

Stress management through mindfulness, dance and expressive arts

Training location: Arneys de Mar, Spain

Language: English/Spanish

Target group:

Kindergarten teachers, pre-school teachers, primary school teachers, secondary school teachers, adult education providers, head teachers, deputy heads, future head teachers, trainers, councilors, librarians, researchers, NGO workers, volunteers serving in the education sector, as well as university professors and lecturers.

Trainer:

Silvia López Bech, as a Gestalt and embodiment therapist, trained in mindfulness, laughtertherapy and trauma, she facilitates training on emotional well-being and stress regulation and team-building workshops through expressive arts practices such as body movement, expressive play, art therapy and mindfulness. I am passionate about building intrapersonal and interpersonal bridges among people to increase their health and well-being. She believes in merging Mindfulness and expressive arts practices as a way to develop resources to help them get autoregulated and increase their emotional well-being. On the one hand, Mindfulness brings them awareness of what is happening inside them, getting out of the automatism of their actions, thoughts, and emotions, and helping to calm down their body-mind. On the other hand, expressive arts practices are a way of self-expression, self-exploration, and reconnection with oneself, bringing light and possibilities of change, personal growth, and health. When they can be in the present moment, they can also recover their capacity for joy and enjoyment. In addition, if that happens inside a group, there is an expansion of creativity, imagination and joy, along with fostering closer relationships..

Description:

We do agree that being a teacher in the XXI is a challenge because of the impact that social and technological environments and circumstances are having on students and therefore on the teachers. This translates into more stress, more tension and difficulty in managing emotions. As a teacher you are a key factor among your students, your bond, how you impact them and their learning process. Therefore, your mental health is very important and needs to be in good balance. Emotional and mental exhaustion can lead to demotivation and burnout. So it is a priority to have spaces and tools to recharge your physical, emotional and mental well-being and not reach the limit of exhaustion. Your emotional footprint will be a driving force of inspiration inside and outside the classroom. Learning is an emotional process, where your attitude and energy, conveyed with your presence, have an impact in them. This course offers the participants a break from daily life. They will be able to release physical and emotional tensions. They will discover how to recharge their vital energy and natural joy, as well

as balance their nervous system. Participants will increase self-awareness of their emotional world, and develop a calm and positive state of mind. They will learn how to set a daily self-care routine to establish healthy future habits. This course is good for teachers of various subjects who want to have tools to incorporate into their classroom to help students calm down and work with their emotions. This course is good for teachers of various subjects who want to use expressive arts practices in their classroom to offer an embodiment and creative way to express their emotions and increase self-knowledge, and team-building activities. The group will be an important engine in which to grow in joy, share and nourish with new bonds and experiences that make them all grow. A wide toolbox of joyful, inspiring, and creative resources is guaranteed.

Course objectives:

- ▶ Understand the fundamental principles of mindfulness and its benefits for stress and burnout prevention.
- ▶ Acquire body awareness techniques to connect with and understand their physical sensations related to stress, and recover a calm state.
- ▶ Experience how playful dynamics and laughter can release tensions and create an inner calm body-mind state.
- ▶ Incorporating Body Movement practices such as dance and qigong, can alleviate stress and enhance body-mind connection.
- ▶ Provide hands-on experience through artistic techniques to express and process emotions.
- ▶ Guide participants in developing a personal self-care plan of well-being to use in their daily lives.

There is no need to have any previous experience in any of the expressive art practices.

Learning Outcomes:

- ▶ Participants will enhance self-awareness developing a deeper understanding of their own physical and emotional responses to stress and burnout.
- ▶ Participants will improve stress management through mindfulness and expressive arts techniques.
- ▶ Participants will demonstrate an improved ability to identify and regulate their emotions.
- ▶ Participants will cultivate creative skills to express emotions and thoughts, facilitating better health.
- ▶ Participants will have the resources to integrate a practical routine incorporating mindfulness and expressive arts practices to maintain well-being during stressful times.

Benefits for Participants:

- ▶ Participants experience an overall improvement in their physical, mental, and emotional well-being.
- ▶ Increase their capacity for enjoyment and fulfilment by engaging in creative and movement-based activities, and providing a break from routine stressors.
- ▶ Reduced Stress Levels.
- ▶ Better Emotional Regulation.
- ▶ Increased body awareness will help participants recognize and address physical symptoms of stress early on.
- ▶ Participants will unlock their joy and creative potential, which can be a powerful tool for self-expression and stress relief.
- ▶ The training can inspire participants to incorporate new practices into their daily lives and in their classrooms.
- ▶ Participants will benefit from a supportive community environment where they can share experiences and learn from others in the group.

Benefits for Learners:

- ▶ Learners will acquire practical tools to enhance their resilience against stress and burnout, allowing them to handle challenging situations with greater ease and calm.
- ▶ Through mindfulness practices and expressive arts, learners will experience a significant improvement in their emotional well-being, including reduced anxiety and a more positive outlook on life.
- ▶ Engaging in art therapy and body movement will enable learners to express their emotions and thoughts creatively, leading to better self-understanding and emotional release.
- ▶ The training fosters personal growth, helping learners understand themselves better and develop emotionally and mentally.
- ▶ Learners will be empowered with a set of self-care skills that they can incorporate into their daily routines, fostering long-term habits that support mental and physical health, and preventing burnout in the future.

Costs:

The 560 EUR fee covers the course tuition, issuing the required Erasmus+ documents, coffee breaks, and a guided tour,.

We offer an optional cultural programme in order to provide you with opportunities to explore the wonders of the area. All the details including the destinations and the prices will be sent to the participants two months before the course starts.

DETAILED COURSE AGENDA

Day 1. Sunday

- 18:00-20:00**
- ▶ Meet and greet over hot coffee/tea.
 - ▶ Welcome and introduction of participants.
 - ▶ Overview of the course and weekly activities.
 - ▶ Icebreaker activities.
 - ▶ Explanation of the course structure and assessment methods.
 - ▶ Presentation: Introduce yourself, your school, and your expectations for the course.

Day 2. Monday

- 9:00-10:30**
- ▶ Introduction to our emotional imprint and the mind-body balance.
 - ▶ Discussion and sharing of experiences regarding emotional imprints
- 10:45-12:15**
- ▶ Understanding stress and learning well-being strategies
 - ▶ Developing mindfulness skills to enhance focus and presence.
 - ▶ Strengthening self-awareness and emotional regulation in challenging situations.
- 12:45-14:15**
- ▶ Mindfulness experiential learning session on the beach*.
 - ▶ Reflection: How can you promote emotional regulation practices in your classroom?
- 17:00** *Free guided tour of Barcelona*

Day 3. Tuesday

- 9:00-10:30**
- ▶ Laughter as an antidote to stress and a way to recharge.
 - ▶ Unleashing laughter through playful expression.
- 10:45-12:15**
- ▶ Harnessing joy as a tool for connection and well-being.
 - ▶ Exploring stress release through creative and playful activities.
- 12:45-14:15**
- ▶ Emotional expression through creative and expressive play.
 - ▶ Increasing awareness of emotions.
 - ▶ Reflection: How can you incorporate laughter and playful expression into your classroom?

Day 4. Wednesday

- 9:00-10:30**
- ▶ Reestablishing the mind-body connection.
 - ▶ Body awareness and movement.

- 10:45-12:15**
- ▶ Releasing tension and activating vitality through movement.
 - ▶ Enhancing emotional awareness through physical activity.
- 12:45-14:15**
- ▶ Relaxation practices.
 - ▶ Reflection: How can you integrate the mind-body connection into your classroom?
- 17:00-19:30**
- ▶ Half-day experiential activity (Nurturing and enjoying the Caldes d'Estrac Spa) – Optional.

Day 5. Thursday

- 9:00-10:30**
- ▶ Release tension and relax.
 - ▶ Enjoy, laugh, and foster connections among participants.
- 10:45-12:15**
- ▶ Promote individual and group creativity.
 - ▶ Identify and process emotions and feelings in a non-verbal, creative way.
- 12:45-14:15**
- ▶ Experiential outdoor learning activity: Exploring inspiration and emotional regulation in nature.
 - ▶ Reflection: How can you incorporate artistic expression into your classroom, both indoors and outdoors, to enhance creativity in learning?

Day 6. Friday

- 9:00-10:30**
- ▶ Self-care habits: how to cultivate them in your daily life
- 10:45-12:15**
- ▶ Develop a self-care plan. Your exercise guide
- 12:45-14:15**
- ▶ Take action: a mood board workshop for your self-care plan.
- 19:00**
- ▶ Final dinner together.

Day 7. Saturday

- 10:00-14:00**
- ▶ Outdoor course closure: Summary of acquired competencies, feedback, and discussion.
 - ▶ Awarding of the Course Certificate of Attendance.

While a standard indicative daily program is in place, the course is flexible and can be personalized based on the participants' needs.