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'C.L.I.C.K.' YOUR THINKING....

AN INTERACTIVE SESSION
TO AID STRESS RELIEF...

C....

L.....

I.....

C.....

K.....

Stress occurs when pressures on an

*** individual ***

exceed his or her coping capacity

Learn to accept the things
I cannot change..

Learn to change the things
I can
and

Have the wisdom to know
the difference....



ACCCEPT
CHANGE
THINK

*“There are some who speak
one moment before they think.”*

*Jean De La Bruyere
French satirist*

"Take Away" Thoughts...

- Conscious
- Look and Listen
- Individual
- Choices
- **Kick** your habits

'CLICK' YOUR THINKING.....

In order to change...

Behaviour has to change
or nothing changes

*'People are distracted not by things
But by the views which they take of them'*

Epictetus - Philosopher

THANK YOU FOR LISTENING