MYTERN™
Take Emotional Responsibility Now

MYTERN (Take Emotional Responsibility Now) is a simple yet powerful language that helps students, staff and parents cope with their response to the ever increasing stresses of life.

Rather than trying to eliminate the stress (which is impossible) and allow it to decrease your health, MYTERN teaches you how to create health and resilience out of these everyday stressors. Using the common metaphor of driving, the simple language is designed to cross age and cultural barriers, so that it can be used effectively both at home and at school.

It is important to understand that MYTERN is a preventative intervention. It teaches everyone how to be in control of their reaction to the everyday altercations, helping to stop them from building up into more serious problems. You may not be able to change the circumstances around you, but you always have the option to change the way you feel.

On **Tuesday 8 March at 7pm** in the Resource Centre, Dr Jane Foster (a teacher for over 30 years) will be holding a free information session for any interested Shelford Parents. During the session, Jane will be explaining what MYTERN is and how you can apply the simple language every day, helping to positively impact you and your family.

As MYTERN is imbedded in the Shelford community we believe that attending this meeting is an opportunity not to be missed. Hearing first hand from the creator will assist in understanding just how powerful learning the skill of MYTERN can be. As Dr Foster found in her research, it can literally save lives.

In order to ascertain numbers please book on-line via Trybooking.

http://www.trybooking.com/185549

We look forward to seeing you on the night.

Tania Whitehead
Head of Junior School