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Managing Stress and Anxiety

Christchurch	Wellington	Auckland
Friday, 19 July 2019	Monday, 26 August 2019	Friday, 30 August 2019
9:30am – 3:30pm	10:00am – 4:00pm	10:00am – 4:00pm
Novotel Christchurch (52 Cathedral Square)	Venue to be determined	Venue to be determined

Cost: \$250.00*

(*Reduced rates for partner and community organisations – get in touch for details.)

Positive and negative stress is a constant in our lives. Feeling anxious about one thing or another is also an everyday part of most people's life. However, when things get out of control, we become over stressed which can then lead into more serious mental health issues such as anxiety. This workshop will provide the skills to understand how stress impacts on wellbeing and the strategies to support those who are experiencing extreme stress and anxiety.

This workshop will cover:

- Stress and anxiety on a continuum
- Signs of increasing stress and anxiety
- Anxiety disorders
- Trauma influences on stress and anxiety
- Risk factors that trigger stress and anxiety

At the end of this workshop, participants will:

- Explain stress on a continuum in order to recognise when it may be out of control
- Describe the body's physiological responses to anxiety and stress
- Recognise and explain the role trauma plays in increasing one's susceptibility to high levels of stress and anxiety
- Describe trauma informed care
- Discuss anxiety disorders and recommended responses
- Describe coping and supportive strategies such as mindfulness, relaxation techniques, stress logs, to support others experiencing stress and anxiety effects

Facilitator: Dr. Chris Taua

(PhD, BN, PGCHlthSc (MH), MN(Distinction), CertAT, FNZCMHN)

Chris is an experienced mental health nurse and educator. She holds an adult teaching qualification as well as health qualifications. Her clinical background is in acute and rehabilitation psychiatry and disability. She has over 25 years' experience in health/disability sectors. Her education portfolio includes mental health, cultural safety, disability, responding to bullying and conflict in the workplace, ethics and boundaries, communication and de-escalation, collaborative note writing, safer home visiting, trauma informed care, and recovery focused practice. Chris also provides a peer perspective into her work. She has extensive (over 25 years) clinical, teaching and research experience in health and social wellbeing. Chris manages a small consultancy business providing training and supervision to various groups within the health, justice and social service communities. Her PhD explored the mental health inpatient experiences of people with intellectual disability and she continues to publish on this and other topics including cultural diversity/cultural safety. She is currently Director of Pumahara Consultants and holds an Honorary Senior Lecturer role with The University of Queensland.



Who should attend?

This workshop is aimed at professionals offering physical, mental and emotional support to clients; including counsellors, clinicians, youth workers, school staff, teachers, and anyone in the social service sector.

**Registration is essential. To register, visit:
www.skylight.org.nz/workshop-and-training/workshops**