

# Stress Matters

## A misunderstood concept

Stress is a term that we use quite regularly in society. Statistics show that 74% of adults have felt too much stress at some point this year. But, what does it mean? In this session, we are going to redefine stress to better understand how it shows up in our lives. We will discuss biological, psychological and sociological reactions to stress. We will talk about specific ways of how to cope when we have too much stress in our lives. We will also learn how to find balance within ourselves so that we may move through our lives reducing the negative impact of stress in our daily routine and relationships.

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## Session Outline

- Redefining stress
- Myths vs Reality of stress
- How stress leads to mental and physical illness
- Coping mechanisms
- Having compassion for others
- Finding balance

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## Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.