

FEELING STRESSED

A SELF-REG MINI-COURSE FOR TEENS



The teenage years are a crucial stage in human development. Not only are young people making the all-important transition between childhood and adulthood, they are becoming more active agents in shaping their own lives. How do we support them at this key point in their development, when so many teens are struggling with anxiety, depression, self-doubt and emerging addictions? How do we help teens recognize the influences on their thinking, mood, behaviour and choices: influences they are often unaware of. Dr. Stuart Shanker says the key is helping adolescents understand stress, how they are affected by excess stress and what they can do about it.

Feeling Stressed is a new TMC course that will help teenagers truly understand stress and how they are influenced by it, while giving them the tools to respond to, and even thrive in the face of the stresses in their lives.

Young participants will be guided through a video-based, online program consisting of 8 modules:

- So What is Stress?
- Self-Reg, Self-Control and The Brain
- The Brain-Body Response to Stress
- How To Recognize Excess Stress: An
- Introduction to the 5 Domains of Stress
- The 5 Steps of Self-Reg
- Using the 5 Steps in Everyday Life
- Managing Exam Stress With Self-Reg
- The 3 Rs of Self-Reg: Relationships, Restoration and Resiliency

Feeling Stressed can be taken by individual teens, parents or educator-led class groups. Participants will have access to the course material for a full school year (August to July), but can register at any time.

TEEN MODULES OVERVIEW

Module 1: So What is Stress?

Stress affects us every day. But it's not just about feeling bad. Positive stress helps us stay alert, energized, and it helps us grow. But we also need to understand what too much stress can do to our brains and bodies.

Module 2: Self-Regulation, Self-Control and The Brain

Many people believe self-control is the key to success in school and life. But, actually, self-regulation is the real key. This module will explain the difference and show how self-regulation affects self-control and also the way our brain does its job.

Module 3: The Brain-Body Response to Stress

Stress is a normal part of life, and our brains evolved to help us deal with it. We'll look at different parts of the brain and the roles they play in helping us respond to threats and other kinds of stress.

Module 4: How To Recognize Excess Stress: An Introduction to the 5 Domains of Stress

One key part of self-regulation is being able to read the signs that tell us when we are becoming dysregulated (overstressed). Learning about the 5 domains of stress can help; biological, emotion, cognitive, social & prosocial.

Module 5: The 5 Steps of Self-Reg

The other key part of self-regulation is knowing how to help ourselves when we are becoming overstressed and how to recover from high-stress experiences. The 5-Steps of Self-Reg give us a method for doing that. Reframe the behaviour, recognize & reduce the stressors, reflect and respond.

Module 6: Using the 5 Steps in Everyday Life

See how Self-Reg can be applied through this real-life story. Consider how you can start to put these steps into action and explore your positive and negative stressors across the 5 domains.

Module 7: Managing Exam Stress With Self-Reg

Exams and tests are stressful. They're supposed to be like that. Believe it or not, Self-Reg can help you learn how to turn that negative stress into positive stress that will help you do your best on exams.

Module 8: The 3 Rs of Self-Reg: Relationships, Restoration and Resilience

Everybody wants young people to be resilient. But resilience is not just something you either have or don't have. It's something we build from our experience of positive relationships and learning to deal with and recover from stress.

ALSO INCULDED:

- The Stressed Detective Mini-Movie Course
 - ◆ Take their learning beyond the screen with Parent and Educator Stressed Detective Supporting Activities
- Webinars with Dr. Stuart Shanker
 - ◆ Introduction to Self-Reg
 - ◆ No Child Left Behind
 - ◆ What are "Limbic Brakes" and Why is This Idea So Important for Educators and Parents?
 - ◆ and more!
- Self-Reg 5 Step Profile Video Guides for Your Students, Groups & Yourself
- Various Self-Reg videos, blogs, tools & infosheets focused on Teen Self-Regulation