

WELLBEING FIRST: STRESS RELIEF STRATEGIES



Constantly learning,
constantly evolving.

[Register Here](#)

OID: E10201112

Advanced Institute for Skills Development

COURSE DESCRIPTION

Teaching is one of the most rewarding professions – but also one of the most emotionally demanding. The growing complexity of the school environment, digital overload, classroom management challenges, and emotional fatigue can easily lead to stress and burnout if not properly addressed.

That is why this is a practical Erasmus+ training course designed to help teachers regain control over their wellbeing, manage stress effectively, and build daily routines that support emotional balance and mental clarity.

Participants will explore evidence-based techniques for stress prevention and relief, including mindfulness practices, relaxation exercises, breathing techniques, body awareness, emotional regulation strategies, and time management tools.

This is not a theoretical course – it is an immersive experience where educators will learn by doing, reflect on their personal habits, and co-create practical solutions adapted to their lifestyle and school context.

The ultimate goal is to promote a healthier teaching culture where wellbeing is not an afterthought – it comes first.

COURSE INFORMATION

Learning Outcomes

- Recognize the main causes and symptoms of stress in the teaching profession;
- Apply daily techniques for stress relief, relaxation and emotional balance;
- Develop mindfulness and body awareness practices suitable for school routines;
- Strengthen resilience and emotional regulation in challenging situations;
- Design healthy habits and personal wellbeing plans for long-term balance;
- Promote a positive culture of wellbeing in their school or staff team;
- Promote intercultural awareness;
- Transfer and share core values, experiences and effective teaching practices with other teachers and colleagues;
- Improve technical and English language, communication and social skills.

DAILY PROGRAM

5-DAYS

..... *Our courses also include a daily Coffee Break

DAY 1 / 8h30-13h45

- Stress Relief Practices for Everyday Teaching
- What is stress? Causes, triggers and effects
- Recognizing the impact of stress on mind and body
- Identifying personal stress patterns
- Group sharing: What are our main challenges as teachers?

DAY 2 / 8h30-13h45

- Mindfulness & Emotional Regulation
- Breathing techniques for calm and focus
- Body movement and stretching for energy release
- Grounding practices for emotional regulation
- Relaxation techniques for classroom or personal use

DAY 3 / 8h30-13h45

- Building Healthy Teaching Habits
- Introduction to mindfulness in education
- Practicing presence and attention in daily routines
- Emotional intelligence in stress management
- Exercises: Guided meditations and visualization exercises

DAY 4 / 8h30-13h45

- Personal Wellbeing Action Plan
- Time management and work-life balance strategies
- Setting healthy boundaries at school and home
- Digital wellbeing: managing screen overload
- Creating rituals for relaxation and self-care

DAY 5 / 8h30-13h45

- Final reflection circle: What will I change from now on?
- Peer feedback and wellbeing commitment sharing
- Course roundup and review
- Learning Outcomes' validation
- Certification Ceremony



ADDITIONAL INFORMATION

Documentation: Learning Agreement; Certificate of Attendance with description of learning outcomes; Europass validation; and other required Erasmus+ supporting documents.

(Our courses are eligible to be completely funded by the Erasmus+ program 2021-2027 - KA1 funds and several other programs)

TRUSTED BY EDUCATORS ALL AROUND EUROPE



learning **together**

Learning Together believes that **well-trained educators** are more motivated and better equipped to shape the future generation! That's why we offer high-quality training to empower education professionals, build new skills, promote cultural understanding, and foster connections with peers all across Europe / **Courses • VET • Job Shadowing • KA2**



ALGARVE



AVEIRO



AZORES



KRAKOW



LISBON



MADEIRA



MALAGA



PORTO



SEVILLE



VALENCIA

Join our courses
& start your Erasmus+
journey in a city that

inspires!

[Pre-Registration](#)

[All Courses](#)

[Calendar](#)

[Pricing & FAQ](#)

[Our Gallery](#)

✉ learningtogether.eu@sinerconsult.pt

🌐 www.learning-together.eu | (351) 229 418 490 - Portugal

