



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 by the Rev'd Canon Michael Robinson, Bishops' Chaplain & Canon Theologian.

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:

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