



SMASH RX, LLC

Stress Management

Learn how to:

- **Manage stress in healthy way**
Stress management starts with identifying the sources of stress in your life.
- **Practice the 4 A's of Stress Mgmt**
The four A's – Avoid, Alter, Adapt & Accept.
- **Stop Worrying**
Calm your worried mind and ease anxiety.
- **Make healthy life style choices**
Excesice, Journal writing, healthy eating and take up a relaxation practice.

CALMING STRATEGIES WORKSHOP 4 WEEK SERIES

GROUP DESCRIPTION: It may seem like there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your work and family responsibilities will always be demanding. But you have a lot more control than you might think. In fact, the simple realization that you're in control of your life is the foundation of managing stress.

STRESS MANAGEMENT is all about taking charge: of your lifestyle, thoughts, emotions, and the way you deal with problems. No matter how stressful your life seems, there are steps you can take to relieve the pressure and regain control.

The group will include a combination of therapist -facilitated activities and peer and therapeutic support. This group is offered at a rate of \$60 per 90 minute session.