



**TASHA Foundation**

*Helping you to help yourself*

# STRESS AWARENESS WORKSHOP

9.30am-12.30 pm

**Dates:**

Tuesday 9th November 2010

Tuesday 23rd November 2010

Tuesday 7th December 2010

**Cost:** £40

**Venue:**

Premier Inn, Kew, Brentford

TW8 0BB



## AIMS OF THE WORKSHOP

- Know the symptoms of stress and be able to identify them
- Know how our thoughts affect our moods and behaviour
- To develop strategies that work (and identify ones that don't)

## COURSE DETAILS

- This interactive Workshop is designed to help individuals identify and manage stress triggers in our daily working and personal lives
- We will look at external stressors and how people currently handle them
- This Workshop will include physical health, emotional resilience, mental responses and behaviour patterns to identify possible areas for positive change
- We will also cover practical strategies for greater awareness and management of stress

For more information, or to book your place, please call or e-mail Sarah Finn

on 020 8569 9933 / [sarah.finn@tasha-foundation.org.uk](mailto:sarah.finn@tasha-foundation.org.uk)