

YEAR 11/12: STRESS LESS



- ***"It's not the load that breaks you down, it's the way you carry it."*** - Lou Holtz

WORKSHOP DESCRIPTION

Finding balance between school and life is incredibly difficult in the final two years, even without the stress of new decisions to make as students grow in their independence. Stress Less provides practical and modern skills to help students keep clear minds and happy hearts. This workshop looks at the differences between stress, anxiety, and overwhelm, and provides practical strategies for students to apply to find balance in their final years of school.

WORKSHOP OUTCOMES

For each participant to:

- Identify collective contributors to stress and anxiety in their senior years.
- Explore the pressures of balancing school and life in their final years.
- Apply mindfulness techniques for improved wellbeing.
- Recognise the impact of practising gratitude on mental health.
- Build resilience for the challenges of the final years of schooling.
- Learn to prioritise studies while balancing their mental health with life.

HOW TO BEST SUPPORT DURING THIS WORKSHOP

- **Be alongside the youth:** Engage in the discussions and activities as if you were a participant. Show curiosity and openness to model a balanced approach to challenges.
- **Foster calm and connection:** Create a supportive environment where students feel safe to share their thoughts about stress and the pressures they face.
- **Model mindfulness:** Demonstrate simple techniques like taking a deep breath or pausing to reflect, reinforcing the importance of staying present and grounded.
- **Encourage gratitude:** Highlight small, meaningful moments of positivity in the students' experiences, showing how gratitude can improve mindset and wellbeing.
- **Support balance:** Acknowledge the difficulties of juggling school and life. Encourage students to set realistic goals and recognize their efforts, no matter how small.