

maggie's

Managing Stress, Learning Relaxation & Visualisation

Thursdays 1:00 – 3:00 pm

**For people who have had a cancer diagnosis as well
as their carers, family and friends**

Workshop 1

'Relax – Easier said than done!'

Includes discussion about stress in our lives and problems we experience with coping; breathing meditation; what stress is; the consequences of stress; what works and what doesn't.

Workshop 2

'Stop Worrying – Easier said than done!'

Includes discussion about what worries we have, we handle them and what we have tried; breathing meditation / visualisation; thoughts that won't go away; coping strategies – awareness, relaxation and distraction.

Workshop 3

'Enjoy your relationships – Easier said than done!'

Includes discussion about difficulties in relationships and communication problems; breathing meditation / grounding; assertiveness, aggression, passivity, listening and needs / wants; how do I want my relationship to be and what needs to change?

Monthly refresher course

For anyone who has attended workshops 1, 2 or 3. A place to check out progress of the techniques learned in any of the workshops, and an opportunity to share with others.

***Please speak to one of the Maggie's Team to check the dates
of these workshops and book a place.***