



## Health in Mind Stress Management Workshop

A one off workshop lasting an hour

Facilitators will come to your workplace/group

Information on the symptoms of stress, dealing with stress and increasing coping strategies, including:

Reducing physical symptoms

Sleep hygiene

Thought challenging

Problem solving

Time management

Assertiveness

Relaxation

Suitable for anyone who is interested in increasing their stress management skills

Contact Charlotte Ready or Emma Parmar on  
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