

Objective: Achieve leaflets to help other pupils to manage their stress.

MANAGE YOUR STRESS WITH MINDFULNESS

PREPARATION OF YOUR LEAFLETS

- Write a short definition of mindfulness. (What are the key words you want people to remember about mindfulness ?)
- Look at the document below and use it as an inspiration to find keys to reduce or manage your stress.

First find triggers of stress (what provokes you stress), then find techniques to reduce stress (remember the activities you did the past few days, the things that made you feel happy, relaxed...)

Don't forget to mention daily techniques you can use beforehand to avoid stress.

- Write the sentences in English and in your own language.
- Think of the drawings or pictures you want to add to your leaflets.

Week _____	Trigger(s)	Stress Level	Reduction Technique(s)	Stress After
<p>STRESS REDUCTION TECHNIQUES</p> <ul style="list-style-type: none"> • Meditate • Breath deeply • Be present • Reach out to others • Tune into your body • Laugh out loud • Play soothing music • Move your body • Be grateful • Go outdoors • Slow down • Have alone time • Drink tea • Be kind to yourself <p>STRESS LEVEL</p> <ul style="list-style-type: none"> Very High 1 High 2 Medium 3 Low 4 None 0 	M			
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Your leaflets will be displayed in the libraries of each partner school.