

BALANCED APPROACH

Enjoyable • Accessible • Sustainable • Innovative

Fit for Life... Stress Buster Day...!!

In 2004 I was invited to the AGM of a Midlands PCT. Following a Tai Chi demonstration, I was asked to develop a staff stress buster program to be delivered across the trust; this was to include weekly Tai Chi classes at a number of locations for both staff and patients. Unfortunately this did not come to fruition due to target changes in the white paper etc.

However, I did not want the work and research to go to waste so, in conjunction with NHS staff, we have developed a one day workshop that is outlined below. Since the original concept the course has developed to incorporate my skill base as I am also a qualified clinical Hypnotherapist (British Society for Medical & Dental Hypnosis) and NLP practitioner (Society of NLP).

The workshop will include Tai Chi, Alexander Technique, hypnotherapy and NLP. The aim is to create time for yourself, develop a work-life balance, improve self-confidence and well-being, and facilitate change – remember, **if we keep doing things the same way, we get the same results...**

What is STRESS..?

There is plenty of well documented evidence that stress manifests itself in many ways, sometimes requiring medication. For example

- Anxiety, Frustration, Anger
- Long term sickness
- Frequent Job changes
- Lowered immune system frequent colds etc.
- Depression
- Loss of attention
- Increased smoking and/or drinking
- Panic attacks
- Hypertension
- Palpitations
- Migraine
- Insomnia
- Back pain
- Gastric upset

Within our work environment there can be many contributing factors to increasing stress levels

- Job loss – eg redundancy
- Shortage of available/suitable staff
- High sickness rates
- Ever increasing high targets & expectations to meet
- High dependency areas – CCU, ICU, A&E, Mental Health etc.
- Attacks by patients, relatives etc

Stress is not all negative....! We require a certain amount to function effectively and this is called **Eustress** (although we may call it motivation) which can be clearly seen from the Yerkes-Dodson curve.



“Stress is a scientific concept which has suffered from the mixed blessing of being too well known and too little understood.” - Hans Selye

One useful definition of *stress* is a demand made upon the adaptive capacities of the mind and body. This definition helps us understand three important aspects of stress:

1. Stress depends on your personal view of the stressor and can be both a positive and a negative factor in your life.
2. It is your *reaction* to the events in life, rather than the actual events, that determine whether the outcome is positive or negative.
3. Your capacities determine the results. Stress is a *demand* made upon the body's *capacities*. When your capacities for

handling stress are strong and healthy, the outcome is positive. When you lack the ability to handle the demands, the outcome is negative.

Too little stress leads to boredom and lethargy; too much stress leads to physical and emotional breakdown. The right balance leads to a productive, healthy life.

What will you learn...?

Attendees will leave the day having learnt a number of simple and effective tools to increase self-awareness, improve postural alignment, achieve relaxation, manage stress, have a clearer understanding of the effects of positive and negative language, and have greater perspective of the world around you..

They will learn self-hypnosis to allow them to create calm positive time when needed, along with the confidence to deal with life's stresses and strains.

Control and restraint training can also be offered on a separate workshop for those interested.

This one day workshop can be delivered at your venue for a maximum of 20 staff. Price for the day is £700 plus expenses which is equivalent to approx. £35.00 per person.

For more details and to book, please call Mark Peters on 07831 743737 or 0121 445 0093 or e-mail mark.peters@balancedapproach.co.uk

Mark also runs regular Tai Chi sessions through the West Midlands. See www.kaiming.co.uk www.balancedapproach.co.uk