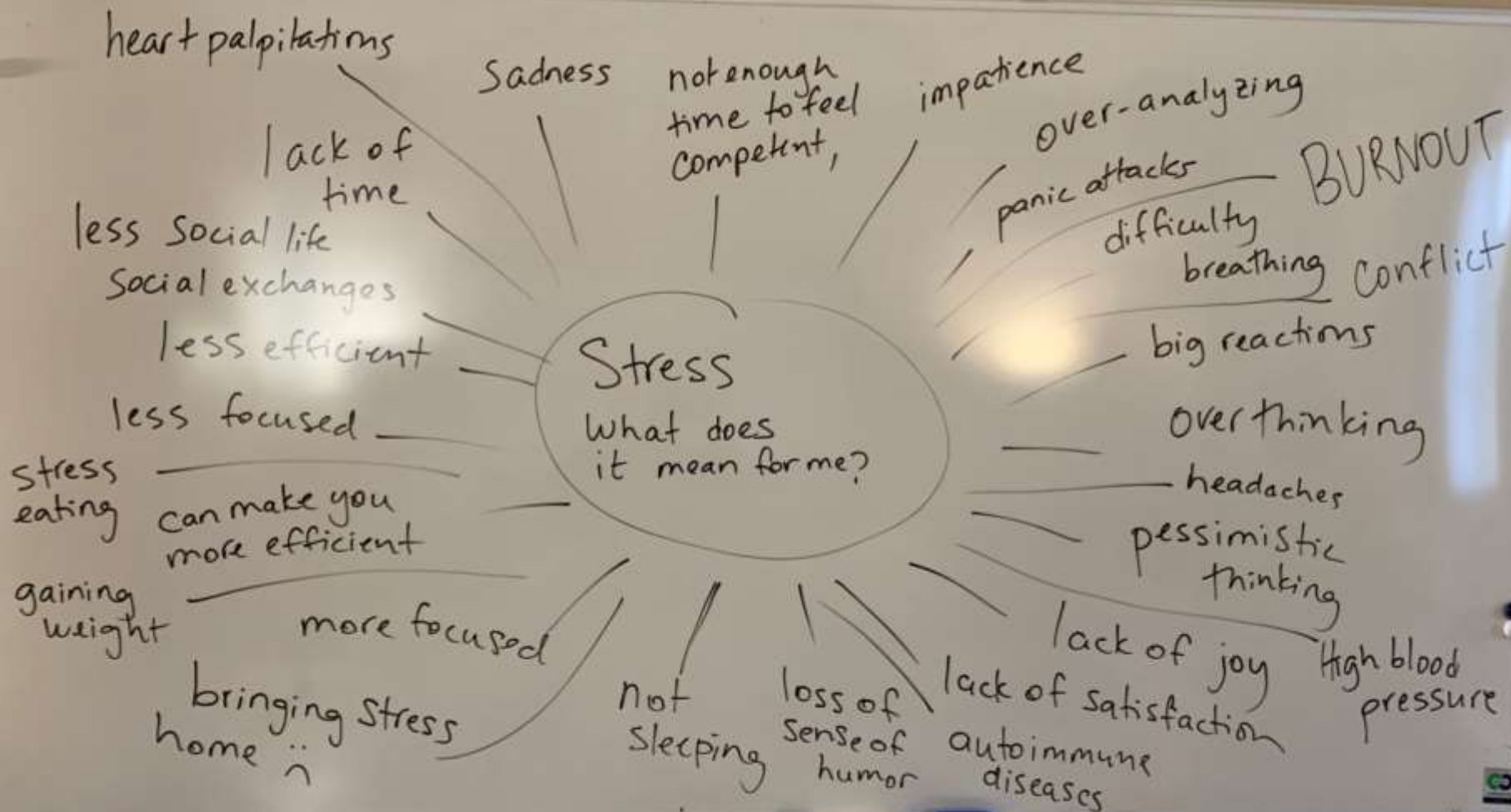


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**TEACHER ACADEMY
IN FLORENCE
5-13/ 2/ 2024**

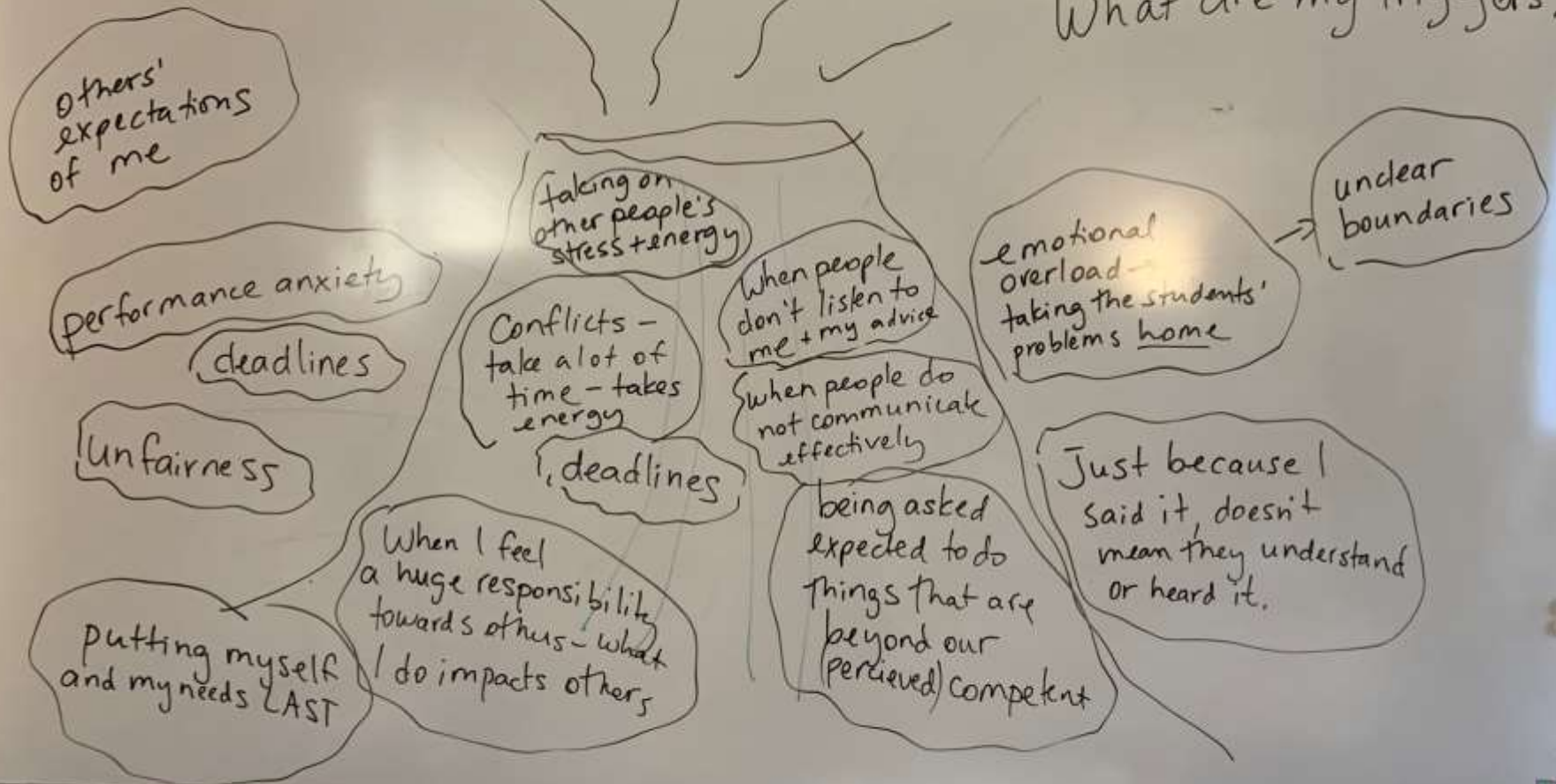


RECOGNITION OF STRESS AND HOW IT AFFECTS US



CAUSES OF STRESS: WHAT ARE MY TRIGGERS? THE VOLCANO EFFECT

What are my triggers?



TALKING ABOUT A CHALLENGING EXPERIENCE CAN BE HELPFULL

Reframe the challenge

The power of connection to learn from that challenge
to be grateful for this experience
We get another P.O.V. thanks to the other person

What happened?

We were not judged -
We were listened to!!
We were not given advice

We realize how strong these feelings were - the other helps me

We relive it but also OBSERVE from the outside

When we put words on that old challenge, it's a different

Θεωρητικό επίπεδο

Positive Psychology with Martin Seligman

Martin Seligman's is considered the father of the Positive Psychology movement. His work revolves around the topics of learned helplessness, positive psychology, depression, resilience, optimism, and pessimism.

The PERMA model will guide us this week as we look for what's "right" with us and what surrounds us.

"Rather than giving people an inflated view of themselves, we need to give them concrete reasons to feel good about themselves." M. Seligman

Attiva Windows
Passa a Impostazioni per attivare Windows.

The PERMA+ Model

In 2011, Martin Seligman introduced this model for wellbeing as an attempt to identify the key elements that enable humans to flourish.

This week we will delve into our own PERMA+ experience!





- **WHAT IS STRESS?**

A normal response of the body to some type of demand or threat

**it is usually caused by something external
it can have a physical, emotional or
psychological component**

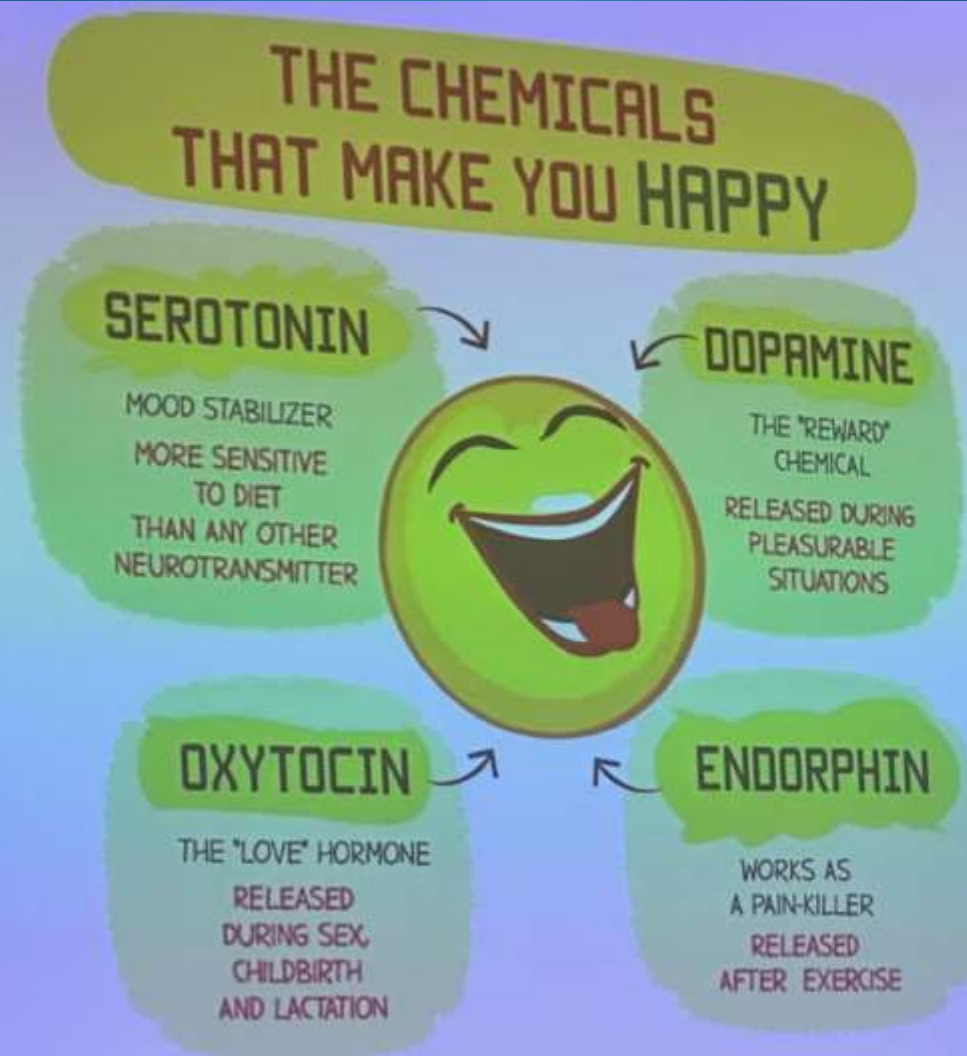
**we all experience it, although we respond
differently**

**it can affect both teachers and kids in a school
unit**

Stress and anxiety in kids – and in us

- ▶ Stomachaches and headaches
- ▶ Absenteeism
- ▶ Withdrawal from contact and communication
- ▶ Nail biting, restlessness, hair twisting
- ▶ Irritability and anger
- ▶ Restlessness
- ▶ Tears or aggressive behavior
- ▶ Need for confirmation and reassurance

Dealing with stress: The chemicals that makes you happy



Dealing with stress: Define your boundaries

- ▶ «Personal boundaries are guidelines, rules or limits that a person creates to identify for him or herself what are reasonable, safe and permissible ways for other people to behave around him or her and how he or she will respond when someone steps outside those limits.
- ▶ Personal boundaries define you as individual, outlining your likes and dislikes, and setting distances you allow others to approach. They include physical, mental, psychological, and spiritual boundaries, involving beliefs, emotions, intuitions and self esteem». (K. Deeming)

Dealing with stress: Calming down with breathing techniques



Dealing with stress: Create your healthy mind platter for a happy and balanced life



Dr. Dan Siegel



The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter

Η
καθημερινότητά
μας σε ένα
Padlet...

<https://padlet.com/EUROPASS22/stress-management-with-susan-in-florence-february-5-10-z9gizy7qomtefe45>



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