

## Understanding stress and how to manage it

### Why should I do this course?

- This self-study course is part of a series of self-care courses being published by Optimus Education to address the growing need for in house staff wellbeing and support resources. The course will enable you to:
  - Learn how the brain processes thoughts and fear and how stress can impede this process
  - Explore ways of recognising and reducing stress through altering mindset
  - Identify and reflect on ways to assimilate a positive mindset into your professional practice
  - Learn how stress hormones affect the body and mind and identify preventative methods
  - Consider key stressors within the profession and identify ways to reduce stress in these areas.

### Making the most of this course

This course enables you to learn in your own time and at your own pace.

1. Complete the online units at your own pace starting with Unit 1 and then the subsequent units. Once you have completed the full course you can dip in and out of the units to refresh your learning or revisit areas that were of particular interest.
2. Ensure you complete all the activities that complement the theories within the course, they will ensure that your learning is truly embedded and that the skills become part of everyday life for you.
3. Once you have completed a unit you can apply to receive a certificate, if you intend to complete the full course please ensure that you apply once you have completed all units.
4. Visit the suggested reading and additional resources to broaden your knowledge and learning.

### Suggested participants

- All school staff with an interest in understanding stress and how to manage it.

### 1. Understanding the brain

**This unit outlines the impact of stress on brain function. As all action and thoughts originate here, understanding the brain is key to understanding and managing stress effectively.**

- Learn how the brain effectively processes thoughts
- Understand how stress impedes this process
- Identify 'fear' responses
- Reflect and apply this information to experience.

### 2. Stress and mindset

**This unit outlines how a positive mindset can reduce the harmful effects of stress. It is supported by scientific research and illustrative examples.**

- Explore ways of reducing stress through mindset.
- Read summaries of Neuroscientific research.
- Identify and reflect on ways to assimilate a positive mindset into their professional practice.

### 3. Stress and the body

**This unit outlines the impact stress has on the body and what can be done to prevent this. It is supported by scientific research and illustrative examples.**

- Learn about different types of stress
- Learn how hormones released due to stress impact on the body
- Identify preventive measures.

### 4. Taking action against stress

**This unit outlines stress triggers within the education profession and how individuals and organisations can take action against such triggers. It is supported by scientific research and illustrative examples.**

- Consider key stressors within their profession
- Relate this to their own experience
- Identify ways to reduce stress in these areas.