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# Classroom Practices to Reduce Stress

* Most importantly, teach them what is happening in their brain during stress and then teach strategies for handling.
* Be careful with novel environments or grouping.
* Avoid looming over them.
* Choose your words carefully.
* Use music and laughter periodically.
* Engage them in deep, slow breaths and teach why.
* Give them something to do to reduce anxiety.
* Use visualization and imagination to promote positive states.
* Offer choices whenever possible.
* Promote self-efficacy and a sense of control in students.
* Teach them to reframe stress reactions.
* Keep things predictable.
* Address working memory issues. Perhaps put less reliance on memory and more on understanding.
* Create positive relationships with students.
* Provide information about stress resources in your syllabus.
* Reduce your own stress because it is contagious!