



SHOWS YOU HOW
TO REDUCE STRESS!

Stress Management Resources



Get practical help
in these areas –

- HOW TO IDENTIFY STRESS
- EFFECTIVE STRESS-REDUCTION TECHNIQUES
- TOOLS TO IMPROVE PERFORMANCE AND WELLBEING AT WORK
- STRATEGIES TO ACHIEVE A MORE FULFILLING AND STRESS-FREE LIFE

- **FREE TO DOWNLOAD**
- **PERFECT FOR TRAINING COURSE ATTENDEES**
- **VALUABLE SOURCE OF REFERENCE**

The International Stress Management Association [ISMA^{UK}] is a registered charity and the lead professional body for workplace and personal stress management, supporting good mental health, wellbeing and performance.



Stress Management Resources

Topics covered –

- Facts About Stress
- How to Identify Stress
- Fight or Flight
- The 60-Second Tranquilliser
- 7 Positives for a Better Life
- Start Living Stop Stressing
- How Important is Your Worry?
- Top Tips for Teenagers
- Top 10 Stress-Busting Tips
- Stress Questionnaire
- Wheel of Life
- Moving House
- How Music Can Reduce Stress

What People Say

“An invaluable resource for my clients”

“Delegates on my training course found these handouts incredibly helpful”

“As a stress management practitioner, I consider these handouts indispensable”

ISMA^{UK} stress# consultants are happy to help with further advice. Please reach out if you want to learn more about ISMA^{UK}

Download your FREE resources today!