Stress Management

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

When: Mondays 7th October – 18th November, 11:30 AM – 13:30 PM
Where: Roscrea Library, Birr Rd, Townspark
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. To book a place email:

Margo: reception@ntdc and/or call 0505 24168.

For more information about the course and Shine contact

Ann Marie Flanagan, Mid-West Development Officer
call/text 087 7878 222 and /or email midwest@shine.ie

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NTDC
North Tipperary Development Company

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