



**QSFHT
WORKSHOP
SERIES**



COPING WITH STRESS WORKSHOP

IN OUR COPING WITH STRESS WORKSHOP, YOU WILL LEARN TO IDENTIFY STRESSORS AND DEVELOP PRACTICAL, HEALTHY COPING STRATEGIES TO IMPROVE YOUR OVERALL MENTAL WELLBEING

 **EXPLORE APPROACHES TO STRESS MANAGEMENT**

 **DEVELOP PRACTICAL, HEALTHY STRATEGIES**

 **ADD TECHNIQUES TO YOUR TOOLKIT TO MANAGE LIFE'S CHALLENGES**

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FREE**

