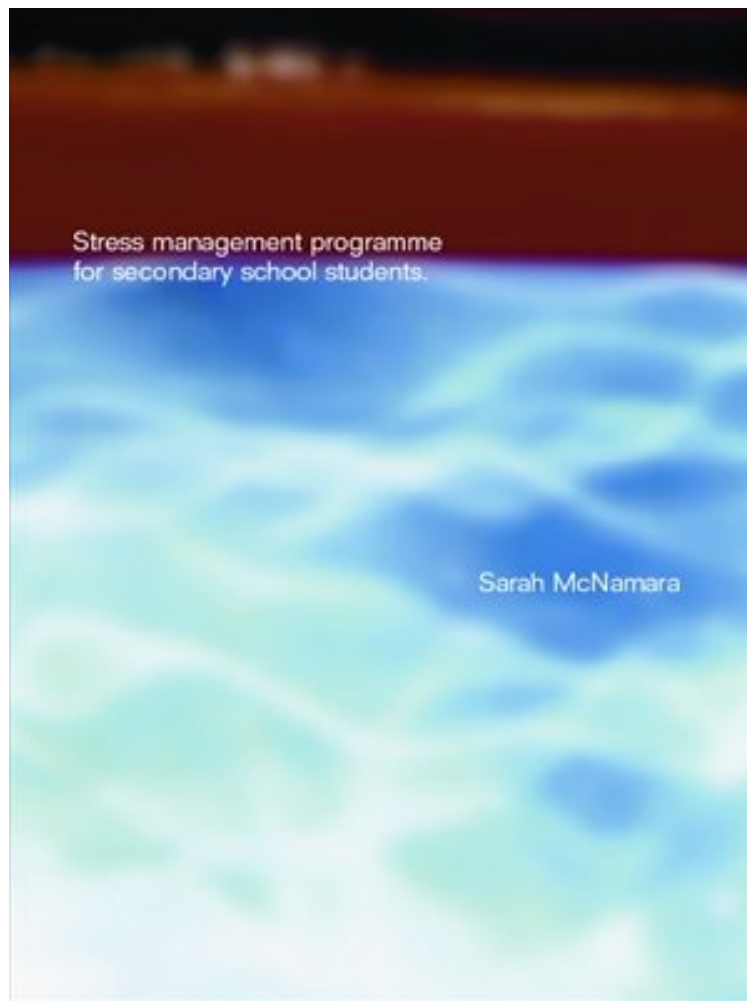


(Mobile pdf) Stress Management Programme For Secondary School Students: A Practical Resource for Schools

Stress Management Programme For Secondary School Students: A Practical Resource for Schools

Sarah McNamara

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Sarah McNamara : Stress Management Programme For Secondary School Students: A Practical Resource for Schools before purchasing it in order to gauge whether or not it would be worth my time, and all praised Stress Management Programme For Secondary School Students: A Practical Resource for Schools:

This is a resource pack for teachers to use in classrooms to help students combat stress. As well as the theory, it presents photocopiable worksheets. The pack covers the following areas: * preparing for exams * learning study skills * building self-confidence and self-esteem * coping with relationships and family problems * diet and exercise issues. The information is presented in an accessible way and there are plenty of follow-up activities and strategies for coping.

Everything is geared towards making it readable and interesting for young people without losing sight of the needs of the curriculum.