

# STRESS MANAGEMENT / RELAXATION TRAINING



*"It's a good idea always to do something relaxing prior to making an important decision in your life." P. Coelho*

## What and Why

- Stress Management and Relaxation Training (SMART) group integrates western counseling technology with ancient eastern practice.
- The goal of SMART is to control stress towards achieving optimal functioning.
- Optimal Functioning means winning – It relates to performance and includes health and wellness.
- Physical, mental, emotional, social and occupational improvements can be achieved through the management of stress and the achievement of relaxation.

## Thursdays, 5:30-6:30pm

Ivy Counseling

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