



## Anti-stress box.

### A way to lower distress in school environments.

#### **Background**

We know that every pupil experience some stress in some degree when they attend school. It's normal. And in fact, this 'positive' stress or so called 'eustress' will help pupils to reach higher levels in their school development.

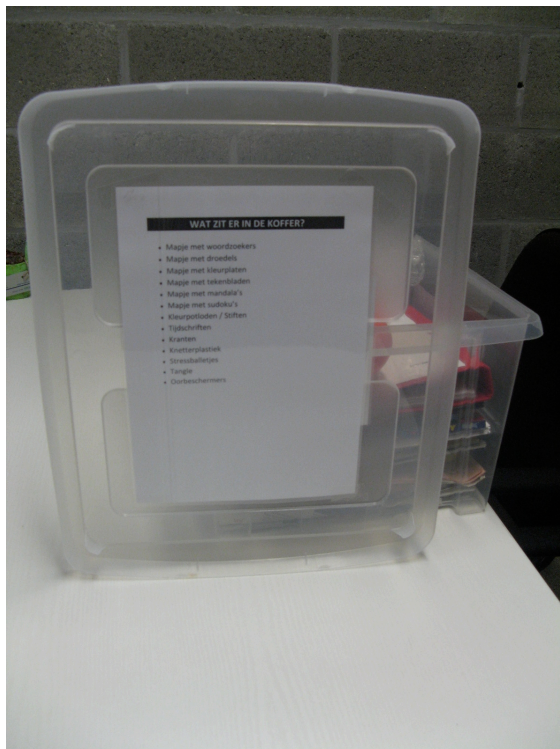
However, when this stress level is too high, pupils experience stress in a negative way. We call this distress and pupils won't function very well at school. Sometimes they will even disfunction into classrooms or playgrounds.

Another principle on theories about stress is the way how to deal with distress. We believe there are 'protective aspects' (what can protect people to experience stress) and 'risk aspects' (what can enlarge the feeling of distress).

At the background of these principles we tried to learn our pupils that have specific educational needs because they were dysfunctioning, how to deal with distress at school - as a preventive or curative coping method.

To deal with distress - and so to work on the 'protective aspects' - the anti-stress box got alive....

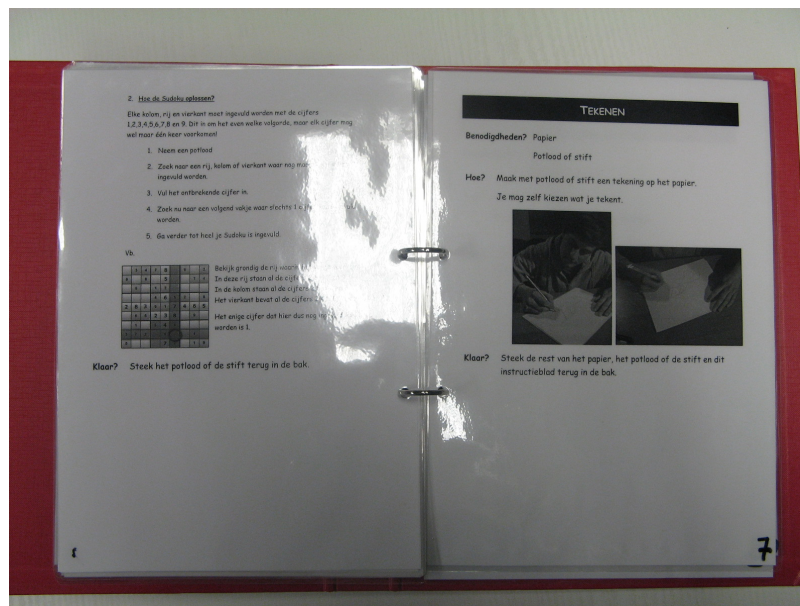
## The anti-stress box



The content of the box what is inside.



There are 2 ways to deal with stress provided in this box:  
to react against (black) or to become at ease (red).



These activities are visualized.

Keywords: material & methods, deal with stress