

Emotional Health Unit

Recovery College



Senior Schools Guide to Stressing Less

Senior school is an exciting but stressful period of transition for a young person. Not only are students working towards a certain course of study or career, but also getting ready to launch into adulthood.

It can be a bit overwhelming.

Our Recovery College is a program designed to help young people develop skills that will improve their emotional wellbeing. As part of our unique Recovery College program we have developed a module specifically for Year 11s and 12s.





The *Senior Schools Guide to Stressing Less* is all about—stressing less! It is designed to help senior students manage their stress more effectively through the following tools and strategies:

- **Mindfulness**—improving awareness of the present and attention control
- **Perspective**—interacting differently with anxious thoughts
- **Relaxation**—calming our bodies
- **Productivity and positivity**—choosing more helpful ways to deal with stress

Sessions are available either onsite at Mater Young Adult Health Centre's Emotional Health Unit in South Brisbane, or we can arrange for our facilitators to come to your school.

Our goal is to help you develop skills to thrive.

If you would like further details on this module and how to arrange a session please contact:

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