

# Beyond Stress

Relaxation Based Stress Reduction

Key Skills

For

Managing Pressure

with

The Stress Management Institute of Ireland



## Course Content:

This evidence based programme provides participants with the key skills required to manage pressure more effectively and reduce stress. Participants will practice the eight key techniques to increase relaxation and reduce the symptoms of stress. Such symptoms include anxiety, irritability, negative thinking, depression, fatigue, high blood pressure, headaches, digestive disorders, insomnia, and memory problems.

### On completion, participants will be able to:

- Practice four key relaxation skills.
- Overcome negative thinking.
- Use exercise to lower anxiety and lift mood.
- Release muscular tension ( shoulder, neck, and back ache)
- Improve critical thinking, concentration and memory
- Develop a personal wellness plan.

**Facilitator:** Ray McKiernan M.A is a training consultant with the Stress Management Institute. He is a certified Stress & Wellness consultant and has completed his clinical training in Mind-Body Medicine in the Harvard Medical School in Boston. Ray provides Stress Management training to the health care, pharmaceutical, financial, engineering and software industries and has provided specialist instructor training to the Defence Forces.

### Venue

The Stress Management Institute of Ireland  
16 Harcourt Street  
Dublin 2



### Courses on Tuesday or Thursday:

6.30pm to 8.30pm - Tuesday - 21<sup>st</sup>, 28<sup>th</sup> April, 5<sup>th</sup> & 12<sup>th</sup> May

6.30pm to 8.30pm - Thursday - 23<sup>rd</sup> & 30<sup>th</sup> April, 7<sup>th</sup> & 14<sup>th</sup> May

*Maximum 12 participants per course*

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REGISTRATION: As places are limited it is advisable to book early. To register for Beyond Stress please fill in the form below and send it with a €150.00 (Concessions at €110.00) payment to:  
Stress Management Institute, 16 Harcourt St. Dublin 2. Tel: 01 – 4789 469.  
Web links: [www.stressmanagement.ie](http://www.stressmanagement.ie) [www.professionaltherapy.ie](http://www.professionaltherapy.ie)

NAME: \_\_\_\_\_ Email: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NO(s): \_\_\_\_\_