



At this 2-hour workshop you will be given a new perspective for addressing any stressful situation, and a personal toolbox to help build new stress management skills.

The Stress Management Workshop is facilitated by Rapids Family Health Team's Registered Social Workers. The workshop is held on a monthly basis. A physician referral is not required and the workshop is provided FREE of charge.

Call and book your spot today!

519-339-8949

Next Workshop Date:

To register call: 519-339-8949



Family Health Team

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Family Health Team



**Learn new strategies to
bring balance to your life.**

Stress Management Workshop

Phone: 519-339-8949

Is Stress Affecting Me?

Stress becomes a problem when it is interfering with your ability to live a normal life for an extended period of time. The longer the stress lasts the more it will affect both your mind and body.

You might feel:

- ◆ fatigued
- ◆ unable to concentrate
- ◆ irritable for no good reason
- ◆ anxious

Stress can make existing problems worse. It can cause:

- ◆ headaches
- ◆ chronic disease
- ◆ overeating (obesity)
- ◆ smoking
- ◆ addiction to substances used to incorrectly “cope” with stress
- ◆ other unexplained symptoms

Am I at Risk?

Without a break from your stress you may face emotional, physical cognitive, and/or behavioural symptoms caused by a constant state of stress. If this is you, it just may put you at a higher risk for greater health concerns that can be detrimental to your own well-being.

- ◆ Stress is a biological and psychological response experienced when encountering a threat we feel we do not have the resources to cope with.
- ◆ Stress is what we experience when we lack a sense of control over a situation or event.
- ◆ According to the Heart & Stroke Foundation 25% of Canadians report a high degree of life stress.

Where Can I get Help?

This workshop will provide YOU with the tools to:

- ◆ Problem solve
- ◆ Set goals
- ◆ Communicate assertively
- ◆ Practice relaxation techniques
- ◆ Regulate your stress response
- ◆ Challenge unhelpful ways of thinking
- ◆ Develop Resiliency
- ◆ Understand your stress triggers
- ◆ Cope with life situations
- ◆ Balance your thoughts

