

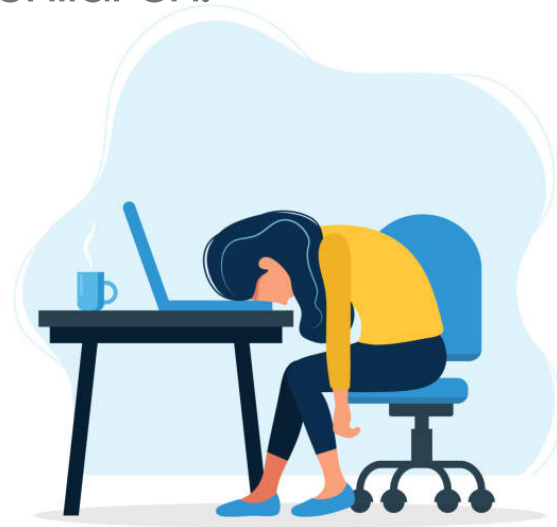
FREE ONLINE WORKSHOPS

IN PARTNERSHIP WITH THE NHS

Are you struggling with stress during this time of uncertainty? You're not alone.

As humans, we like to plan, organise and know what's going to happen by being in control of things. Uncertainty can entangle one in countless 'what ifs' and overthinking about worst-case scenarios. As a result, this can lead to anxiety and stress, which can be overwhelming and cause strong emotions in adults and children.

The workshop will cover tips and advice about ways of stress by increasing resilience to help you maintain control and better face life's uncertainties.



Topic: Managing Stress and Coping with Uncertainty

Date: Thursday 25th February 2021

Time: 17:00 - 18:00

For more information and how to access the workshops please email nhsworkshop@farsophone.org.uk



LET'S TALK

TALKING YOUR WAY TO
BETTER MENTAL HEALTH

