



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 Karys Matthams of Suffolk Mind to lead a facilitated session on this.



The programme:

- Welcome
- What is wellbeing? An overview of the Mental Health Continuum; the Emotional Needs and Resources all human beings are born with and how these contribute to us remaining in wellbeing.
- Stress versus stretch and how our minds and bodies naturally respond to unmet needs; why meeting our needs supports high performance and a culture of wellbeing.
- 3 effective strategies for reducing the effects of stress that don't add to your 'to do' list!



The session will close with a short time of reflection and prayer by the Rev'd Canon Julia Lall.

Put it in your diary now...

Friday 1 July 2022, 10.00am – 1.15pm via Zoom

Cost: £60 for subscribing church schools

£120 for all other schools

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

jacqui.studd@cofesuffolk.org | 01473 298570