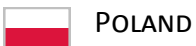


Partners:

„WYŻSZA SZKOŁA BIZNESU I NAUK O ZDROWIU



POLAND

ASSOCIAZIONE „L'ALBERO DELLA CONOSCENZA– ONLUS



ITALY

ANDALUSIAN HEALTH SERVICE



SPAIN

PROMAS - PROJECT MANAGEMENT ASSOCIATION



ROMANIA

WOMEN'S TRAINING, ENTERPRISE & CHILDCARE
CENTRE LTD-WOMEN'STEC-ENGLISH



UNITED KINGDOM

TASKOPRU ANADOLU SAĞLIK MESLEK LİSESİ



TURKEY

Implementation period:
1 August 2013 – 31 July 2015



wise teacher
healthy child



WITH.CH



wise teacher
healthy child

To learn more about the project visit
our website



with-ch.wix.com/leonardo

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A LDV Partnership Project organized
within the frameworks of the
European Union
Lifelong Learning Programme

Agreement n: 2013- 1-PL1-LEO04-38496-2

**Wise Teacher - Healthy Child -
courses for teachers on dietetics
and healthy nutrition of children
and adolescents**

WORKSHOP

Stress and Health

11 Maggio 2015, h. 14.30-18.30
Corso Trieste, 30
San Cipirello (PA)

Aims of the project

The key objective of the project is to provide teachers from all types of schools with knowledge and practical competencies in the field of dietetics, healthy nutrition and an active lifestyle.

Detailed aims of the project are:

- ⇒ to provide teachers from all types of schools with knowledge and practical competencies in the field of dietetics, healthy nutrition and an active lifestyle.
- ⇒ Improvement of the awareness concerning the importance of terms like dietetics, healthy nutrition and an active lifestyle of children and adolescents
- ⇒ Improvement of the level of practical knowledge concerning dietetics and health prophylaxis
- ⇒ Providing methodological training for participating teachers in order to carry out various educational activities in the field of dietetics, healthy nutrition and popularization of knowledge regarding a healthy lifestyle
- ⇒ Exchange and transfer of good practices among the partner countries
- ⇒ Diversity of partners' educational offer (e-course, e-publication)
- ⇒ Establishment of international collaboration



WORKSHOP

The course will address the effects of a wide variety of life stressors – such as chronic illness, the death of a loved one, childhood trauma, and financial hardship – on health problems such as substance abuse, mental disorders, and physical illness

OBJECTIVES

- * To provide teachers from all types of schools more information and knowledge about stress, its causes and effects.
- * Consider the impact of stress on the health and wellbeing of peoples;
- * To offer people some practical advice about how to manage it.
- * To offer teachers will have a better understanding of personal stressors and vulnerability to stress.
- * Providing methodological training for participating teachers in order to carry out various educational activities in class



Themes

Theory

- What Is Stress?
- All Stress is Bad for us ?
- Identifying Stressors
- The impact of Stress
- Managing Stress
- Benefits of Stress Management .

Practice

- Discussions directed on the question and answer of participants.
- Group discussions
- Practical exercises on Stress Relief Strategies: Body relaxation exercises and breathing techniques

TARGET GROUP

Teachers from all types of school

This project has been funded with support from the European Commission under the Lifelong Learning Programme

This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

