



Stress Busting Programme – Overview

Week 1: Introduce Rules and Stress Buster Council

Week 2: Stress Buster Council and Body Map

Week 3: Stress Buster Council and Smiling Mind

Week 4: Stress Buster Council, Finger Breathing (and Smiling Mind if time)

Week 5: Stress Buster Council, Five Senses (and Smiling Mind if time)

Week 6: Stress Buster Council, Power Poses (and Smiling Mind if time)

Week 7: Stress Buster Council and Sleep Challenge, (and Smiling Mind if time)

Week 8: Stress Buster Council, Feedback on Sleep Challenge, Tool Box

Week 9 onwards: You decide on the activities each week. Make sure you always do a Stress Busters Council. Try to revisit all the activities and encourage people to use them in their everyday lives.