



The CalmSchool (SuliNyugi) Program of Mental Health for Wellbeing Foundation supports stress management at school. We deal with school stress in a complex way, so we can reach all three key players in the process, such as the child, the teacher and the parent, so that they eventually "speak the same language" using the same solutions.

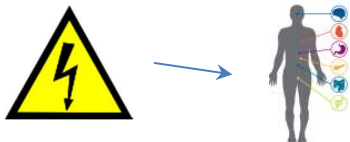
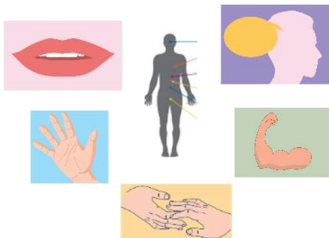

Learn more : www.sulinyugi.hu

The purpose of the CalmSchool (SuliNyugi) Program for teens is to enable them to handle stress and to make them aware of everything they can do to help themselves through it. This summary introduces the messages of the sessions and supports parents and teachers with practical tips so that they can use - what the teens have also learned in our programs - in their everyday lives.






Key takeaways of the STRESS-MANAGEMENT group sessions:

*You are the Captain of your body!
You can relieve the stress through 5 gates!*



What teens do during the session	Purposes of the exercise	Benefits of the exercise
<p>They work in groups to collect:</p> <ol style="list-style-type: none"> 1. symptoms of stress, 2. methods to release stress, 3. and the benefits of calmness. 	To learn about and practice the symptoms of stress and a variety of stress management techniques	Through group work, the children discover the many ways in which tension can be experienced, managed and released. They share methods that work for them.
Teamworks	Purpose	Practiced techniques and their benefits
<p>1. Drawing the signs and symptoms of stress</p> 	Recognizing tension	<p>A person in a stressful situation can be helped by reflecting their emotional state from the outside. e.g., "You seem very angry." "I can see that something is bothering you." Also we can manage our own tension more easily if we express our feelings.</p>
<p>2. Release tension through 5 gates of the body: mouth, thoughts, hand, muscle, skin</p>  <p><i>Pl.: talk, positive thoughts, scratching, fondling, stretching</i></p>	To learn all variety of stress-management techniques	<p>Abdominal breathing with long exhalations Using the abdominal muscles to push air deeper into the lungs. The long exhale sends a kind of "relax" command to the brain.</p> <p>Progressive relaxation Progressive relaxation is based on tensing and then relaxing the muscles. The repetition of stretching and relaxing brings our muscles to a state of rest.</p>
<p>3. Benefits of calmness</p>  <p><i>Pl.: better sleep, less physical symptoms, better digestion, more focus on health, better performance</i></p>	Making sense of stress management techniques	<p>Awareness and experience of the physical signs of calmness Tranquility is the basis for a balanced life, the starting point for success, and everyone can do something about it by using the methods above.</p>

Stress management tips for classroom and home usage

5 gates for stress relief	At SCHOOL	At HOME
1. Mouth 	Have some “take it easy” music prepared, so you can use it any time to help to calm down. It is also good for enhancing concentration.	Let's talk as much as possible, ask questions. Let's sing or listen together to the songs/music the family knows and loves. It is good for children to hear their loved ones sing. Singing is especially useful when the child is afraid, because it blocks the fear center in the brain..
2. Muscle 	It will help children to concentrate during class by making them do some “big-movement” exercises on the spot at the beginning of the class.	Give as much time and opportunity for movement as possible, in the open air if possible. If we are stuck in the apartment, we can also watch workout videos on the Internet, do as many circles and hang out as possible.
3. Thought 	Imaginary balloon blowing can be used before hard tests, so the unnecessary stress can be released.	Pay attention to avoid negatives and formulate affirmative sentences . E.g.: instead of „Don't worry! Don't breathe so fast!” say „Relax! Breathe out slowly!” just like into an imaginary balloon.
4. Hand 	Make the teens scratch all the disturbing feelings and thoughts out freely . All they need is just paper and a pencil. It doesn't matter if the paper gets torn while they let the stress go away. They can even rip the paper apart.	Buy our child a diary in which he/she can write/draw whatever bothers him/her. Respect this and never read without his permission. Offer the half-used pages for scratching, and we can even scribble out the tension together.
5. Skin 	When a kid feels very stressed we can put our hands on his/her shoulder , look in the eye and with a calm voice tell him/her what we want to say.	Touch and hug our children according to their age and needs. Even teenagers need and want this kind of physical contact sometimes!

We collect **donations**, so we can provide free programs to **classes on our waiting list**. In case you would like to help via bank transfer: 11600006-00000000-44298384.



Your generous donation will help more children to learn how to handle the stress!



Thank you for your support! We hope you found this summary useful.

In case you need further information:

Réka Szigeti

+36-70-265-89-19 szigeti.reka@sulinyugi.hu