

Stress Seminar

03 December 2003

Attended by:

Jaxx, Nelle, Sez, Hayden, Matt J, David, Alex, Conor, Paola

Features:

- We had a talk on stress, how it is developed and what to do if you know someone who is suffering from stress and depression.

Notable Events:

- Hayden was a very good teacher
- He gave us all very good advice
- We have our little stress books. In case we are going through a stressful stage we write down what it is that is bothering us
- Everyone joined in on asking questions for Hayden to achieve his Venturer award.
- Very good information for everyone who attended

We saw:

- How stress can make people depressed and upset and angry.
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