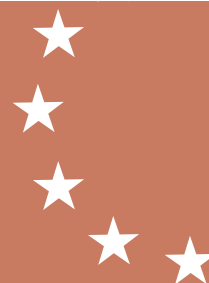


„Here and now“ – stress relief with mindfulness and relaxation



GENERAL INFORMATION

Trainer: Ágnes Fabók



Number of participants: 5-25 people

Language: English

Highlights:

The course focuses on physical and mental stress management. It provides hands-on experience of relaxation tools and mindfulness practices, and provides an opportunity to experience “me-time” and “present-time” in an enjoyable way, as a community experience. Participants will learn tools for self-care, and stress relief.

COURSE CONTENT

Description:

The training will provide participants with the opportunity to experience and practice tools to increase their “mental fitness”, resilience and draw on their inner resources. Mindfulness-based stress reduction (MBSR) is a method originally used in therapeutic practice, but the mindfulness approach itself is also effective in everyday self-care. Consciously anchoring our attention for even a few minutes in the present moment has a positive effect on our physical and mental functioning. A few minutes of contemplation in the daily activity helps to tune into the body’s biological rhythms. Regularly and consciously applied, mindful presence helps to develop self-compassion, acceptance and a non-judgemental attitude towards reality and life itself. In addition to the mindfulness approach, participants will learn how different relaxation techniques work. They will also learn about techniques that can provide immediate tension relief and about methods such as autogenic training, which can be used to achieve long-term self-regulation after several weeks of practice.

Research has shown the effectiveness of mindfulness-based stress reduction and relaxation training in coping with stress, tension relief, psychological immunity and stability.

Aims and objectives:

This practical, hands-on course is designed to help participants understand the science behind stress and develop practical strategies for stress management. It may serve as a taster of mindfulness and relaxation techniques, and its aim is to awaken the need for longer-term commitment to self-reflection and self-care. The training combines theory and practice.

Learning outcomes:

The course will help the participants to:

- understand the symptoms and effects of stress
- learn tools for stress management including immediate and long-term methods
- practice exercises for relaxation and well-being from mindfulness to relaxation techniques
- manage their own well-being through self-awareness and self-reflection
- enhance their empathy and self-compassion

Target group:

Teachers at all education levels.

Required language level of the participants: English, B2,C1

Duration: 25 lessons, 5 days

Schedule*



MONDAY	<p>Terms and concepts related to stress and relaxation</p> <ul style="list-style-type: none"> • stress and the body's response to it • the physiology of stress and stress relief • body-mind discourse • techniques for fast stress relief • techniques for long-term stress management
TUESDAY	<p>Introduction to mindfulness</p> <ul style="list-style-type: none"> • history and the elements of the mindful attitude • autopilot mode, doing vs being • anchoring • the science behind mindfulness - integration
WEDNESDAY	<p>Mindfulness 1 – focusing on the body</p> <ul style="list-style-type: none"> • grounding techniques • body scan • breathing • formal and informal practices

THURSDAY	<p>Mindfulness 2 – focusing on our thoughts</p> <ul style="list-style-type: none"> • rumination and worry • automatic dysfunctional thought patterns • conscious attention focus
FRIDAY	<p>Mindfulness 3 – focusing on emotions</p> <ul style="list-style-type: none"> • understanding and identifying feelings • verbalization • emotion regulation – the bottom-up and top-down approaches • mindfulness at school

*** Notes:**

- the schedule describes likely activities but may be modified in accordance with the requests and needs of the participants;
- presentations of the participants' schools may be divided up and take place after the breaks on each day of the course.

ADDITIONAL INFORMATION

Certificates awarded:

Certificate of Attendance, Europass certificate and/or Learning agreement complement

Price: EUR including course, Erasmus+ documentation and a cultural activity

Location:

Date:



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