



# **Stop the Stress in Schools: Mental Health Strategies Teachers Can Use to Build a Kinder Gentler Classroom**

*Joey Mandel*

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*Stop the Stress in Schools* argues that conflict does not involve large isolated incidents but small daily frustrations and emphasizes the power teachers have in building a positive classroom environment. This timely book introduces mental health strategies that lead to an environment that supports student well-being, the ability to learn effectively, security, kindness, and motivation. A comprehensive approach to reducing stress for teachers and students, this book features practical examples, activities, samples of student work, and calming strategies that include slowing the pace, increasing positive engagement and interaction, considering the perspective of the student, and celebrating the process instead of the product.

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