



# Stress Management

Specifically designed to support the Wellbeing & Recovery of family members who are supporting a relative with mental health issues

This is ideal to healthily manage the stresses of life

**When:** Every Thursday for 6 weeks, starting the 23<sup>rd</sup> of May

to Thursday the 27<sup>th</sup> June, 11:30 AM – 1:30 PM

**Where:** North Tipperary Development Company, 1 Kickham Street, Thurles, E41 D935

## What to look forward to:

- 📖 Understanding Fight, Flight, Freeze Response to Stress
- 📖 Stop, Start & Continue in Supporting Positive Change
- 📖 Transactional Analysis: Drama Triangle
- 📖 Thinking Styles and Mindfulness
- 📖 Self-reflection and Gaining Insight
- 📖 10 R's in Developing a Stress Management Plan

Places are limited. Enquiries and to book a place email: [aflanagan@shine.ie](mailto:aflanagan@shine.ie),

call/text 087 7878 222 Ann Marie Flanagan, Mid-West Development Officer