



The Implementation of Stress Management Strategies in Schools

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ABSTRACT The focus of this paper is to investigate the possibility of creating an action plan for the implementation of stress management strategies in schools. The specific objectives are to describe the essence and nature of stress management in schools and to outline the features of an action plan for strategic management in schools. The authors used an evaluative and integrative literature review to investigate information that pertains to related concepts such as strategy formulation in education, the elements of strategies in education and imperatives of stress management in education. This paper's findings point towards the necessity of introducing stress management strategies in schools. It is recommended that the Department and its officials accept responsibility for managing strategic issues proactively and reactively. At the same time a framework of structures and processes through which individuals can be engaged in conversations and dialogues about the strategic direction of the school, must be generated.