

## **OVERCOMING STRESS AND ANXIETY PROGRAMME**

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|----------------|---|
| <b>09.40am</b> | <b>SESSION 1</b><br>The Cost of Stress in 2022<br>The Wheel of Life   |
| 10.10am        | Share in Buddy Groups (15 mins)   |
| 10.25am        | Break   |
| <b>10.30am</b> | <b>SESSION 2</b><br>Interview with Hazel<br>Stress and the Brain<br>The Autonomic Nervous System<br>Ways to Combat Stress<br>Challenging Thinking |
| 11.05am        | Share in Buddy Groups (15 mins)   |
| 11.20am        | Break   |
| 11.40am        | Questions and Comments  |
| <b>11.50am</b> | <b>SESSION 3</b><br>Strategies for Coping<br>Challenging Relationships<br>Interview with Hannah<br>Action Planning                                |
| 12.30pm        | Break   |
| 12.35pm        | Questions and Comments  |
| 12.45pm        | Final Buddy Group   |
| 12.55pm        | Information and Updates   |
| 13.00pm        | Finish  |