



# empower

Take back control  
of your life...



# Take control! Recover the calm you.

Empower provides you with practical strategies for improved stress management.

Exposure to challenge results in release of hormones and chemicals whose purpose it is to create a physiological response of “fight or flight”. Once the body’s reserves are used up a stage of exhaustion is reached.

## Symptoms of stress

- ✓ Tiredness / sleeping disturbances.
- ✓ Muscle tension and headache.
- ✓ Impatience, anger, worry and poor concentration.
- ✓ Increased consumption of alcohol, food and smoking.
- ✓ Loss of appetite or increased eating.
- ✓ Loss of sexual interest.

## Empower strategies include:

- ✓ Breathing and relaxation methods.
- ✓ Use of specific stretches and massage techniques.
- ✓ Use of mental imagery, positive self talk and visualization.
- ✓ Improved self monitoring and control over tension.

## What’s the outcome?

- ✓ Greatly reduced physical symptoms of stress.
- ✓ Enhanced self empowerment to manage stress triggers.
- ✓ A sense of achievement and self confidence.

The programme can be structured to meet your individual needs and costs may be recovered through medical insurance.