

STRESS SURVIVAL WORKSHOP

Denis Boyd,
Registered Psychologist

Feeling overwhelmed, out of focus and exhausted?

What is Your Stress Survival Program?

When asked this question, many people draw a blank. The concept of stress management has been around a while and yet many people do not manage their life stress well. They talk about what they used to do or what they are planning to do and rarely about what they are doing now.

This workshop looks at typical symptoms of tension build up and the sources of these symptoms, whether at work or in our personal lives. Suggestions are offered to better manage the distress in our lives with ample opportunity for group input and discussion. The role of humour in managing distress is also explored.



Denis Boyd has been working as a Registered Psychologist since 1977 and opened his private counselling practice in 1982.

He presents about 50 talks each year on a variety of topics: Marriage Can Be Great, Building Healthy Self-Worth, Emotional Intelligence, Listening Skills, Stress Survival, Managing Change, and Parenting Skills. Denis has also produced three talks on CD or audio tape format titled: "Marriage Can Be Great", "Stress Survival", and "Living Through Grief."

Denis is a member of the B.C. College of Psychologists (#00399), as well as the B.C. Psychological Association. Most importantly, Denis has been married to Maureen since May 1972 and they have four children.

For more information about this workshop, contact:

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