



STRESSCARE SOLUTIONS






self-care for stress resilience



Lived Experience Providing the Difference

A practical evidence-based workshop that empowers you to change your relationship with stress by embracing self-care

This workshop is for you if you would like to:

-  Understand stress and its impact on your body
-  Recognise your personal stress triggers & current stress levels
-  Become aware of your body's stress messages
-  Learn research-based strategies to reduce stress & increase stress resilience
-  Understand stress and its impact on your body



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CONTACT

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