

## Life Hacks to Reduce Anxiety

During any given year one in four adults will experience a mental health problem. All too often the warning signs are there but we don't recognise them. This workshop aims to help you identify the signs of stress and provide tools and techniques to help you manage stress effectively.

### Overview:

This 1½ hour workshop will help you learn to recognise your warning signs and provide practical tools to reduce anxiety and take back control of your life.

### Aims:

This workshop aims to raise awareness of the signs of stress and provide tools and techniques to take back control of your life. The workshop will cover the following areas:

- 💧 Common signs and symptoms of stress and anxiety
- 💧 Tools and techniques to reduce stress and anxiety quickly

### Format:

This workshop is interactive and can be delivered online or in person. It provides a mix of theory and practical tools to enhance your stress management skills.