



Canadian Mental
Health Association
Nova Scotia
Mental health for all

WORKSHOP

STRESS MANAGEMENT

FIND YOUR BALANCE.



Manage stress and restore balance in your life.

Everyone feels stressed from time to time -- it's a natural part of our everyday lives.

When stress is overwhelming, is your tendency to turn to unhealthy coping strategies? Who in your social circle is available for you when needed? What strategies are you using to manage stress when it occurs?

Sign up for our Stress Management workshop and learn the importance of recognizing stress factors, evaluating stress responses, and managing stress with positive self-care strategies.

PLEASE NOTE: This session is not a clinical training, but rather an opportunity to raise awareness about mental health and offer tools for managing stress.

Learn to:

- To understand what stress is
- How stress impacts us physically
- How to recognize the signs of stress in yourself and in others
- The basic elements of self-care and how to use it to manage stress

Details:

Duration: 180 minutes (3 hrs)
Fee: \$600 plus tax (non-profit rate available. Inquire within)

To register or request information on our education and training sessions, please contact Elizabeth Baker, Education and Training Lead at elizabeth.baker@novascotia.cmha.ca