

## **ISMA News from the South West – October 2011**

**– written by Ann McCluskey**

At the SW regional meeting on 9 October, two excellent seminars were led by Katie Porkess and Ann McCracken .

Katie's session in the morning demonstrated thinking on a range of aptitude tests - numerical, verbal and spatial reasoning - that group work reduced feelings of stress when compared with individual self-assessment of completing a similar task alone.

In the afternoon, Ann demonstrated the direct link between the mind and body in controlling the physiology of stress. Focus was on the effects of increased pressure, reduced performance and the dynamics of hormonal changes such as adrenaline, cortisol and serotonin. Ann reinforced the importance of personal responsibility for coping with life's demands - to 'be in the moment' rather than 'somewhere else'.

The next meeting will be on Saturday January 15<sup>th</sup> 2011. Vivienne Carnt will talk about the role of mediation in managing stress and Chris Clarke will be talking about Emotional Freedom Technique.

ISMA UK SW meetings are open to both members and non-members and all are very welcome.