

## WATTLETREE PSYCHOLOGY

# 'STRESS LESS': TOWARDS A HEALTHIER AND MORE BALANCED LIFE

Group run by:

Dr Heather McCormack  
and  
Dr Sarah Cotton

This program is currently  
being DEVELOPED  
Date and Time TBC

(For more information and dates  
please visit our website)



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PSYCHOLOGY

Some stress is normal and even useful. For example, it can help you to work hard or react quickly. However, if stress happens too often or lasts too long, it can have negative effects on your body, your performance at work, your relationships and ultimately your longevity. Consequently, learning to manage stress effectively is vital to achieving a healthy, balanced life.

'Stress Less' is a six-week psycho educational skills-based program designed to introduce the basics behind stress management, relaxation training and mindfulness.

At the end of the program, participants will have learned:

- *To develop a greater understanding of stress and the ways in which it affects the mind and body*
- *To identify potential triggers for stress, tension and anxiety*
- *A number of introductory relaxation and mindfulness techniques that can help with both stress management and other issues such as: anxiety; pain; anger and insomnia*



- **Program Cost: \$350.00**
- Cost includes a workbooklet
- Payment methods: Visa, Mastercard, Cash, Cheque.
- Medicare rebates may be available with a referral from your GP

Suite 1B 307 Wattle Tree Road Malvern East 3145  
P: (03) 9500 0455 F: (03) 9500 0388  
E: [wgroup01@mail.tpg.com.au](mailto:wgroup01@mail.tpg.com.au)  
W: [wattletreepsychology.com.au](http://wattletreepsychology.com.au)