



RESET Yourself

Have you noticed feeling stressed recently and you are not sure what to do about it?

...take a deep breath in..

...turn this leaflet over...

...carry on reading page 2 ...

Stress management workshop


mind
Doncaster

RESET Yourself

workshop overview

We all feel stressed occasionally but what actually is stress? Is there good and bad stress? This course answers these questions and teaches you how to recognise the signs and triggers around stress before suggesting mechanisms to manage life's stresses to ultimately live a healthier and even happier life.

Give yourself a gift of freedom from habitual stress responses and start your journey towards greatest levels of calmness and inner balance.

Benefits of attending our Reset Yourself course:

- Increased awareness around stress
- Reflect on our own individual relationship with stress and how this can be improved.
- Techniques for bringing your mind and body into more balanced state at any given moment

"We suffer more often in imagination than in reality"

Seneca

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