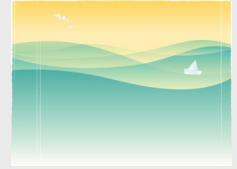


**Wound up!
Worried
At your Wits end!**



Do you feel stressed and overloaded?

Well Don't be..... We can help

A positive workshop for Carers looking
at creative strategies to help you manage stress

Friday 15th July

10 am–1pm

Training Suite
Community Council
Shrewsbury Business Park
Shrewsbury
SY2 6LG

The workshop is **informal, confidential, supportive** and **practical**.
Introducing simple ways to help cope with **stress and anxiety**

- **What are the causes & symptoms of stress?**
- **What are the additional stresses for carers?**
- **What can help?**
- **Introduction to some simple relaxation techniques**
- **Cognitive Behavioural therapy (CBT) changing unhelpful patterns of thinking & reacting.**
- **Making a plan- things you can do when it all gets too much**

Light refreshments provided. We can help with the cost
of travel. For further information or to book a place please

contact Glenda on 01743 341995