

# Anxiety among our students:

What can you do as a member of the school team?



**2½ hours**

**Help your students master their stress and anxiety**

## *Workshop objectives:*

- Understand the relevance of focusing on anxiety in students;
- Distinguish stress from anxiety and understand the basic concepts;
- Identify manifestations of anxiety in students;
- Identify strategies to implement in the classroom or the school.

## **How can I take this workshop?**

A facilitator from the school or from your regional public health department must first receive this training in order to take ownership of the workshop and be able to offer it to members of the school team.

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