

Contents

Activity Finder vi

Preface xiv



INTRODUCTION TO STRESS AND STRESS MANAGEMENT 1

CHAPTER 1 Stress in Our Schools Today 3

CHAPTER 2 Scientific Foundation of Stress and Stress Management 15

CHAPTER 3 Advocating for Stress Management in Schools 21



BEST PRACTICES: Helping Students Deal With Stress 31

CHAPTER 4 Fostering Positive Skills to Cope With Stress 33

CHAPTER 5 Stress Reduction Tools 97

CHAPTER 6 Creative Ways to Build Students' Stress Management Skills 167

Appendix A: Reproducibles 198

Appendix B: Additional Yoga Poses 237

References and Resources 244

About the Author 249