



# Stress/Anxiety Workshop (Virtual!)

Suggested Number of Students: 25 max  
Program Length: 45 minutes max

## Program Synopsis

This mental health program for middle schoolers will be delivered live via Zoom. It will include group discussion, video, activities, and presented information. Students will learn how the brain and body process stress, how to know when it is becoming a problem, and tools for managing stress when it feels overwhelming. We aim to create a positive environment for the learning community to support each other and augment the mental health work that schools are already doing. We will provide resources for students, plus follow up discussion questions for school and home.

## Key Program Points:

- Stress is normal; everyone experiences it.
- Our brain's amygdala is a built-in alarm system that tells us when there is a problem. But sometimes our amygdala fires too often or when it is not necessary. Rapid breathing, a pounding heart, and sweating are a few of the body sensations we experience that are related to the amygdala.
- Stress is community property. We need to look out for and support one another.
- There is a stress continuum, some stress can be good and help us be productive. There is a point at which it is unhelpful, and we cannot do what we want or need to.
- There are lots of ways decrease stress, and it is an important life skill to learn. We can find ways to make it manageable.
- There are many tools we can use when stress is overwhelming. We will identify tools and encourage students to find the most effective ones for themselves.

## Resources

[Anxiety Canada](#)

[Brain Science of Stress](#)

[The Child Mind Institute](#)

[Ted Talk on Stress](#)

[Vermont Department of Mental Health](#)

Vermont Family Network  
[Anxiety in Children](#)

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Have a good resource you'd like to share? Email Karen at: [karen.sharpwolf@vtfn.org](mailto:karen.sharpwolf@vtfn.org)