

Free Stress Relief Workshop at the Engineer pub Primrose Hill Camden



Location **South East, Surrey**
<https://www.freeadsz.co.uk/x-440105-z>

In our fast-paced and high-tech society, stress affects everyone at various levels. Stress is necessary to keep us alert and motivated, and it remains beneficial as long as we are in the driver's seat of life. Stress becomes a problem when we struggle to keep up with what is going on.

Stress is multi-faced, with effects ranging from sleepless nights, mild irritability and anxiety, to frustration, anger, and despair. Note that you should seek medical advice if you experience chronic and severe symptoms of anxiety and depression.

This meetup will help if you want to

- Explore ways to reduce daily stress and find support
- Learn to relax with mindfulness techniques
- Get tools to empower yourself to deal with life challenges
- Improve your confidence and communication skills to get the life you want
- Meet like-minded people and leave loneliness behind

The workshops are largely discussion-based and the mood is supportive, collaborative and non-judgmental. So even if you're not sure about your own views, you'll be encouraged to share them. We offer free refreshments through the workshop here. It's a great night out for anyone who's available.

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There are also social events to learn to live fully in the present moment, with relaxing walks and pub and gigs nights. Join our Meetup group London Stress Relief and Social today. Our events are free.

<https://www.meetup.com/London-Stress-Relief-and-Social/>

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