

Managing Family Stress



Tue 14th May. 2019 | 7.30 pm - 9.00 pm £19
The SandPit Theatre, The Ridgeway, St Albans, AL4 9NX
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In today's busy technology driven environment, it can be hard to find moments of peace and tranquillity. Stress can be a result of physical and/or psychological events that we perceive as negative. Some of these events are things we can control, whilst others are external events, that may feel uncontrollable. However negative events are not the only source of stress. Exciting, positive events that we are looking forward to, may also act as stressors.

It can often feel that it is impossible to avoid stress and the impact it has on family life and the day to day functioning of each individual within the family.

This interactive and experiential workshop will help participants identify the reciprocal impact of stress on body and mind. It will help them to identify ways to manage stress, and its impact, in a productive way.

Who is this talk for?

This talk is aimed at parents and carers of children of ALL ages.

What will you gain from this talk?

- Learn the biological and psychological effects of stress.
- Identify what contributes to positive and negative stress in you and your family.
- Review the difference between controllable and uncontrollable stress.
- Reflect on what you are already doing to combat the negative effects of stress.
- Learn practical strategies that you and your family can all adopt to manage the impact of stress on a daily basis.

About the speaker

Deborah Christie is Professor of Paediatric and Adolescent Psychology and Consultant clinical psychologist/clinical lead for paediatric and adolescent psychological services at University College London Hospital's NHS Foundation Trust. She is currently President of the Society for Adolescent Health and Medicine and Co-Editor in Chief of *Clinical Child Psychology and Psychiatry*. She has published over 100 peer reviewed papers and chapters and is co-editor of the bestselling *Psychosocial Aspects of Diabetes in Children, Adolescents and Families*. She has a passion for working with young people searching for ways to live with chronic illness. She is an international presenter and trainer in adolescent psychosocial development, motivational and solution focused therapies and works with multidisciplinary teams to help them engage and communicate effectively with children, young people and families living with chronic illness and managing complexity.