

## The Therapy Rooms

### What is Stress Management?

Stress management is a two and a half hour group that we offer. The group is small; up to 8 people and you will learn

- What stress is
- How stress affects us
- Your personal stress pattern and ways you express this
- How stress affects your relationships
- Useful ways to manage your stress
- Relaxation techniques

The session is run on a monthly basis by two therapists. You will be expected to participate in this group, sharing your experiences. However, it is your decision how much you wish to share.

### How much is this?

The cost of the session is £40.