



Association Européenne des Enseignants  
European Association of Teachers

## European Project **STRESSLESS**

*STRESSLESS Improving Educators' Resilience to Stress*  
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Stressless is a two year initiative looking for efficient solutions to work-related stress, especially within the educational area. A practical guidebook helps educators to be resilient while coping with psychosocial hazards and helps to reduce the long term consequences of stress.

The project period ends now and the partners can present their results. Meetings took place in Porto (PT), Nottingham (UK), Maribor (SLO), international seminar in Riga (LV), and end October 2012 final meeting in Bruges (BE). Partners are coming from Portugal, the Czech Republic, Belgium, the Netherlands, the United Kingdom, Greece, Latvia and Slovenia.

**The International Seminar in Riga** was a great success. About 25 participants listened carefully to specialists coming from the United Kingdom and Latvia and they took part in practical workshops to show how stress can be reduced in our stressful world, especially among educators. One of the main products of the project is the Guidebook.



Some main topics:

Work-related stress can be caused by unclear job demands (goals are not clearly formulated), too little independence, your knowledge and skills are not used (you can do better things), lack of social support (your head teacher, colleagues don't listen to you)

How do you notice stress? You feel tired; you do not have a feeling to undertake something. You are worried; you can't take

decisions. You feel tension, you can stop for a rest: there is always work to do, but it doesn't move on.

Some causes come from outside (rules, work load, lack of support, ...) other are related to your own perception of your work and life. In both cases it is possible to find solutions.

Recovery is possible by choosing a more healthy lifestyle; by looking for what gives energy (music, sports, arts, ...) and we can give relaxation. We should try to enjoy the simple things in life and avoid bothering about unimportant details. How to keep work fun? By finding energy in hobbies, relaxation, etc. If you don't take a pit stop, batteries get exhausted.

The Guidebook gives an overview of all these problematic situations and ways to find solutions for work related stress, e.g. a training of 4 days. It gives attention to the symptoms of stress. Individually we practice positive psychology, change negative thoughts, learn to be more assertive. It can also be important to reorganize our life and work. A redesigning of the work place can be necessary.

The Guidebook offers a lot of training in relaxation techniques, as there are:

Learn to give up and have time to do what should be done and time to stop and have a rest.

Do something nice every day. Discover humour. Practice relaxation and train your will power.

Be outside as much as possible and move.

Life healthy and socialize.

At last there is the importance of a good sleep: at least 7 to 8 hours; don't eat much before sleep; after 10:00 pm no TV, no computer and be sober with alcohol, chocolate, cola, coffee and tea.

Learn to enjoy life!

My best wishes for a stressless and happy life!



Hugo Ramon and Ms Sarmite Pilate, organizer of the Riga Seminar

More info on [www.spi.pt/stressless](http://www.spi.pt/stressless) in 8 languages (CS, EL, EN, FR, NL, LV, PT, SL)

And an easy link on the AEDE website: [www.aede.eu](http://www.aede.eu)



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