



Stress Management

Supporting the Wellbeing & Recovery of family members who are supporting a relative with mental health issues

When: Tuesday 15th October – 19th November, 7pm-9PM

Where: *Family Carers Ireland* C/O Unit 1, Georges Quay House, Georges Quay, Limerick V94 CK06

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