ERASMUS+ KA1 · TEACHER TRAINING COURSE

Stress Management & Mental Health in Schools

5 Days • Heraklion, Crete • OID: E10020547

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: ErasmusLearn Training Center, Heraklion, Crete

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)

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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. Participants need at least CEFR level B1 to take an active part in discussions, practical exercises and collaborative work.

What's included

- Coffee Breaks that include traditional products.
- Guided tour of the Historical Center of the town.
- Dinner in a traditional restaurant in the town.
- Europass Mobility.
- A small gift with traditional Cretan products.
- 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
- Included: guided cultural tour of the historical centre of Heraklion
- Included: dinner at a traditional Cretan restaurant

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

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