



Beat procrastination

Keep the balance

Less stress

THE KIDMAN CENTRE UTS

Free Holiday Workshop for Year 11 Students: Taking Charge of HSC Stress

Are you a Year 11 student who will be kicking off your HSC journey in Term 4 2019?

These holidays are a perfect time to reflect on some of the possible stresses that you may face in the year ahead, and to come up with your own personal plan for how you manage these.

To help you to do this, The Kidman Centre UTS (based in Randwick), is offering a FREE 'Taking Charge of HSC Stress' workshop on Monday, 30 September 2019, from 10:00am to 11:30am.

The workshop will be run by Louise Remond, one of our experienced clinical psychologists and author of *Good Thinking: A Teenager's Guide to Managing Stress and Emotion Using CBT*.

Bookings are essential as numbers are limited.

The workshop will focus on practical strategies and cover the following topics:

- Identifying common sources of stress for HSC students
- The fight-or-flight response
- Understanding the symptoms of acute and chronic stress
- The three step approach to managing stress:
 1. Challenging unhelpful thinking (cognitive therapy skills)
 2. Taking action (goal setting, problem solving, study skills, strategies to beat procrastination, rewards)
 3. Self-care (diet, exercise, breathing techniques, time out, sleep strategies)
- Sources of further help

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.



Workshop and Booking Details

When

10:00am to 11:30am on Monday, 30 September 2019

Where

The Kidman Centre UTS, based at the Prince of Wales Hospital Randwick Parkes Building Level 10 East High Street, Randwick (See here for a [video](#) on how to find us)

Who

Presented by clinical psychologist and author, Louise Remond

What

1.5-hour workshop followed by pizza

RSVP/Bookings

Phone: (02) 9514 4077 or Email: kidmancentre@uts.edu.au or via Eventbrite: <https://www.eventbrite.com.au/e/taking-charge-of-hsc-stress-workshop-tickets-72349389973>