

"This is something I  
can use every day."

"It's like getting a  
daily massage."

## Atrendia Stress Management

Stress is an unavoidable part of our daily lives. We can, however, cope with stress in many healthy as well as unhealthy ways.

Benefits of our stress management seminars:

- Immediate, long-lasting effects
- Concrete solutions that work
- Proven methods based on years of research
- Continued support after the seminars
- Short and long-term planning
- Available for employees, couples and families
- Can be combined with other Atrendia products and services
- One-on-one to large groups



- How can we get from worrying... to working on a solution?
- How can we pinpoint our stress sources?
- How can we relieve stress on a daily basis? (I can't go to workshops EVERY weekend.)
- If I know it's not a good way to work, why do I continue?