

# Learn how to manage stress

**Preventing Burnout & Improving Wellbeing workshop**  
**Tuesday 19<sup>th</sup> January @ 6pm**  
Online via zoom - Approx. 1.5 hours

- *Interested in improving your mental wellbeing?*
- *Looking for practical tools to combat anxiety?*

To attend this workshop online, please email us at:  
[csgroups@selfhelpservices.org.uk](mailto:csgroups@selfhelpservices.org.uk)

Email us stating; **Stress - with your name, date of birth, address/postcode & your GP practice**

Details on how to join the workshop will be emailed to you.  
(Please also check your junk/spam email folders for this email)

Website: [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

Facebook: [www.facebook.com/groups/selfhelpeersupport](https://www.facebook.com/groups/selfhelpeersupport)

What is stress to you?

Common triggers of stress

Stress management techniques

Mental Health awareness

Mindfulness

Cognitive Behavioural Therapy