

Stress - comes in *people*

Well, yes, environments and life events *can* be stressful, but to a large extent our reactions depend upon how we see the world. When we feel stressed, our thought patterns activate the nervous system to prepare for action - to stand and fight or take flight.

We all react differently to stressful situations because our *perceptions* differ. 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 that can be employed to help you cope in a better way.

What you will learn on this workshop.

Using proven cognitive behavioural techniques, you will learn :

- ◆ what stress is
- ◆ how to recognise when you are suffering from stress
- ◆ how to identify your stressors (causes of stress)
- ◆ how to identify unhealthy responses to stress

- ◆ how to apply more helpful thoughts and strategies in order to reduce your stress reactions

Together, we will develop a programme to help you balance your life more effectively. Some examples of stress management techniques I will be teaching during the workshop are:

- ◆ stress mapping (a diagnostic tool to pinpoint the sources of your stress)
- ◆ how to recognise distorted thinking (yours and others) and how to stop doing it yourself!
- ◆ relaxation techniques
- ◆ coping strategies
- ◆ assertiveness training

Who can benefit from this workshop?

The workshop is designed to appeal to members of the public, counsellors, psychotherapists, life coaches, trainers – all interested parties. I would like to know ahead of the workshop (in confidence) if you are suffering from any diagnosed health problems.

This need not prohibit attendance, but I can design the exercises accordingly.

Some Stress Facts

- ◆ Constant negative stress or 'cumulative trauma disorder' can lead to chronic ill health.
- ◆ The most common foods craved under stress are junk foods, fizzy drinks, caffeine, nicotine, and 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 in the ears) is stress-related.

Learn to manage your stress.

Some people seem to have a gift for handling stress. These people have learned through trial-and-error or perhaps via parental role modelling, healthy ways of reacting to challenging situations.

Others have learned ways of dealing with stress which are not healthy and which lead to more problems.

An example - word goes round that the Chief Executive is coming to visit the department you work in. *Jack* breaks into a quiet panic, anxiously tidying his desk and rehearsing what to say - and praying the boss won't even notice him.

Joe calmly gets on with his work, planning to speak privately to the boss about his promotion prospects.

Both reactions begin with *thoughts*. One way of thinking leads to stress, the other doesn't.

Learning to recognise and adapt your thinking is just one of many stress management techniques you can learn.

About Lynn Somerfield

Lynn Somerfield worked as an Account Director in the advertising industry for 19 years when she decided upon a career change.

Her experience in the business environment led to an interest in stress and its effects.

Lynn holds a Certificate in Stress Management from the Centre for Stress Management, Blackheath. She also has a Masters Degree in Transpersonal Counselling & Psychotherapy a Diploma in the same subject, together with Diplomas in Advanced Psychotherapy and Supervision. She trained at the Centre for Counselling & Psychotherapy Education, Little Venice, Central London. Lynn has a thriving practice in Central London and Bedfordshire, facilitates groups, runs workshops on a variety of topics and works in business as a coach. Visit the website for further information, or contact Lynn to find out where and when the next workshop is running, to be put on her mailing list, etc.

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Stress Management



A 2-day introduction to Stress Management

Facilitated by Lynn Somerfield