

Compassionate & Comprehensive

Home **Stress Management**

Stress Management Training



Manage your stress for a happier, healthier life.

Whether balancing the demands of daily living, job pressures, or living with health problems— we all have stressors in our life. Left unmanaged, they can start affecting us physically and emotionally; often leaving us with headaches, insomnia and feeling anxious and overwhelmed. Stress can also affect job performance as well as relationships. Experts agree that Stress-related problems may be among the most serious challenges to our health.

Join us for eight consecutive, weekly, 90-minute sessions. Learn practical Mindfulness techniques to improve your ability to handle stressful situations.

To view the week-by-week course outline click here.

By the end of the program, participants will:

- Identify the stressors in their lives

- Develop a range of positive coping skills, including relaxation techniques to reduce stress

- Understand how mindfulness can increase our overall mental and physical health

Fall Session Offerings:

Mondays

Oct 30 – Dec 18 • 1 – 2:30 p.m.

The Center for Healthy Living
200 Unicorn Park Drive, Woburn, MA

Tuesdays

Oct 31 – Dec 19 • 5:30 – 7 p.m.

Kariotis Conference

Lahey Hospital & Medical Center
41 Mall Road, Burlington, MA

Fridays

Nov 3 – Dec 22 • 8 – 9:30 a.m.

Lahey Outpatient Center, Danvers
480 Maple St, Danvers, MA

Fridays

Nov 3 – Dec 22 • 1 – 2:30 p.m.

The Center for Healthy Living
200 Unicorn Park Drive, Woburn, MA

Offering on-going classes, for other fall offerings as well as spring classes, please [click here](#).

Details

Training programs are being offered FREE to anyone with a Lahey Health Primary Care Provider. Find a doctor.

Morning and Evening Classes Available

> [Fall/Spring Class Schedule](#)

To register or for more information, please call 781.744.WELL or email wellness@lahey.org.

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