



The College of The Holy Spirit
College Street
Millport
Isle of Cumbrae KA28 0HE
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FAX: 01475-531291
Email: cathedral_cumbrae@btconnect.com
Web: www.island-retreats.org

COPING WITH STRESS

Thursday 13 - Sunday 16 September 2012

"We talk about stress quite openly now but what is 'stress'? How does it affect us physically, mentally, emotionally and socially?" Join us for this course and learn to understand stress: what the causes are and what techniques you can learn to help you cope with it. Anthea Clarke leads.

Thursday 13 September 2012

4-6pm Arrive
6.30pm Dinner
7.30pm Introduction

Friday 14 September 2012

9am Breakfast
10-11am What impact does stress have on our lives? - the physical effects
11am Tea/Coffee break
11.30am-12.30pm The effects of stress on our mental capacity
12.30pm Lunch
2-4pm The effects of stress emotionally and socially
4pm Free time - try the first of the stress 'busters' - fresh air and exercises
6.30pm Dinner
7.30-9pm Techniques - Changing 'learned behaviour'; Changing 'the mindset'; Learning to cope with stress

Saturday 15 September 2012

9am Breakfast
10-11am The 'breath of life'
11am Tea/Coffee break
11.30am-12.30pm Problem Solving/Positive thinking/Planning
12.30pm Lunch
2-4pm Dealing with difficult situations
4pm Free time - Fresh air and exercise. Relax/rest
6.30pm Dinner
7.30-9pm Techniques - Help yourself by helping others. Meditation

Sunday 16 September 2012

9am Breakfast
10-10.45am Plenary/General Discussion
11am Sung Eucharist (optional)
3pm Concert (optional)

Cost from £188.50 Full Board (£343 sharing), Non-residential £36 (includes lunch)

Please send a deposit of £50 per person to book your place. Please make cheques payable to *Island Retreats Limited* or complete your credit card details on the attached form. Full payment is required three weeks before commencement - Thursday 23 August 2012. For further information contact David Todd, Warden, at

The College of The Holy Spirit The Cathedral of The Isles, Isle of Cumbrae

Coping with Stress Weekend 2012 Application Form

Title..... Forename..... Surname.....

Address.....

.....

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..... Postcode.....

Telephone No..... Email.....

		Please ✓
COPING WITH STRESS (3 NIGHTS FULL BOARD) Thursday 13 to Sunday 16 September 2012		
Standard Single	£188.50	<input type="checkbox"/>
En-suite Single (limited availability)	£203.50	<input type="checkbox"/>
Standard Double/Twin for two people	£343.00	<input type="checkbox"/>
En-suite Double/Twin for two people (limited availability)	£369.00	<input type="checkbox"/>
Non-residential (includes lunch)	£36.00	<input type="checkbox"/>
Special Dietary Requirements		
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Non-refundable deposit of £50 per person

I attach a cheque for £50.00/£100.00* made payable to Island Retreats Limited*

Please debit my Debit/Credit Card* with £50.00/£100.00*

** Please delete as appropriate*

Name on Card:

Card Number:

Valid From: / Expiry Date: /

3 Digit Security Code (on reverse):

Please return this form to: David Todd, Warden, The College of The Holy Spirit
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