

FEELING STRESSED, TIRED AND OVERWHELMED ALL THE TIME? WHAT'S GOING ON?

You've "been there, done that" but you can't shake off the tension headaches, lethargy, irritability...

Is the exhaustion all in the mind or is there more to it?

In this free public talk, you will discover the somatic perspective on the

Many Faces of Chronic Stress and What You Can Do About It

- Learn how stress can remain trapped in the body causing conditions such as chronic pain and fatigue, migraines, fibromyalgia
- Discover stabilisation strategies to manage stress and trauma triggers
- Gain insights on how to regulate the nervous systems and emotions
- Increase vitality and capacity to actively engage in life

Who is this workshop for:

- Anyone who is experiencing or feels at risk of experiencing chronic stress and anxiety
- Social service, mental health and healthcare professionals who work with clients experiencing burnout.

25 Nov 2022 | 7.30 - 9.30 pm **Register now**

ZOOM

FREE

<https://tinyurl.com/atbvmu7z>



Dr. Abi Blakeslee, SEP, CMT, MFT, Ph.D., integrates Somatic Experiencing with clinical research, the psychobiological principles of attachment, psychodynamic therapy, and somatic bodywork in her practice and teaching. She holds a Masters of Arts in Counseling and Depth Psychology, and a Ph.D. in Clinical and Somatic Psychology.



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