

# STRESS MANAGEMENT...

*Learn how to relax & feel in control*

Stress is a natural and inevitable part of life. However, if you don't manage it, stress can take a toll on your health and well-being. In this course, you will learn how to identify the symptoms of stress, deal effectively with its causes, become more resilient, happy, healthy and in control.

## COURSE TOPICS:

---

- ✓ The basic physiological processes that help us adapt to stress
- ✓ How to self-soothe and reverse the physiological stress response
- ✓ Recognise avoidance strategies and the harm they cause
- ✓ 4-ways to reduce susceptibility to stress and enhance resilience
- ✓ How to minimise worry and the symptoms of anxiety
- ✓ Identify your personal stress signature
- ✓ Practise self-compassion and other mindfulness strategies
- ✓ Develop a personal stress-buster plan

## WHO'S IT FOR?

---

- Senior Management
- Team leaders
- Administrative and support staff
- Direct and customer service workers



**Dr Lisa Engel**

*D. Psych (Health)*  
Course Facilitator  
VIC

## YOUR FACILITATOR

---

Lisa Engel is a nationally registered Health Psychologist committed to delivering psychological services that support people to be their best selves by living a life that is aligned to their heartfelt values. For most of her professional life, Lisa has worked to help people to improve their health and as a Health Psychologist, believes that a healthy mind is just as fundamental to wellness as an optimally functioning body. Lisa's work involves psychotherapy, counselling, mindfulness training, coaching and of course stress management.

For more information visit our website  
[pathwaysaustralia.com.au](http://pathwaysaustralia.com.au) or phone  
1300 212 212