

STRESS MANAGEMENT



One of the many challenges facing the teaching profession is learning to deal with the tensions of a classroom environment. The Stress Management Program has been created by the UFT Course Program to aid teachers in dealing with these pressures, both at school and at home.

Workshops are offered free to all UFT members. Register online or use the coupon on this page to enroll; submit a separate coupon for each workshop.

For further information, call a UFT Course Program assistant at 212-475-3737.

NO CONFIRMATIONS OR REMINDER NOTES WILL BE SENT. Please make a note of the workshop(s) you registered for.

Register online or use the Stress Management coupon on this page.

STRESS MANAGEMENT WORKSHOPS

CONQUERING STRESS – A MOVEMENT WORKSHOP • This yoga-oriented workshop is designed to offer teachers the tools to help them physically adapt to stressful classroom situations. Specific body issues such as headaches, low back pain, tightness in the neck and shoulders and general anxiety can benefit from targeted exercise. Beginning with a gentle warm-up, teachers learn to deal with stress using the Bartenieff Fundamentals: yoga-stretching, deep breathing and concentration (focus). Wear comfortable clothing and bring a mat or towel. **This course is free to UFT members.**

UFT CODE:	T89.1	DAY	Thurs.	TIME:	4:30p-6:30p
INSTRUCTOR:	Evelyn Nunlee	1st CLASS:	3/7	SESSIONS:	1
LOCATION:	UFT Headquarters (52 Broadway, near Wall Street, Manhattan)				

UFT CODE:	T89.2	DAY	Thurs.	TIME:	4:30p-6:30p
INSTRUCTOR:	Evelyn Nunlee	1st CLASS:	4/4	SESSIONS:	1
LOCATION:	UFT Headquarters (52 Broadway, near Wall Street, Manhattan)				

EXPLORING STRESS REDUCTION • This unique two-part workshop explores stress-reducing techniques through awareness, discussion, meditation and visualization in a supportive atmosphere with fellow teachers. Participants gain hands-on techniques to increase their ability to recognize stressful classroom situations and to take appropriate action to manage them. **This course is free to UFT members.**

UFT CODE:	T90.1	DAY	Wed.	TIME:	4:30p-6:30p
INSTRUCTOR:	Edward Diller	1st CLASS:	3/13	SESSIONS:	1
LOCATION:	UFT Queens Office (97-77 Queens Blvd., Rego Park)				

UFT CODE:	T90.2	DAY	Wed.	TIME:	4:30p-6:30p
INSTRUCTOR:	Edward Diller	1st CLASS:	4/10	SESSIONS:	1
LOCATION:	UFT Queens Office (97-77 Queens Blvd., Rego Park)				

LIVING AND WORKING WITH OPTIMISM • Research has shown that optimism is a powerful predictor of success in both work and life. In this interactive workshop, participants learn strategies and master techniques to see setbacks as challenges and stay optimistic during stressful times. Participants practice reframing negative thinking beliefs into positive ones and creating their own “optimistic-thinking roadmap,” utilizing positive self-talk, thought patterns, body scanning and affirmations. These techniques can be utilized in the classroom and in daily life as well. **This course is free to UFT members.**

UFT CODE:	T91.1	DAY	Wed.	TIME:	4:30p-6:30p
INSTRUCTOR:	Renee Rosenberg	1st CLASS:	4/3	SESSIONS:	1
LOCATION:	UFT Headquarters (52 Broadway, near Wall Street, Manhattan)				

LIVING WITH FEELINGS AND HANDLING STRESS • This workshop offers stress management lessons, techniques and strategies for promoting mental and emotional health through constructive classroom management, a positive learning environment, role modeling, disciplining with dignity, communication style and curricula activities in the classroom. It provides participants with opportunities to address sensitive issues with students involving tolerance and diversity, anticipate situations, and formulate positive ways to respond. A variety of teaching and learning strategies is modeled during the workshop. **This course is free to UFT members.**

UFT CODE:	T92.1	DAY	Wed.	TIME:	4:30p-6:30p
INSTRUCTOR:	Edward Diller	1st CLASS:	3/6	SESSIONS:	1
LOCATION:	UFT Bronx Office (2500 Halsey Street)				

UFT CODE:	T92.2	DAY	Wed.	TIME:	4:30p-6:30p
INSTRUCTOR:	Edward Diller	1st CLASS:	4/3	SESSIONS:	1
LOCATION:	UFT Bronx Office (2500 Halsey Street)				

Stress Management Workshop Registration Coupon **FREE TO UFT MEMBERS.**

Registration is on a first-come, first-served basis. Register early.

Use this coupon to register for ONE Stress Management Workshop only.

Use a duplicate coupon to register for additional workshops.

Submit a first, second and third choice.

Mail to: Stress Management Workshops
52 Broadway – 18th floor, New York, NY 10004

NAME _____

E-MAIL: _____

SS# _____ FILE# _____

HOME ADDRESS _____ APT. # _____

CITY _____ STATE _____ ZIP _____

HOME PHONE () _____ CELL PHONE () _____

SCHOOL _____ DISTRICT _____ SCHOOL PHONE () _____

SCHOOL ADDRESS _____

CITY _____ STATE _____ ZIP _____

First choice: UFT CODE _____ TITLE _____ DATE _____

Second choice: UFT CODE _____ TITLE _____ DATE _____

Third choice: UFT CODE _____ TITLE _____ DATE _____

You will hear from this office ONLY if your first choice is unavailable.

Otherwise, consider yourself registered.

NO CONFIRMATIONS WILL BE SENT.