

# STRESSED

a fresh look at how we might face it

Michael Harvey has lived with stress all his life. In childhood, he never knew his father. He never lived with his mother and he found out his name was not Michael Harvey. Michael will share his personal story as he leads us in a facilitated conversation about facing the stressful situations in our lives. Michael will get us to take a fresh look at stress and how we might face it in our daily lives.

## WEEK ONE

The Benefit of Being Less Stressed

The Causes of Stress

We Cause Stresses for Us

The Upside of Stress

Gethsemane, the Model for Facing Stress

### PARTICIPANT FEEDBACK:

*"I thought it was good. It was reassuring to realise that people have the same stresses and was good to open up. Looking forward to next week".*

*"Insightful, was really great to see things from a different perspective and definitely useful".*

### PARTICIPANT FEEDBACK:

*"It was inspiring and left me feeling really uplifted. It was very much about self-awareness and personal growth which I really like".*

*"So glad I made the second session! I've learnt that stress is fear and to face the fear to not get so stressful and to let my emotions out! To do more self-care and to just get the important things done. To hell with the to do list! Big thank you to Michael and everyone who helped make this session possible".*

## WEEK TWO

What Did You Learn from The Previous Week?

Was That the Real Cause of Stress?

The Exploration of Fear

Gethsemane, the Model for Facing Stress

## WEEK THREE

The Exploration of That of Which We Are Afraid

Invisible Wounds

Humpty Dumpty Society

Gethsemane, the Way to Life and the Christian Model for Facing Stress.

### PARTICIPANT FEEDBACK:

*"Excellent session again. We may not feel up to the challenges but if we can find the courage to rise up to them, we can surely grow".*

*"Really life-changing, in all honesty".*