

Stress Management Services of Monmouth County

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Empowering Teachers Means Empowering Students

Stress Management in the Classroom

Stress Management Services of Monmouth County has been working within academic settings – public and private – for over 25 years. What follows is a sample of the training which is offered by David Singer, whose objective is to train teachers and paraprofessionals in mastering deep relaxation techniques and transferring this knowledge to their students.

- I. Understanding self-regulation – five techniques
 - a. Mastering abdominal breathing
 - b. Autogenic training
 - c. Peripheral warming (circulation focused to extremities)
 - d. Body-biofeedback
 - e. Creative visualization

- II. The “Stress Response”
 - a. Sympathetic vs. Parasympathetic arousal – a general understanding of “fight-flight” – plain and simple understanding of mind/body
 - b. Talking to the brain
 - c. Stress vs. Stressors

III. Teaching Your Children

The age and maturity of your students is of course vital here. For the purpose of this brief overview, let it suffice to say that the teacher’s relationship in the classroom, and the level of comfort, play a key role in the transferring of this sensitive yet basic education model. David Singer is available during this transfer of knowledge, and is certified in Kindergarten through eighth grade in NJ. He has taught on a college level, and of course is very experienced working with all age groups in the methods and training of stress management.

- IV. The Results – Consciousness, Control, Energy
 - a. Greater productivity and stamina – mentally, academically, physically, and socially
 - b. *Increased confidence* in one’s self-control, so vital during “stressful” events and phases of growth and development
 - c. As the medical community has emphasized more over the past decade – stress-reduction is preventive medicine. Attendance among students is impacted in a positive way.
 - d. Communication between students and teachers – as well as students and parents – is greatly improved as the “pace of the interaction” is unhurried and composed.

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