



S.O.S - Stressed Out Solutions

Go from "Stressed to Your Best" with our S.O.S Workshop!

Greentree Wellbeings' Stressed Out Solutions Workshop will help you to experience the peace and harmony you are craving. Discover how to relax and rejuvenate your mind, body and spirit with practical information and easy to use tools.

Topics covered in this workshop include:-

- Self awareness – “you can’t change what you don’t acknowledge”
 - Self empowerment is about acknowledging what you want to change, having the tools to make the change and then implementing then change.

Identifying where and how your stress triggers manifest in your body and your environment is the best place to start. Some people keep repeating unhealthy behaviour until they understand that it *is* unhealthy behaviour and make the desired changes.
- Increasing your self esteem
 - Move from victim to empowered. Discover how a change in attitude and awareness can help you take control of how you experience life rather than feeling you are at the mercy of what is happening around you.
 - Practical techniques that you can use to develop a loving, supportive relationship with yourself and become more self-sufficient and self empowered
- Physical and mental techniques to help reduce stress
 - Breathe techniques to calm the body and mind.

- Relaxation techniques that can be used anywhere at any time.
- Mental focus techniques to train the mind away from stress and toward solutions.
- Techniques for a better night's sleep to promote a relaxed mind and refreshed body, leading to more zest for life.
- Tools to help uncover and enhance your strengths and manage your weaknesses.

This is an entire workshop in itself but we touch on how by focusing on strengths rather than weaknesses you can increase work productivity, life relationships and lead to a more fulfilled lifestyle. Focusing on strengths has been proven to be far more effective in initiating positive change than struggling to improve weaknesses.

After a morning of fun and discovery you will be more equipped to handle the stress of life and have tools and techniques to live your best life.

Receive 15% off your next Wellbeing treatment plus a surprise goody bag to help you de-stress with every booking.

When: - Saturday 29th May

OR

Sunday 6th June

Time: - 9.30am – 12.30 pm

Where: - Greentree Wellbeing Clinic

Investment: - \$125

Contact Nicole today as numbers are very limited nicole@greentreewellbeing.com.au or call 0423 156 040