

# STRESS COMES IN PEOPLE

Yes, life can be stressful, but the amount of stress you suffer can depend to a large extent on how you see your world.

When we feel stressed, our autonomic nervous system is activated to prepare us for action - to stand and fight or take flight.

It's because our perceptions differ that we all react differently to stress.

How well you cope is largely determined by how well you believe you can cope.

There are some skills that work better than others and there are well-researched techniques which can be employed to help you cope with stress much more effectively.

## WHAT YOU WILL LEARN ON THIS WORKSHOP.

You will learn how to recognise stressful behaviour, emotions, sensations, images and thoughts. We will explore successful stress management techniques — working in an integrative way, we will explore a combination of proven cognitive

behavioural techniques and transpersonal techniques such as guided visualisations, meditations, self-hypnosis, etc.

### STRESS RESPONSE

You will become more educated about the stress response (what actually happens in our bodies when we're facing a stressful event). It's been shown that educating oneself about the stress response alone can help lower stress levels

### SYMPTOMS OF STRESS

You will learn how to recognise the symptoms of stress.

### GOOD AND BAD STRESS

You will learn what constitutes 'good stress' and 'bad stress'.

### STRESSORS AND TRIGGERS

We will look at the people, places and things that we believe cause us stress and the situations, thoughts, behaviours etc. that trigger our stress response. You will learn how 'stress mapping' can help with identifying and dealing with the causes of stress in our lives.

### STRATEGIES

You will then learn how to devise an individual stress management programme for incorporating the appropriate intervention for the symptom(s) concerned.

## INDIVIDUAL STRESS MANAGEMENT PLAN

You will learn how to produce an individually tailored stress management plan.

## SOME STRESS FACTS

- ❖ Constant negative stress can lead to chronic ill-health.
- ❖ The most common foods craved under stress are junk foods, fizzy drinks, caffeine, nicotine, alcohol - which have a lifting-and-dumping effect on your energy levels.
- ❖ Stress can trigger the release of histamine in the body - which is implicated in causing allergic reactions.
- ❖ Irritable bowel syndrome is a common stress symptom.
- ❖ Tinnitus (ringing/noises in the ear) is a common stress symptom.



## Lynn Somerfield

After leaving school, I worked in the advertising industry for around 18 years, working as an Account Manager then Account Director in a client-agency liaison capacity, organising TV, radio, press and poster advertising campaigns from briefing stage through to implementation and beyond.

In 1991, after suffering a long bout of M.E. I decided to change careers. I obtained Diplomas in **Anatomy & Physiology, Holistic Massage, Advanced Massage, Indian Head Massage, Aromatherapy, and Reflexology.**

As I worked on my clients' bodies, I listened with fascination to the stories of their symptoms and their lives – and it began to dawn on me that there was a close connection between people's symptoms and their life challenges. People with 'bad' backs seemed to be over-burdened, clients with skin problems were often not in touch with their own sensitivity, and so on. I began to feel excited – I instinctively felt I was onto something!

I wanted to help people listen to the wisdom of their bodies. I had little idea, however, how to go about this, nor was I aware that there was a body of literature and a whole school of thought that covered this topic. So I began intuitively with whatever 'flirted' strongly with my attention. I did a short training in **Stress Management** and then studied at CCPE, graduating in 1998 with a **Diploma in Transpersonal Psychotherapy**, going on to obtain a **Masters in Transpersonal Psychotherapy** and **Diplomas in Supervision and Advanced Psychotherapy.** I now have a busy psychotherapy practice and I am on the staff of CCPE as a facilitator and supervisor and work as a trainer and coach. I run regular weekend workshops on a wide variety of topics – from more esoteric/transpersonal subjects through to Cognitive Behavioural Therapy and Transactional Analysis. **See website for more information.**

Telephone Lynn now on  
01525 840871 or 07762 738238 to book a  
place on the workshop, for more information  
or an appointment.  
Email: [lynn.somerfield@gmail.com](mailto:lynn.somerfield@gmail.com)  
Website: [www.lynnsomerfield.co.uk](http://www.lynnsomerfield.co.uk)

# THE TIME, THE PLACE, ETC....

## The time, the place...

**The venue:** The Centre for Counselling & Psychotherapy Education, Beauchamp Lodge, 2 Warwick Crescent, London, W2 6NE.  
Tel: 020 7266 3006.

**The dates:** To be advised

**The times:** 10 – 5

**The cost:** £150 including handouts

**For more information:** Telephone, Email or visit website. Details below.

**How to book:** A cheque for £150 (or a deposit of £65) will guarantee your place (**£65 of which is non-refundable and not transferable**).

Make cheque payable to **L. Somerfield**: c/o CCPE (address above). Please enclose your contact details including your address.

The Centre has a 'no shoes' and a strict 'no smoking' policy. Please bring comfortable indoor shoes. There is a kitchen where you can eat lunch, make tea, coffee, etc.

Tel: 01525 840871 or 07762 738238  
Email: [lynn.somerfield@gmail.com](mailto:lynn.somerfield@gmail.com)  
Website: [www.lynnsomerfield.co.uk](http://www.lynnsomerfield.co.uk)

## Lynn Somerfield

M.A. Psych. Couns.,  
Dips. Transpersonal Psychotherapy & Counselling,  
Supervision & Advanced Psychotherapy.

UKCP Accredited & BACP Member.

# Stress

Would you recognise it?



Avoidant behaviour  
Phobias  
Irritable bowel syndrome  
Migraines  
High blood pressure  
Loss of appetite  
Overeating  
Aggression  
Poor time management  
Compulsive behaviour  
Grinding teeth  
Substance abuse  
Insomnia  
Tinnitus ....and more

## Stress

# Management for Beginners!

## Dates to be advised

A weekend workshop showing  
how to manage stress  
using effective CBT techniques.