

“Well in the Classroom” Strategies for Students Diagnosed with Anxiety

Date: March 7, 2024

Presenter: Mary Fowler

Location:

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724

For directions to the Mall, access our website at: www.rpdacademy.org

Time:

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation

(Lunch will not be provided)

Fee:

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

Audience: All Levels

Seminar Description:

“Well in the Classroom” Strategies for Students Diagnosed with Anxiety

With the release of the CDC Youth Risk Behavior Survey, the national spotlight has turned on and highlighted the mental health crises in our schools, one that has been building for at least a decade. Students diagnosed with anxiety can't wait until later when anxiety rises. They need “manage in the moment” strategies.

While classroom teachers are not mental health professionals, they are increasingly the frontline for supporting well-being and helping students cope and manage by using classroom practices and simple techniques known to reduce stress and manage anxiety. This workshop provides both the rationale for a strategy and the step-by-step guidance to apply the strategy.

Outcome Objectives: Participants will gain knowledge and skills in:

- The physical, mental, and emotional impact of anxiety
- Anchoring, grounding, soothing, and savoring strategies
- Cognitive-behavioral strategies for identifying triggers and managing reactions
- Strategies that empower students to build personal resources and capacities

P.D.U.: 4.0 hours