ERASMUS+ KA1 · TEACHER TRAINING COURSE

# Stress Management & Mental Health in Schools

5 Days • Nicosia, Cyprus • OID: E10129663

# About the course

Stress affects how students learn and how teachers teach, but schools can do a great deal to prevent and manage it. This course helps educators build resilient school communities and a positive classroom climate, recognise sources of stress early and respond with practical strategies, without attempting diagnosis.

Participants practise cognitive, behavioural and somatic regulation techniques, explore the arts as a way to manage stress, learn how to support students after difficult experiences and reflect on their own wellbeing to prevent burnout.

# Course at a glance

Duration: 5 training days

Location: Nicosia, Cyprus

Language: English (B1 or higher recommended)

Who it's for: Preschool to adult educators, counsellors, school psychologists, school leaders

Level: Introductory, no prior mental health qualification required

Certificate: Certificate of Attendance

Funding: Eligible for Erasmus+ KA1 (course fees)

OID: E10129663

## What you will learn

- Build resilient, inclusive and connected school communities
- Use active listening and constructive feedback to support students
- Identify sources of stress early and respond appropriately
- Apply cognitive, behavioural and somatic regulation techniques
- Support students after difficult experiences and build resilience
- Use the arts to help students manage stress
- Protect your own wellbeing and prevent burnout

## How you will learn

Short presentations, demonstrations, guided practice of regulation techniques, art-based activities, case discussions and group work, with time for self-reflection. Participants work with fictional school situations and never share personal health information.

## Course language

English. B1 level or higher is recommended. Practical, hands-on activities make it easy for everyone to take part with confidence.

## What's included

- Europass Mobility.
- Certificate of Attendance, for participants who attend at least 80% of the course.

# Course Agenda

## DAY 1 · Welcome & Orientation

- Welcome, practical arrangements and course timetable
- Presentation of participating organisations
- Icebreakers and introduction to the course

## DAY 2 · Creating Resilient School Communities

- Expectations and personal learning goals
- Understanding students' needs: diversity, equity and inclusion
- Creating and sustaining high-quality connections at school

## DAY 3 · Positive Environments for Wellbeing

- Shifting the mindset: the teacher as a growth coach
- Active listening and powerful questioning
- Constructive feedback and validation
- How resilient, authentic relationships shape learning

## DAY 4 · Managing Stress & Mental Health

- Identifying stress sources early and managing stress
- Supporting students after trauma and building resilience
- Managing stress through the arts

## DAY 5 · The Healthy School: Wellbeing Strategies

- Cognitive and behavioural strategies
- Somatic regulation and grounding techniques
- Teachers' wellbeing and resilience: preventing burnout
- Erasmus+: objectives, priorities, actions, budget and tips for applicants
- Planning follow-up and dissemination of learning outcomes
- Course evaluation and certificates

ErasmusLearn

*Inspire, Learn, Communicate, in the best hospitality environment.*

Ready to join? Book your place at www.erasmuslearn.eu

erasmuslearn@gmail.com

+30.2810-312123