

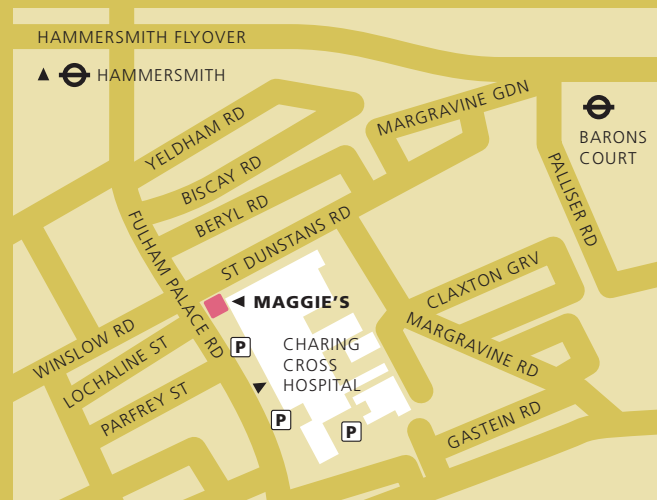
Our primary aim is to help people discover and develop the strength of their own resources in coping and living with cancer.

Laura Lee, Maggie's Chief Executive

Please send your registration form to
Bernie Byrne, Maggie's, Charing Cross Hospital
Fulham Palace Road, London W6 8RF

Or if you have any questions
Telephone: 020 7386 1750
Email: london@maggiescentres.org
www.maggiescentres.org

Maggie's is open Monday to Friday 9am – 5pm



Maggie Keswick Jencks Cancer Caring Centres Trust (Maggie's)
is a registered charity, No. SC024414

MANAGING STRESS, LEARNING RELAXATION AND VISUALISATION

maggie's

Managing Stress, Learning Relaxation and Visualisation

This is a six week course for people who have had a cancer diagnosis as well as their carers, family and friends.

This course will introduce you to some of the relaxation and stress management techniques that research has shown can help people affected by cancer.

You will have an opportunity to experience various methods of relaxation and stress management including controlling anxious thinking, meditation, visualisation and 'quick' or emergency relaxation. You will also learn about the effects that stress and anxiety have on your body.

Each week there will be a short presentation and discussion. However the course is mainly practical, giving you a chance to experience, practice and develop the skills that you learn. Course material will include handouts covering the theory and research presented during the course and a CD so that you can practice at home.

Week 1

What is stress and anxiety?: An introduction to the physical and psychological aspects of stress.

What is relaxation?: The importance of relaxation and stress management. Learn some relaxation techniques.

Week 2

The impact of relaxation on the mind: Dealing with negative thoughts and anxious thinking. How psychological techniques can help manage stress. 'First aid' relaxation for dealing with acute stress.

Week 3

Everyday life and stress: Why anxiety is 'normal'. Why we are 'programmed' to worry and be anxious. Changing the 'programming'.

Week 4

Choosing the right technique for you: Discussion on the different ways of achieving relaxation. Lifestyles, stress and anxiety.

Week 5

Developing your skills: How to incorporate relaxation into every day life and deepen your experience. Making time and getting it right for you.

Week 6

Your relaxation plan: Building on what you have learnt and planning for the future.

I would like to register for Managing Stress, Learning Relaxation and Visualisation

I would like someone from Maggie's to get in touch

I would like to register but cannot because:

.....

Name

Address

.....

Postcode

Telephone

Email

Date