

FREE COURSE FOR UNISON EAST MIDLANDS MEMBERS

Understand stress and how to manage it

18 & 25 November

1.30 – 4.30 Via Zoom

Develop positive coping strategies

These two sessions will consider:

- Where stress comes from
- How it affects all areas of our lives
- Ways to live in a more balanced way
- Techniques to improve our mental wellbeing
- Daily practices to reduce stress



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