

SELF-CARE FOR WORKERS UNDER PRESSURE

Are you tired? anxious? or have little energy? Do you worry about your work when you are outside of work?

This talk will help you to identify your stresses and to plan some effective strategies to deal with worry and anxiety. It will encourage you to develop ways to nurture yourself.

Application of these skills will lead to improved health and productivity.

Presenter:

Brenda Lucas, M.A. is a Registered Clinical Counsellor trained in Counselling Psychology with the Adler School of Professional Psychology, EMDR Level II, and Hypnotherapy. Brenda is in private practice in Ladysmith, BC. Brenda is also an associate with Fisher and Associates. Brenda has more than 25 years experience as a social worker and counsellor. She has worked for 16 years in the Lower Mainland of Vancouver with adults, children, youth, couples, and groups, and two and half years in Victoria. Brenda provides services to child and adult survivors of trauma, marital and family counselling, and individual and group cognitive behavioural therapy for anxiety and stress.