

Stress and Anxiety

This one day CPD course is designed to deepen teachers understanding of the underlying causes and signs of stress in children and young people and will also help to consider appropriate strategies to reduce stress and anxiety.

This course will equip you to:

- Recognise stressors in children's lives and consider the implication of stress on health and emotional well-being
- Consider the latest research on the neuroscience of stress and anxiety and consider how this impacts on a child's stress management system and their ability to regulate themselves
- Understand the significance of stress as an inhibitor of learning, enjoyment and engagement with life
- Explore appropriate strategies and interventions to reduce stress and anxiety for all children through the developmental stages of being, doing and thinking