



## A Carer's Toolkit for Dealing with Stress

As a carer do you sometimes:

- feel overwhelmed by everything you have to do and think about?
- get irritated with the person you're caring for when you really don't want to?
- wish you'd been able to make your point more clearly in a meeting?

If these or any other aspects of being a carer are causing you stress, this free session could be just what you're looking for:

### **A two-hour Carer's Toolkit Session delivered on Zoom by Sheffield Mind Thursday 5th November: 2pm to 4pm (including a 20 minute break)**

In the session we'll be looking at:

- Stress - How to deal with and process stress
- Thinking Styles - How do you think and how might this be hindering you?
- Assertiveness – How to get better outcomes in conversations
- Relationships - How we relate to each other and how an awareness of our own style can be effective

There will be 10 places available.

**To book a place please call Sheffield Carers Centre on 0114 278 8942**