

Seven Simple Stress Busting Strategies!

Parent Information Session

Presented by NPS Board Wellbeing Sub Committee

LOCATION

Nedlands Primary School
Altius Centre

EVENT DATE & TIME:

- **Thursday 21 June 2018**
- **7pm – 8pm**
- Tea & Coffee will be served after the event for anyone who would like to stay, connect and ask questions!

Reserve your spot - Seating is limited!

Notes will be provided.

To RSVP:

nedlands.ps@education.wa.edu.au

In your email please advise the number of people attending noting the Subject Heading: **"Stress Presentation"**

DESCRIPTION

“Seven Simple Stress Busting Strategies”

- Would you like to feel more relaxed and calm each day?
- Could your overall wellbeing benefit from reducing your stress?
- Would you like to learn some simple strategies to manage your reaction to stress?

If you answered **YES** to any of these questions, then this presentation is not to be missed!

It's true that modern life creates a tonne of stress, but it's also true that what stresses out one person may just roll off the back of another. So it can be said that stress is partly what happens to us, but mostly our reaction to it.

As our children's most influential role models, each of us has a responsibility as a parent to manage our own stress and that of our families.

You will learn:

- How different people react to stress.
- What stress does to our bodies and minds and why it is important to reduce your stress.
- Some simple strategies to reduce stress in your life, your kid's lives and in your home.

Psychologist Jodii Maguire (Director, Think Performance Psychology) will share ideas for you and your families to make managing life's daily stressors easier and finding your family's calm!

