

ALGARVE

COURSE: STRESS MANAGEMENT AND BURNOUT PREVENTION (OUTDOORS)

Course Duration: one week, from Monday to Saturday, 30 hours

Trainer: DANIELA LUZ

Location: FERRAGUDO - Algarve

Number of Participants: Min. 6 - Max. 20

COURSE DESCRIPTION



Stress Management and Burnout Prevention (Outdoors) is a comprehensive course designed for school teachers to address the challenges of stress and burnout through outdoor activities and practical strategies. This course emphasizes the importance of nature in promoting mental health and well-being, providing teachers with the tools to manage stress, prevent burnout, and foster a healthy work-life balance. Participants will engage in mindfulness practices, breathing exercises, and reflective activities, all set in an outdoor environment to maximize the therapeutic benefits of nature.

LEARNING OUTCOMES

By the end of this course, participants will:

- **Understand Stress and Burnout:** Gain insight into the causes and effects of stress and burnout in the teaching profession.
- **Learn Stress Management Techniques:** Develop practical strategies to manage stress effectively.
- **Practice Mindfulness and Relaxation:** Implement mindfulness and relaxation techniques to reduce anxiety and promote calmness.
- **Promote Work-Life Balance:** Discover methods to create a healthy balance between professional responsibilities and personal life.
- **Utilize Outdoor Activities for Well-Being:** Integrate outdoor activities into daily routines to enhance mental health.
- **Develop a Personal Well-Being Plan:** Create a sustainable plan to maintain mental health and prevent burnout.

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Day 1

Understanding Stress and Burnout

- **Welcome and Course Overview:** Introduction to the concepts of stress and burnout.
- **Group Dynamics:** ice breaking activities and sharing circle
- **Identifying Stressors:** Exercises to identify personal and professional stressors.
- **Nature Walk and Reflection:** Guided walk focusing on reflection and connection with nature.
- **Group Discussion:** Share experiences and coping mechanisms for stress.

Day 2

Stress Management Techniques

- **Breathing Exercises:** Learn diaphragmatic breathing to manage stress.
- **Yoga and Mindfulness**
- **Stress Management Workshop:** Practical strategies to handle stress.
- **Role-Playing Activity:** Practice stress management techniques in an outdoor setting.

Day 3

Mindfulness and Relaxation

- **Mindful Yoga :** Engage in mindful movement and breathing outdoors.
- **Body Scan Meditation:** Guided meditation to develop body awareness and relaxation.
- **Emotional Regulation Workshop:** Tools for managing emotions and preventing burnout.
- **Case Studies:** Review real-life examples of effective stress management.

Day 4

Promoting Work-Life Balance & Developing a Personal Well-Being Plan

- **Mindful Yoga:** Engage in mindful movement and breathing outdoors.
- **Time Management Techniques:** Tools to manage time effectively and maintain balance.
- **Creating Boundaries:** Strategies for setting healthy boundaries between work and personal life.
- **Building a Supportive Environment:** Creating a positive and supportive work atmosphere.

Day 5

Developing a Personal Well-Being Plan

- **Discussion on Work-Life Balance:** Share ideas and strategies for maintaining balance.
- **Nature Meditation:** Guided meditation focusing on nature and inner peace.
- **Group Reflection:** Share experiences and insights from the course.
- **Action Plan Development:** Create a personal and professional action plan to maintain well-being and prevent burnout.

Day 6

Experience the Algarve's hidden gems with a coastal boat tour – explore the breathtaking Benagil caves and discover nature's wonders

Algarve Coastal Boat Tour | Benagil Caves

Or Light Mindfulness Walk Along the coast and sharing circle (winter)