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The Grade 11 IB Stress Management

Facilitated By :
 Guidance Counselor Rosslyn DesRuisseaux,&
 Guidance Intern Bailey Lowenthal

Group is an 8-Week Psychoeducational
 group intended to:

*Promote understanding of the stress
 response and individual stressors*

*Encourage awareness of how stressors
 affect us physically, psychologically and
 behaviorally.*

*Teach three main techniques for
 managing stress: progressive muscle
 relaxation, guided imagery, and positive
 coping statements.*

*Help students see that stress can be
 reduced and to encourage them to
 practice stress management techniques
 both inside and outside of the group.*

Session I	March 10	11:00	Session V	April 14	1:15 * day 2
Session II	March 24	9:50	Session VI	April 28	12:15
Session III	March 31	8:50	Session VII	May 5	1:15* day 4
Session IV	April 7	7:50	Session VIII	May 12	2:15