



everyday
anxiety
strategies for
educators

Everyday Anxiety Strategies for Educators (EASE) is an online, evidence-informed course and collection of lessons and resources designed for B.C. K-7 educators. EASE provides strategies for understanding and managing everyday (mild to moderate) anxiety and can be easily woven into everyday practice.



Features

- ▶ Aligns with the B.C. curriculum
- ▶ Can be adapted for use by school counsellors, specialist teachers, support staff and administrators
- ▶ Supports students' social and emotional learning and educators' mental health literacy
- ▶ Supports trauma-informed learning environments
- ▶ Provides a certificate of course completion

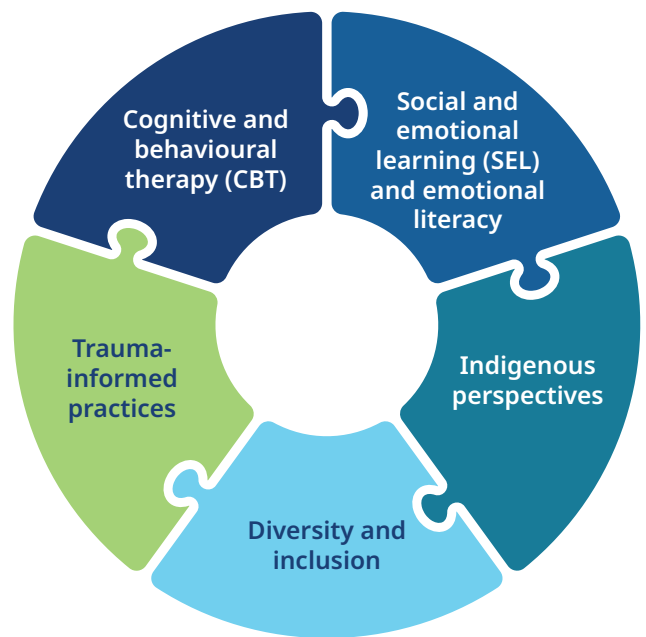
Throughout the EASE course, you'll hear from B.C. educators who understand the realities of today's classrooms. They show how they integrate EASE into their daily practice and how EASE approaches support student well-being, emotional regulation and a calmer learning environment.



To extend the learning into students' homes, B.C. educators can share EASE at Home activities with parents and caregivers – available in 9 languages.



For more information, please visit: healthymindsbc.gov.bc.ca/learning/everyday-anxiety-strategies-for-educators-ease-k-7/



EASE was originally developed in 2019 by the B.C. Ministry of Children and Family Development in collaboration with B.C. educators and experts on childhood anxiety. In response to educator feedback and to ensure its ongoing relevance, EASE was significantly updated in 2026 to reflect current themes in B.C. education, the First Peoples Principles of Learning, and diversity and inclusion principles.



Ministry of
Children and Family
Development