

Stress Matters

Stresses and worries are a part of everyday life as a working carer, but they don't have to take over.

Learning strategies and mindsets to help better manage stress and increase resilience will allow you to continue finding moments in your day to enjoy and appreciate, even when stressful things are happening around you.

Understanding how stress affects you and learning some simple practical tools, as well as a chance to develop a more resilient mindset to support you, can make all the difference to how you cope.

Session Outline

- What is stress?
- How stress affects us
- Evidence based strategies to better manage stress
- Creation of a personalised stress management plan

Session Includes

- An overview of stress and how it affects us
- Different strategies to manage stress and an opportunity to try some of the techniques out
- Opportunities to share experiences with others who understand, to give and receive support and validation using coaching approaches



Speakers: Catherine Macadam & Katharine Collins

As co-directors of a social enterprise for unpaid carers, both have experienced first-hand the physical, mental, and emotional stress of working while caring for a loved one, are qualified and experienced coaches and are passionate about using coaching to transform carers' lives. Catherine's background is as a coach and OD consultant in the public and third sectors. Katharine also works in private practice as a coach and therapist and has particular experience working with LGBTQ+ and neurodiverse people.

