

ONLINE RESOURCE

MANAGING
STRESS & ANXIETY
WORKSHOPS
PROGRAM OVERVIEW

DEVELOPED BY



RATIONALE

Each year the Bayside Glen Eira Kingston Local Learning Employment Network (BGKLEN) enquires with local schools and organisations working with young people, what the top three issues young people are currently facing. BGKLEN also asks these schools and organisations what BGKLEN can do to better support those working with young people in order to provide the help young people need. A major finding of this research was; young people are struggling with stress and anxiety.

In response to this finding, BGKLEN partnered with the Anxiety Recovery Centre (ARC) in 2018 and produced a Managing Stress and Anxiety Resource Kit for Secondary School teachers. This kit encompassed teacher fact sheets, helpful hints to facilitate lessons with students, lesson plans and a range of strategies that can be taught and practiced in the classroom. This kit was promoted and provided to local secondary schools, however, there became a concern by BGKLEN and the ARC that the resource kit was being under utilised.

Along with this concern, it was becoming more and more apparent that young people were becoming increasingly stressed and anxious, without the skills and ability to manage and reduce their stress and anxiety. Through discussions with school staff, stress and anxiety continued to be expressed as a high concern for staff identifying their students with significant stress and anxiety levels. Furthermore, the 2018 Bayside Council Youth Resilience Survey found that a significant number of year nines and year tens, in the Bayside region were struggling with low mood and worry. 34% expressed that they were unhappy and depressed and 31 % were losing sleep through worry.

As a result this Managing Stress and Anxiety program was developed based on the resource kit. This program was facilitated in numerous local Secondary schools across all year levels. It is now being adapted as an online resource.

PROGRAM OVERVIEW

MANAGING STRESS AND ANXIETY

Self Awareness and Strategy Building to Manage Stress

Learning Outcome

To build self awareness around personal stress and responses to stress in order to build a toolkit of a range of strategies to manage stress in everyday life.

Overview

- Developing self awareness around personal response to stress.
- Expand understanding of the differences between stress and anxiety, and facts about stress.
- Broaden perspective through discussion around who gets stressed and why it's so common.
- Highlighting the importance of self care and mindfulness and ways to regularly practice these.
- Building a toolkit of strategies and practicing these throughout the session to manage stress.

Program Level

Targeted Year 9 - 11
Adaptable to all Secondary year levels

Duration

3 workshops
40 minutes per workshop

Learning Areas

Personal and Social Capability

- Students reflect critically on their emotional responses to challenging situations in a wide range of contexts.
- Students evaluate personal characteristics, strategies and sources of support used to cope with stressful situations and life challenges.

Health and Physical Education

- Students evaluate the outcomes of emotional responses to different situations.
- Students compare and contrast a range of actions that could be undertaken to enhance their own and others' health, safety and wellbeing.

PROGRAM OVERVIEW

MANAGING STRESS AND ANXIETY

Self Awareness and Strategy Building to Manage Stress

These are the aspects explored throughout the program:

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1 Personal Reflection
What stress means to you, what triggers your stress and how do you recognise when you are stressed
- 

2 Defining Stress and Anxiety
What are the differences between stress and anxiety, who gets stressed and/or anxious and statistics around stress and anxiety in adults and young people
- 

3 Effects of Stress and Anxiety
How the brain reacts to stress and/or anxiety and the body's response to stressful situations, including the psychology behind stress and anxiety
- 

4 Managing Stress and Anxiety
How do you de-stress? Exploring different ways to manage your own stress, for example self care, mindfulness
- 

5 Strategies to Manage Stress and Anxiety
Discussing and practicing practical strategies that help manage stress and/or anxiety

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MANAGING STRESS AND ANXIETY

Self Awareness and Strategy Building to Manage Stress

Teacher Instruction

Pre-Program

- Emphasise the importance of self care as part of the workshops
- Monitor students showing signs of distress or being triggered

Post-Program

- Provide self care homework to be completed after the workshops
- Provide students with anti-anxiety cards and reference sheet of support services including information to Headspace

Required Resources

- Computer and Internet Access
- Writing tools and paper
- True and False part 1 & 2 per student
- Anti anxiety cards
- Access to reference sheet of support services per student

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MANAGING STRESS AND ANXIETY

Self Awareness and Strategy Building to Manage Stress

Student Instruction

Resources Required:

- Writing tool and paper
- Access to internet (youtube)
- Please have access to the following worksheets and find the following youtube clips prior to the workshops; ready to be used as guided throughout the workshops

Workshop 1



Video #1

- Search in Google: The Happiness Trap: Evolution of the Human Mind
- <https://www.youtube.com/watch?v=kv6HkipQcfA>



Video #2

- Search in Google: Brain & amygdala hand model explains how thoughts & emotions fuel anxiety
- <https://www.youtube.com/watch?v=2xeDcPBD5Fk>

Workshop 2

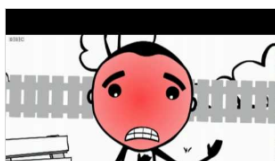
True or False Activities

- True or False #1 activity sheet
- True of False #2 activity sheet

True or False?!		
Are activated? 50 million people worldwide experience an anxiety disorder in 2020, making it the most prevalent mental health disorder in the world today. <i>True or False?</i>	Stress is a hormonal response from the body. The hypothalamus sends signals throughout your nervous system and to your senses which release adrenaline and cortisol. <i>True or False?</i>	We use all parts of our brain. We're even using more than 10 percent when we sleep. <i>True or False?</i>
There is only one type of anxiety disorder - Social Anxiety. <i>True or False?</i>	For 20 young people in Australia aged 16-25, experienced an anxiety disorder in 2020. <i>True or False?</i>	Experts estimate that the mind thinks 50,000 thoughts per day, most of them about 200 thoughts per hour. <i>True or False?</i>
Stress appears more prone to stress than men. <i>True or False?</i>	Stress can exacerbate your mental health condition. <i>True or False?</i>	For 16 young people there has a mental health condition. <i>True or False?</i>

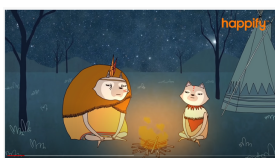
True or False?!		
4 in 10 young people identified anxiety health as the top issue facing health care today. <i>True or False?</i>	When stressed your adrenal glands pump adrenaline, which raises your heart rate, your blood pressure, and increases the amount of sugar in your blood. <i>True or False?</i>	Of the total blood and oxygen that is produced in our body, the brain gets 2% of it. <i>True or False?</i>
All stress is bad and unhealthy. <i>True or False?</i>	When we perceive danger our adrenal cortex sends out cortisol, part of the stress response. This helps you react fast when you're in danger or a problem. <i>True or False?</i>	The part of the brain called the amygdala is responsible for interpreting danger, sending stress signals to other parts of the brain. <i>True or False?</i>
Stress kills brain cells, a calm environment protects their growth. <i>True or False?</i>	Stress only affects normal people. <i>True or False?</i>	Though anxiety disorders are highly treatable, only about 1/3 of those suffering receive adequate treatment or counselling. <i>True or False?</i>

Workshop 3



Video #3

- Search in Google: Trials to Wellness click on Materials - Anxiety - Scroll down to find this clip
- <https://trailstowellness.org/resources/psychoeducation-anxiety>



Video #4

- Search in Google: How Mindfulness Empowers Us Happify
- <https://www.youtube.com/watch?v=vzKryaN44ss>

HELPFUL RESOURCES



Relaxation Apps

There are a range of apps to help with stress management.

See above for highly recommended apps



Anxiety Recovery Centre

(03) 9830 0566

<https://www.arcvic.org.au/>

The ARC, located in Surrey Hills, offers a wide range of support to those experiencing anxiety. These include helpline, support groups, recovery programs.



Beyond Blue

beyondblue.org.au

Information about depressive disorders, anxiety disorders and professionals who can help

24 hour helpline that gives information and referral to services for anxiety and depression.



Black Dog Institute

<https://www.blackdoginstitute.org.au/clinical-resources/anxiety>

This resource provides information about anxiety, self testing, where to seek further help.



BRAVE

brave-online.com

BRAVE is an interactive, online and evidence - based cognitive behavioural therapy (CBT) for the prevention of anxiety in children and young people, with complimentary programs for parents.

Local GP

Remember your local GP can write up a Mental Health Care Plan entitling you to visits to a psychologist (bulk billed or reduced fee with the plan).

Talking to someone is extremely helpful and an effective way to reduce stress / anxiety.



Kids Help Line

1800 55 1800

kidshelp.com.au

Telephone, web-based and email counselling service.

Available 24 hours, 7 days a week for young people aged up to 25 years.
Free to call from a landline.

Carolyn Coyle

Student Wellbeing and Pathways Coordinator

