



STRESS AWARENESS MONTH

April is Stress Awareness Month in Singapore, serving as a vital reminder to manage stress, recognize its symptoms, and break the stigma surrounding mental health.



GOOD STRESS VS BAD STRESS

what's the difference?

GOOD STRESS

Also known as **eustress**, is a type of stress that motivates and energises you, helping you perform better and stay focused on tasks without feeling overwhelmed.

BAD STRESS

Also known as **distress**, is overwhelming, prolonged stress that negatively affects mental and physical health, leading to anxiety, burnout and reduced productivity.

KEY TAKEAWAYS FOR STRESS MANAGEMENT

RECOGNISE STRESS

Be aware of physical and mental signs such as persistent headaches, trouble focusing, anxiety, and sleep disturbances.

EFFECTIVE COPING STRATEGIES

Engage in activities like exercising (e.g., soccer), hobbies (e.g., cooking), listening to music, and practicing deep breathing or meditation.

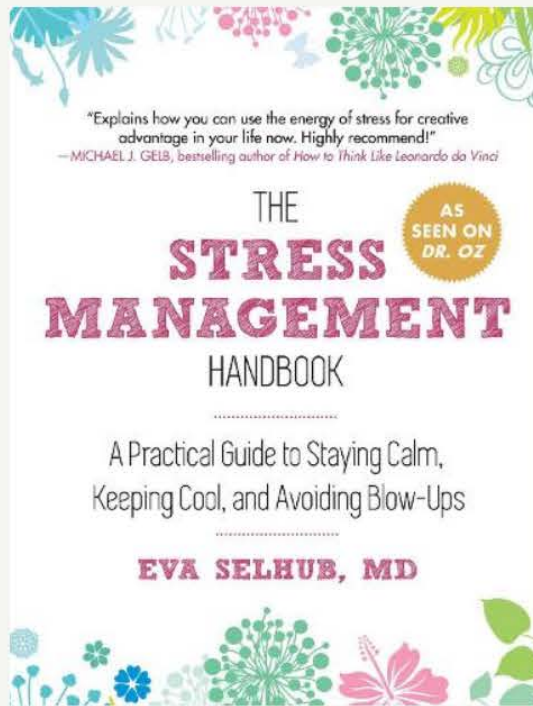
WORKPLACE WELL-BEING

Take breaks, step outside for fresh air, and practice, especially during high-stress periods, to maintain mental wellness.

SEEK SUPPORT

Utilise community resources and social support to manage anxiety and prevent long-term health issues.

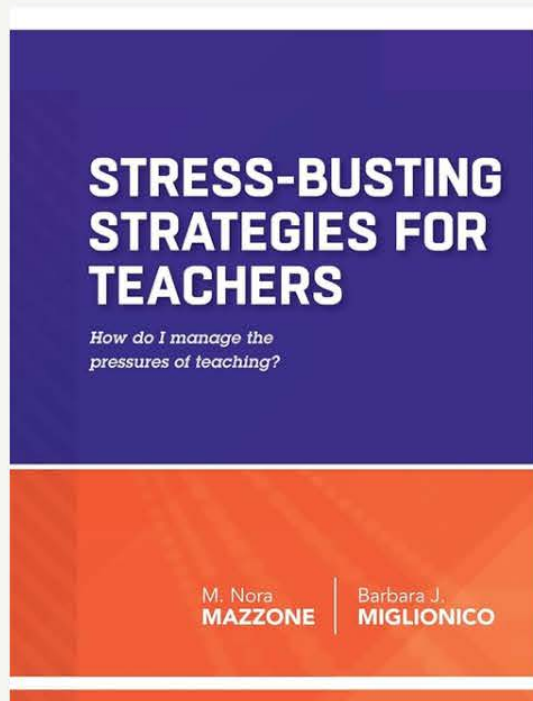
BOOK RECOMMENDATIONS



The Stress Management Handbook

The Stress Management Handbook will teach you how to speak and live from a place of love rather than a place of stress. Stress expert Dr. Eva will help you:

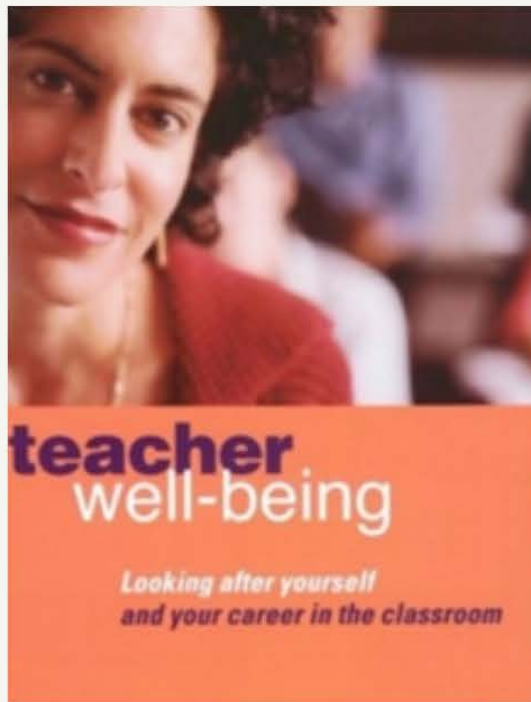
- *Understand the stress response*
- *Get a hold on negative emotions*
- *Redirect stress for good*
- *Laugh and let go*



Stress-Busting Strategies for Teachers

Veteran educators Nora Mazzone and Barbara Miglionico offer simple, proven tactics to help you manage the stresses of being a classroom teacher. Learn how to

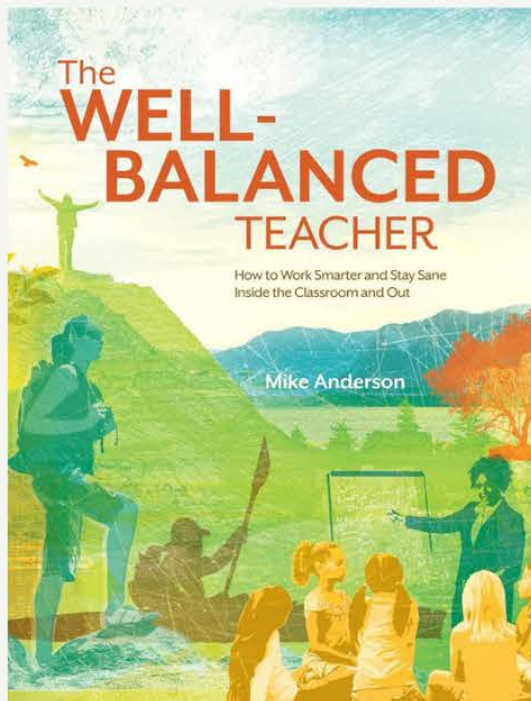
- *Employ healthy practices that positively affect your mindset*
- *React, generalize, and maintain to create a positive environment*
- *Identify and use your ideal professional pace*
- *Exploit your intrinsic preferences for how to get the work done*



Teacher Well-Being

Drawing on real life case studies and providing strategies for teachers wanting to be proactive in dealing with their well-being, stress and career, this book outlines all the different components that contribute to physical, emotional, spiritual and mental well-being. This includes:

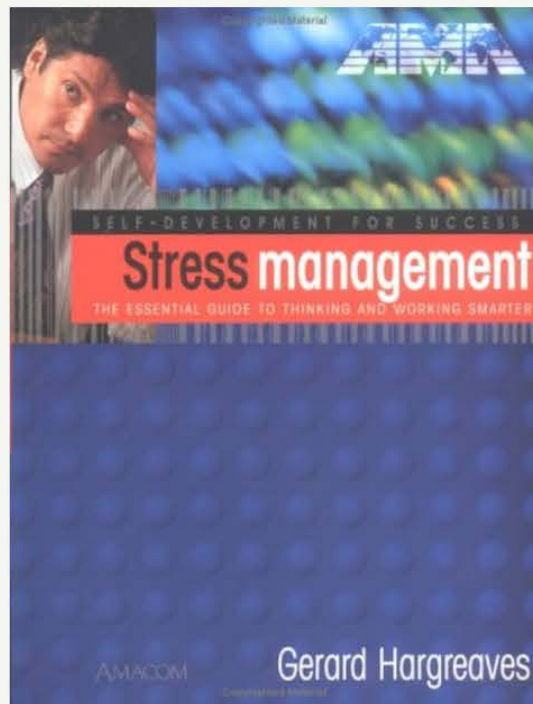
- *good stress and bad stress*
- *communication*
- *enhancing personal well-being at school*
- *well-being and career development*



The Well-Balanced Teacher

In addition to paying proper attention to their basic needs for nutrition, hydration, sleep, exercise, and emotional and spiritual refreshment, teachers also need

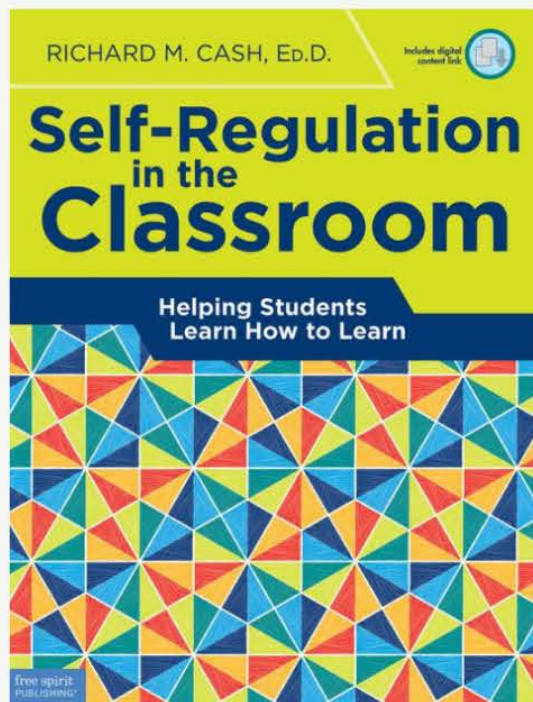
- *Belonging: Teachers need to feel positive connections with other people, both in school and outside school.*
- *Significance: Teachers want to know that they make a positive difference through the work they do.*
- *Positive engagement: When teachers enjoy their work, they have great energy and passion for their teaching.*
- *Balance: Healthy teachers set boundaries and create routines so that they can have rich lives both in the classroom and at home.*



Stress Management

With Stress Management, you'll learn how to:

- *Put a complete stress management program into action*
- *Recognize the physical and mental symptoms of stress and manage them effectively*
- *Distinguish between pressure and stress--and turn pressure into a productive, not destructive, force*
- *Change the workplace to avoid stress*
- *Improve your self-assurance as you become less stressed and begin to make the right decisions for your business.*



Self-Regulation in the Classroom

In Self-Regulation in the Classroom, Richard M. Cash translates research and theory into easy-to-implement strategies and ideas you can use to help students—with special needs and without—become self-directed learners, including ways for them to:

- *increase their engagement in learning*
- *boost their confidence*
- *avoid meaningless distraction*
- *develop effective study habits*
- *set and achieve goals*
- *use failure as a learning tool*
- *reflect and relax*

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