



**Universidad Nacional Autónoma de México**  
Dirección General de Incorporación y Revalidación de  
Estudios  
Subdirección de Revalidación y Apoyo Académico  
Departamento de Apoyo Académico



## **Carta Descriptiva**

### **Workshop: "Managing stress at school: strategies for health and well being"**

#### **Main objective:**

Lead the participants into an integration of coping strategies in order to prevent and deal with stress in their life and in the school environment. Promote self-care and well-being in the participants' personal and professional life.

#### **Specific objectives:**

- For teachers to learn and experience in a practical way the benefits of various coping techniques.
- Based on their own experience, for teachers to be able to transmit efficient stress coping strategies in the classroom.
- For participants with stress symptoms, to be able to recover inner harmony, without losing their efficiency at work.

**Number of hours:** 20

**Number of participants:** 15 - 20

**Workshop for:** Teachers

**Date:** 21, 22, 23, 24 y 25 de febrero de 2011, de 16:00 a 20:00 Hrs.

**Schedule:** instalaciones de la DGIRE



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**Instructor:** Mtra. Sandra Behn

**Content:**

1. Theoretical analysis about the concept of stress: stress symptoms and causes of stress
2. Practical coping strategies for prevention and stress management
3. Emotions: the body´s mind
4. Yoga to reduce stress
5. Mindfulness meditation

**Accreditation criteria:**

80% assistance

Participation

Final Project