

# USING QIGONG TO OVERCOME STRESS

Everyone is under some pressure in the workplace. Some external pressures can be a positive factor, helping us to be more productive. Some people actually thrive under short-term added pressure, and our bodies are designed to meet these short-term demands. Hormones including adrenaline are released to prepare us for a "fight or flight" response to demanding situations.

However, excessive and prolonged stress can take its toll, producing a range of physical and emotional health problems which have come to be grouped as "work-related stress".

This short workshop will give insight into stress and how to overcome it using a number of methods, including simple qigong movements, meditation and binaural beats.

## Physical symptoms

- increased susceptibility to colds and other infections
- headaches
- muscular tension
- backache and neckache
- excessive tiredness
- difficulty sleeping
- digestive problems
- raised heart rate
- increased sweating
- lower sex drive
- skin rashes
- blurred vision

## Emotional & behavioural changes

- wanting to cry much of the time
- feeling that you can't cope
- short temperedness at work and at home
- feeling that you've achieved nothing at the end of the day
- eating when you're not hungry
- losing your appetite
- smoking and drinking to get you through the day
- inability to plan, concentrate and control work
- getting less work done
- poor relationships with colleagues or clients
- loss of motivation and commitment

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### NEXT WORKSHOPS

**28 July 2012**—Market Lavington, 930am-1230pm

**15 September 2012**—Castle Place Leisure Centre, Trowbridge 10am-1pm

"Using Qigong to Overcome Stress" is a 3-hour self-contained workshop, theory and practical based. Participants should dress accordingly, however the practical is not strenuous and can be done seated.

This workshop is limited to **16 people only**, on a first come basis. The cost for the workshop is **£25 per person** and can be paid online via direct bank transfer, Paypal, cheque or (delivered in person) cash.

For details of the workshop and to book your place visit the website [www.chikung4health.com](http://www.chikung4health.com). Limited information available on 07811 910214. Email [andy.wright@chikung4health.com](mailto:andy.wright@chikung4health.com)