

WOMEN AND STRESS

Did you know that...

Women are socialized to be the caretakers of others.

They find it harder to say no to others' requests
and often feel guilty if they can't please everyone.

Causing Stress
Causing Stress

Relationship alterations or the loss of loved ones
can produce empty nest or other separation syndromes.

Creating STRESS
Creating STRESS

Women juggle career responsibilities, while trying to maintain
the perfect partner and mother standards at home.

Stressed again
Stressed again

As women progress through life's stages,
hormonal balance associated with premenstrual,
post-partum and menopausal changes
can affect chemical vulnerability to stress and depression.

One Hour of relaxation and guided visualization to

DE-STRESS - REGENERATE - REJUVENATE

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See Schedule for details