

Stress Less - Understanding and Managing Stress

Mandurah



In today's fast-paced world, stress has become an increasing factor in our lives. From managing personal relationships, to dealing with unplanned events, and juggling work responsibilities, unmanaged stress can significantly impact your mental and physical health. The good news is that learning effective ways to manage stress can empower you to navigate life challenges.

In this workshop you will acquire new skills to manage your stress in a supportive and caring environment, ensuring you leave with practical strategies to help you in your daily life.

You will learn:

- The causes of stress
- How stress impacts us physically and mentally
- How to recognise your symptoms of stress
- Practical strategies to manage your stress
- Techniques to trigger the relaxation response

When: Tuesday 11 December 2025

Time: 9.30am-12noon

Where: Mandurah, 7 Anzac Place (Lotteries House)

Cost: \$30 per person, \$15 concession



For information about our courses and workshops please call 6164 0588 or visit www.relationshipswa.org.au

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