



Banish Stress

Learn How to Cope With Stress & Improve Health

one day course



Supporting Health At Work Throughout Scotland



Banish Stress is a **one day course and workshop** designed to show you how to effectively **deal with stress** and help bring about positive health benefits. During this one day event we will teach you simple and effective ways to manage stress and improve your health.

STRESS related symptoms - Check List

1. Always Wake Up Tired
2. Anxiety & Depression
3. Back Pain
4. Cancer
5. Comfort Eating
6. Constant Pressure & Deadlines
7. Constipation or Diarrhoea
8. Diabetes
9. Digestive Disorders
10. Emotional or Easily Upset,
11. Family or Financial Worries
12. Frequent Colds and Illness
13. Heart Disease
14. High Blood Pressure
15. Hormonal Imbalance
16. Hyperactive, Workaholic or Can't Stop
17. Inadequate Sleep
18. Joint Or Muscle Problems
19. Lack Of Concentration Poor Memory
20. Lacking Energy
21. Mid Morning or Afternoon Slump
22. Need a Cigarette to Unwind
23. Need Alcohol to Relax
24. Need Several Coffee, Tea or Cola Daily
25. Premenstrual Symptoms
26. Reduced Sex Drive
27. Skin Problems or Dull Hair
28. Sweet Cravings
29. Tired All the Time
30. Weight Problems

STRESS is the major contributor to today's growing health crisis. Heart Disease, Blood Pressure, Strokes, Diabetes, Cancer, Depression, Anxiety & Chronic Fatigue are just some of the critical conditions that have been attributed to STRESS

Too many businesses, government departments & NGOs are under intense economic, productivity, restructuring, and other organisational pressures in order to grow, compete and survive.

These changes and pressures present new challenges and demands for everyone, from the Chief Executive to the receptionist. Stress is a without question a consequence of today's fast moving economic and social climate.

Unmanaged Stress in the organisation can lead to a demoralised work force; increased staff turnover; decreased cooperation and teamwork; and increased levels of anxiety, absenteeism, illness, poor productivity and errors.

Individuals too are under enormous pressures; family and relationship fallout, work pressures, heavy mortgage and financial commitments, educational and family obligations are just some of the factors causing a significant increase in the stress load of today's society.

We must all therefore learn to manage stress or suffer its health and economic consequences.





The **Banish Stress** one day course and workshop will show you how to **cope and deal effectively with stress**; the course will help you bring about positive health benefits.



“You will greatly benefit by attending this workshop”

Personal Benefits:

- Increased Ability To Relax
- Increased Ability To Handle Stress
- Improved Physical Health
- Improved Mental Health
- Improved Energy & Concentration
- Improved Nutrition & Digestion
- Reduced Risk Of Weight Gain

Organisational Benefits:

- Healthier, Happier Workforce
- Motivated Team With High Morale
- Good Employee Relations
- Less Sickness & Absenteeism
- Lower Staff Turnover
- Positive Community Benefits
- Improved Company Image

Stress is a fact of life, it is here to stay. Stress is having an enormous impact on our health, employment, family life and the economy.

More and more organisations and health professionals are recognising that managing stress whilst promoting healthy living and lifestyle not only improves business performance but also helps individuals become fitter and healthier as they are better able to cope with stress.

Make a fresh start to a healthier, less stressed and happier you, with this amazing One Day Banish Stress Workshop. **We will show you** simple and effective ways to handle stress and improve health, both mentally and physically.



COURSE CONTENT: The Banish Stress Course will focus on the following:

- *Impact of Stress*
- *Impact on Mental Health*
- *Impact on Physical Health*
- *Stress Impact of Diet & Nutrition*
- *Stress Impact of Lifestyle*
- *Coping Effectively With Stress*
- *Learning To Relax*
- *Make Nutrition & Lifestyle Changes*
- *Health MOT*
- *Stress, Lifestyle & Body System Check*

We will teach you simple and effective ways to deal with stress and improve your mental and physical health.

During the Banish Stress course you will learn not only the reasons why stress is such an important factor in both mental and physical health, but you will also learn simple practical steps to alleviate stress at work, home and in your personal life.

The course we will teach the secrets of simple anti stress breathing and relaxation techniques, and show you how to measure your stress levels. You will learn how nutrition and lifestyle has an impact on stress and health. You will also have an opportunity to participate in simple yet informative health checks carried out by our professional nurses; these health checks and assessments will help you understand your current state of health.

De-Stress Breathing & Relaxation Training

The Banish Stress Course will include practical training on how to use the secrets of breathing and relaxation techniques to help manage stress and improve your general health.

We will show you simple and enjoyable techniques to help you relax and manage stress at work or in the privacy of your home.

Participants are advised to attend the course in comfortable clothing. During these training sessions you will need to remove your shoes and be able to sit on the floor



Health, Stress & Lifestyle MOT

Our body's ability to cope with the daily pressures of life is very much dependant on stress, nutrition, lifestyle and your general health. During the Course, each participant will have an opportunity to participate in our unique Health MOT.

This 'Health MOT' will include the following health, stress and lifestyle checks:

- Height, Weight and Body Mass Index
- Body Composition Analysis
- Percentage Body Fat
- Percentage Body Hydration
- Blood Cholesterol (pinprick blood sample required)*
- Blood Sugar Check (pinprick blood sample required)*
- Blood Pressure & Pulse
- pH Balance Test
- Strength and Flexibility
- Lung Function - peak flow
- Stress Risk Assessment
- Lifestyle Evaluation
- Nutrition & Diet Assessment
- Body System Health Analysis

* Subject to availability & time permitting on the day



Course Benefits

By applying the methods and principals learnt you can expect to:

- Reduce stress & tension
- Learn to relax
- Elevate your mood
- Improve sleep
- Improve concentration
- Sharpen your mind
- Have more energy
- Improve your nutrition
- Make the right food choices
- Make right lifestyle choices
- Improve your digestion
- Improve your physical health
- Learn breathing techniques
- Learn relaxation methods
- Improve your mental health



Summary:

- One Day Course
- First Class venue throughout Scotland
- Lectures and Training
- Stress, Health & Nutrition Advice in comfort and style
- Practical Breathing & Relaxation Training
- Stress and Lifestyle Checks
- Health MOT
- Workshop Manual
- Quality Lunch & Refreshments
- Delegate Fee: only £175.00 per person
- 'Excellent Workshop, Highly Recommended'

Feed Back Comments:

"Workshop was not at all what we had expected, much better in fact. Really opened our eyes to the way stress can be avoided rather than trying to treat the ailments caused by it. Made us much more aware of what we eat and drink! An excellent workshop with the added benefit of yoga techniques. Highly recommended."

Fiona Banks, Office Manage.

"Very good and informative talks, I found the Health Checks were excellent and very beneficial, I have recommended you to the Council"

Alistair McQuaker, The Moray Council

"Three of my staff recently attended your Inverness course, and were very complimentary about it, in the context of assisting them not only with coping with stress in relation to their day to day routine but also in addressing general lifestyle issues."

Mr G Ellis, Procurator Fiscals Office, Inverness

"Thank you so much for your 'Banish Stress' workshop. You explained everything so well - how stress and bad diet have such a terrible impact on us, and gave us all a clear road map for making those changes in our everyday lives. I feel everybody should be made more aware of these things, and have the chance to feel vibrantly well again, in mind and body. I really enjoyed the yoga session, which made me realise how fast I am going and how I need to slow down."

Jason Liosatos, Hopeman Gallery

"Excellent course, well worth attending, packed with lots of practical advice, very much enjoyed the breathing and relaxation training"

Scottish Executive



Venues in Scotland:

The **Banish Stress Course** will be held throughout Scotland at the following Cities:

Aberdeen , Dundee, Edinburgh, Glasgow and Inverness

Please check our website at www.NatureSystems.co.uk/events.htm for dates and venue.

Spaces are limited, please register early.

- Contact Barbara on: **0845 257 1091**
- Email: Seminars@NatureSystems.co.uk
- Or complete the registration attached form





REGISTRATION FORM

To book a space for the Banish Stress Course, please complete the form below
Alternatively please call 0845 257 1091 or email seminars@naturesystems.co.uk
An invoice will be sent by post on receipt of your booking

Delegate Fee is £175.00 per person

Name:

Company:

Address:

Post Code:

Tel:

E-mail:

Please register the followingdelegates for the Banish Stress Course to be held on
..... at(city location)

Delegate

Delegate

Delegate

Delegate

Delegate

Name/Position.....

Signature/Date.....



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A Health & Training Consultancy