

RELAXATION

SKILLS TRAINING

The Third Wave Psychologist is very pleased to host a 1-session online workshop dedicated to enhancing relaxation skills. Facilitated by a clinical psychologist, the workshop explores the physiological aspects of stress & anxiety response within the body & teaches everyday relaxation skills to manage this response.

Topics include:

- Understanding the body's stress response**
- Exploring stress & anxiety response triggers**
- Relaxation strategies**

What to Expect?

The workshops are run as an online educational class, with teaching & skills building components. There is no pressure for attendees to speak or share their personal thoughts, feelings or experiences, however they are welcome to do so should they feel comfortable.

COURSE DETAILS

The workshop is run online regularly throughout the year

The duration of the workshop is 2 hours

Workshop Fee: £35

For more information or to register your interest in attending the next online course please email your name & contact details to:

thirdwavepsychologist@outlook.com



www.thirdwavepsychologist.co.uk/wellbeing-workshops