



## **Stress Management Program of The Philippine School Abu Dhabi**

**Program Title:** "TPS-AUH Stress-Free: Managing Pressure, Cultivating Peace"

The Stress Management Program at TPS-AUH is designed to help students develop effective techniques for managing academic, social, and emotional stress. This program will focus on providing students with tools to handle pressures in a healthy, constructive manner while creating a supportive school environment where stress management is prioritized.

### **1. Stress Awareness and Education**

#### **a. Stress Education Workshops**

*Description:* Workshops focused on educating students about the nature of stress, its impact on health, and strategies to manage it. These sessions will teach students to recognize stress triggers and adopt healthy coping strategies.

*Date:* Month of Stress Management – April.

*Key Activities:*

- Discussions explaining stress, its causes, and effects.
- Discussions on the science behind stress and how it affects both the body and mind.
- Creation of a stress management toolkit with strategies for daily use.

#### **b. Stress-Relief Awareness Campaign**

*Description:* A campaign to promote awareness of stress relief techniques and the importance of self-care. Posters, and school-wide activities will raise awareness about mental health and managing stress.

*Schedule:* To be proposed and spearheaded by the Values Education Teachers and School Nurse.

*Key Activities:*

- Posters and flyers around school promoting stress-relief strategies.
- Powerpoint presentations on stress management.
- Stress management talks during mental health awareness month.

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## **2. Practical Stress Management Techniques**

#### **a. Mindfulness and Meditation**

*Description:* Quarterly guided mindfulness and meditation sessions to help students focus on the present moment, reduce anxiety, and develop relaxation skills. These sessions will include breathing exercises, guided visualization, and relaxation techniques.

*Frequency:* to be proposed to the MAPEH and Values Education Department

*Key Activities:*





- Guided meditation sessions.
- Breathing exercises to manage immediate stress.
- Relaxation techniques practiced during homeroom or after lunch.

#### **b. Simple Yoga for Stress Relief**

*Description:* Yoga sessions designed to help students reduce physical tension and stress while improving flexibility and relaxation. Students will learn basic yoga postures, breathing techniques, and relaxation methods to alleviate mental and physical stress.

*Frequency:* to be proposed to the MAPEH Department and to be executed every two weeks.

*Key Activities:*

- Introduction to basic yoga poses and stretches.
- Sessions focused on relaxation and stress-relief postures.
- Mind-body connection exercises.

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### **3. Time Management and Organization**

#### **a. Time Management discussions**

*Description:* These discussions will teach students effective time management skills to reduce academic stress and anxiety. By learning to prioritize tasks, set goals, and manage deadlines, students can reduce last-minute pressure and stress. Target participants are the junior and senior high school students to be spearheaded by Guidance and Child Protection Department.

*Frequency:* Twice in a year (bi-annual)

*Key Activities:*

- Sessions on prioritizing tasks and setting realistic goals.
- Time-blocking exercises to plan schoolwork, extra-curricular, and relaxation.
- Tips on avoiding procrastination and handling academic pressure.

#### **b. Study Skills & Academic Stress Management**

*Description:* This program will equip students with study strategies to tackle academic stress. It will include techniques for focused studying, exam preparation, and managing academic pressure. Target participants are selected students from the junior and senior high school to be handled by the Stress Management Teachers.

*Frequency:* Monthly, particularly during exam periods.

*Key Activities:*

- Study techniques workshops (e.g., active recall, spaced repetition).
  - Tips on managing pre-exam anxiety.
  - Peer support group sessions for collaborative learning.
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## 4. Emotional and Social Support Systems

### Counseling and Support Services

*Description:* The school will continue to provide accessible counseling services to help students deal with stress, anxiety, and emotional challenges. Students can access both individual and group therapy to talk about their mental health.

*Frequency:* As needed (individual sessions), with group sessions (as needs arise).

*Key Activities:*

- One-on-one counseling sessions for emotional support.
- Group therapy sessions on stress management and coping strategies.
- Educational talks on mental health and stress reduction.

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## 5. Stress Reduction Through Creative Outlets

### a. Art Therapy and Creative Expression

*Description:* Students can use art, music, and creative writing as outlets to express their emotions and reduce stress. This program will encourage students to engage in activities like drawing, painting, journaling, and music-making to relax and unwind. To be proposed to the MAPEH, Values Education, and TLE Department.

*Frequency:* Quarterly creative workshops.

*Key Activities:*

- Group art projects, such as mural painting or collaborative sculptures.
- Journaling sessions to process emotions.
- Music and writing workshops focused on stress relief.

### b. Drama and Role-Playing

*Description:* Drama and role-playing activities will help students express emotions in a safe, non-threatening way. By acting out scenarios that represent real-life stressors, students can explore coping mechanisms and gain confidence in handling difficult situations.

*Frequency:* Quarterly. Spearheaded by the English and Filipino Department.

*Key Activities:*

- Role-playing exercises focusing on conflict resolution and stress management.
- Drama performances or skits that highlight coping strategies.

Prepared by:

Stress Management Team

Approved by:

Jesus S. Ostos, Jr.  
Principal