

# Stress & Anxiety Management Series for PA Principals



**CAMPUS OUTREACH**  
The leader in safety & wellness for 5,000+ schools



*The PA Principals Association and Campus Outreach Services have partnered to bring you three individual sessions led by expert presenters on how to effectively handle and manage stress and anxiety in your daily lives.*

## *“The Balancing Act: Managing Stress & Anxiety”*

We all know that it is not just students who are suffering from the unparalleled stress occurring during this time of COVID-19. Some studies show that up to 40 percent of adults are also experiencing chronic stress and anxiety that interferes with their professional lives. What is needed is a brief, but practical, course in how to effectively handle the stress and anxiety administrators now face. In this three-part workshop, experts Bruce Pardoe, Jonathan Robinson and Sam Song will discuss:

- How to identify anxiety and stress triggers early so they can be eliminated or attended to before they become big problems
- What the “stress response” is and how it operates so that it can be handled more effectively
- Many specific strategies for dealing with stress and anxiety in under two minutes, and some methods that take under 20 seconds to implement
- How to “tailor-make” a method to meet your specific needs and issues around the increased stress and difficulties in today’s world
- Practical ways to make sure your new ways and ideas for dealing with stress are implemented on a daily basis
- The problem of perfectionism and how to overcome the unnecessary stress that this mindset creates in a time of chaos and COVID
- How to use friends and co-workers to better handle stress and create a support network that helps everyone to be both less stressed and more productive

This workshop will be offered in three, 30-minute blocks to ensure participants have time to practice the many ideas and methods presented. Participants will gain new skills that can serve them for a lifetime.

**Session 1: Monday, November 8, 2021 at 4:00-4:30 p.m. EST**

**Presenter: Bruce Pardoe - “Stopping Stress and Anxiety in the Moment”**

**Registration Link: <https://attendee.gotowebinar.com/register/2677069339130823947>**

**Session 2: Monday, January 31, 2022 at 4:00 -4:30 p.m. EST**

**Presenter: Jonathan Robinson - “Quick Ways to Handle Stress”**

**Registration Link: <https://attendee.gotowebinar.com/register/9039376880582311435>**

**Session 3: Monday, March 21, 2022 at 4:00-4:30 p.m. EST**

**Presenter: Sam Song - “Stress Management and Intervention Program Implementation”**

**Registration Link: <https://attendee.gotowebinar.com/register/1832620219743129355>**

For session descriptions and presenter information, go to: <https://www.papincipals.org/signature-services/professional-development-training-act-45-pil-programs/pa-principals-association-professional-development-opportunities/stress-anxiety-management-series-for-pa-principals-2021-2022/>

*Please Note: No recording or photography is permitted in any of the sessions.*