



Stress Management – 1 hour program

AIM – To Laugh, Relax and Remove Stress from the Body

- Using tools and techniques for daily use to help the participants in their work environment.

1. Kinesiology Tools
 - a. To balance the body ready for the day ahead
 - b. To use throughout the day
2. The Concept and Structure of Time
 - a. Why time can go slowly
 - b. Why there is never enough time in the day
3. Fear and Anxiety vs. Excitement
 - a. What if fear was really excitement in disguise?
4. Guided Visualisation and Meditation
 - a. To allow them to access wisdom to help them with stressful situations
 - b. All the answers people ever need are available to them in this meditation
5. Flower essence acu-treatment
 - a. For approximately 4 attendees
 - b. Given by another therapist

Attendees need to have written a question that they would like answered for the meditation.

Attendees will need to bring a pen and paper.

Attendees will be emailed reference guides for them to remember the tools and techniques for them to use after the initial program.