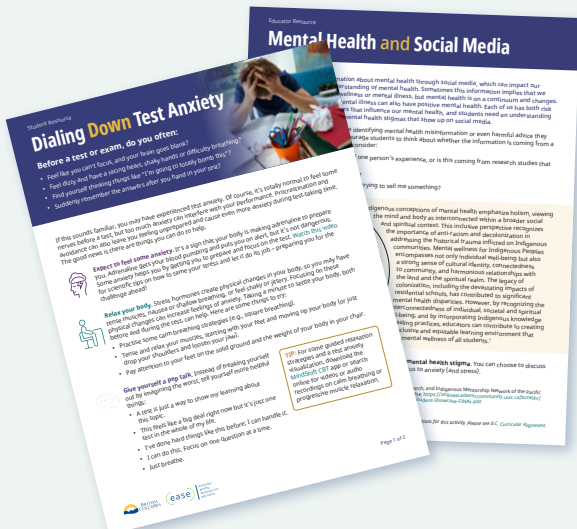


Everyday Anxiety Strategies for Educators (EASE) 8-12 is an online, evidence-informed course and collection of educator and student resources. It was developed as a tangible and practical approach to supporting students' mental health and building the capacity of grade 8-12 secondary educators, providing concise strategies and activities that can be incorporated into daily practice.



EASE 8-12 is:

- **Universal** – Can benefit all students
- **Flexible** – Designed for all B.C. secondary teachers, educators and support staff and can be incorporated into all subject areas
- **Adaptable** – Content can be adapted for small or large groups and for specific learning and cultural needs
- **Evidence-informed** – Grounded in evidence-based research
- **Trauma-informed** – Supports trauma-informed learning environments

Throughout the EASE 8-12 course, you'll hear from B.C. educators who understand the realities of today's classrooms. They share how they integrate EASE into their daily practice and how EASE approaches support student well-being, emotional regulation and a calmer learning environment.



EASE 8-12 aligns directly with B.C. curriculum, specifically the Physical Health and Education learning standards, as well as other courses, while addressing the Core Competencies. It provide educators with flexibility and choice and can be adapted to fit all subjects and any classroom context.



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/elearning/everyday-anxiety-strategies-for-educators-ease-8-12