

# ECU Balancing Stress Workshop

We're all familiar with stress. While it forms part of our body's natural reaction to perceived threats and pressures, it also has the potential to negatively impact our everyday lives.

Our 3 hour program will help you understand the impact of stress and provide strategies to help maintain a better balance in your life.

**This Workshop will cover:**

- the latest understanding about stress
- the links between stress, health, relationships, sleep and overall wellbeing.
- the influence of stress and its importance through evolution
- strategies to combat worrying and intrusive thoughts
- relaxation, mindfulness & breathing techniques

Participation in the program will also include a 10-15 minute preliminary telephone consultation.

The program will be delivered by postgraduate Clinical Psychology students under supervision of a Senior Clinical Psychologist. It is important to note that self-disclosure and discussion of personal information, while welcomed, is not a focus of this workshop and is not expected.

**Creative thinkers  
made here.**



**When**

Thursday 22 May 2025  
9am - 12 pm

**Where**

ECU Psychological Services Centre  
ECU Health Centre, Level 2  
30 Dundee Road, Wanneroo 6065

**Cost**

\$10.00 - includes workshop, tea, coffee and a light snack. Reduced fees for concession card holders.

**Register**

[psychologicalservices@ecu.edu.au](mailto:psychologicalservices@ecu.edu.au)

(registrations will be confirmed prior to commencement of workshop)



(08) 6304 7200



[www.ecu.edu.au/psc](http://www.ecu.edu.au/psc)