



STRESSCARE SOLUTIONS

self-care for stress resilience



StressCare Reset Program

A practical, evidence-based workshop that equips you with the knowledge & tools to reset your nervous system for increased resilience to stress



Understand stress and its impact on your body



Recognise your personal stress triggers & current stress levels



Become aware of your body's stress messages



Learn research-based strategies to reduce stress + increase resilience



Know when and where to access further support



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