



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.

The program will be delivered by ECU Clinical Psychology students under the supervision of a 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.

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

This workshop will cover:

- the latest understandings 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 and breathing techniques

Further Information

Please call us on (08) 6304 7200

ECU.EDU.AU



WHEN

Wednesday 9 October 2024

9am – 12pm

LOCATION

ECU Psychological Services Centre

Level 2, 30 Dundobar Road

Wanneroo WA 6065

COST

\$10 – includes workshop, tea, coffee and a light snack. Reduced fees for concession card holders.

REGISTER

Email: psychologicalservices@ecu.edu.au
(registrations will be confirmed prior to commencement of workshop)