Swinburne University Psychology Clinic
Stress_Less@Swin

Swinburne University Psychology Clinic is pleased to introduce a new initiative...

Stress_Less@Swin is being developed as a complete program aimed at Secondary Schools and VCE students. Our trained counsellors will assist students in coping effectively with stress and anxiety, using cognitive behavioural therapy, coping skills, self care, effective communication and relaxation techniques.

What does Stress_Less@Swin offer?
Primarily, Stress_Less@Swin is designed for students to learn about managing stress, negative self-talk, anxiety and depression during the challenges of VCE. Our teaching also incorporates valuable information on study skills and remaining healthy during VCE. The program discusses a range of stressful situations that adolescents may face during their school years, such as school work, exams, relationships, learning to drive a car, decisions about university and general life stresses.

The Psychology behind Stress_Less@Swin
Our program teaches students to understand how they react to stressful situations and identify negative beliefs and negative self-talk. Students are taught how to change their reactions and negative beliefs and to look at situations in more helpful ways. By the end, students will be better able to respond emotionally, physically and behaviourally to stressful situations in more adaptive ways.

Skills Learnt
By participating in this program students will learn to:

- Identify and challenge unhelpful patterns of thinking
- Detect, and effectively cope with feelings of low self-esteem, anxiety, and depression
- Increase problem solving skills
- Use relaxation strategies and coping statements
- Identify when they should seek support
- Become more assertive
- Think positively about themselves
- Set goals for the future

Program Dates
Stress_Less@Swin is offered on-site to schools in Melbourne. The program can also be run at Swinburne University, based on demand and availability.

Program Content
Stress_Less@Swin is entirely adaptable to suit your organisation's need. Our base model is run as a 5 session module which can be delivered in a range of formats; across three days, across 5 weekly or fortnightly sessions, or across a combination of days and shorter sessions. Our modules are fully customisable too, and can include some or all of the following topics:

- Introducing Self-Talk
- Challenging Negative Self-Talk
- Problem Solving
- Effective Communication
- Beating the Blues
- Relaxation Techniques
- Setting Goals

Want more information?
For more information, or if you would like Swinburne Psychology Clinic to run Stress_Less@Swin for your organisation, please contact Lauren Rossi at psychprojects@swin.edu.au or call 03 9214 8653.