



## **Understanding Stress: a wellbeing/resilience session for school heads and senior staff**

The Diocese is inviting Suffolk Headteachers and Deputy Heads to our annual wellbeing session this summer which will be held online.

This year's theme is understanding stress and [considering] stress management tools for senior teams in schools.

Stress is a natural reaction to challenging life experiences and everybody may experience stress from time-to-time. However, exposure to stress over a sustained period of time can, if not addressed, result in damage to our mental and physical health.

We are delighted to welcome Charlie Green of Suffolk Mind to lead a facilitated session on this.

The programme:

- Welcome
- Introduction to the Mental Health Continuum – video
- Overview of Emotional Needs and Resources
- The Human Function Curve
- Emotional Needs Audit – breakout activity
- What is stress and language of stress
- Some tools to help regain clear and flexible thinking
- Share takeaways from the group



The session will close with a short time of reflection and prayer.

Put it in your diary now...

Friday 2 July 2021, 10.00am – 12.30pm via Zoom

Cost: £50 for subscribing church schools

£100 for all other schools

Contact Jacqui Studd at the Diocesan Office for further details or to book:

[jacqui.studd@cofesuffolk.org](mailto:jacqui.studd@cofesuffolk.org) | 01473 298570