

The purpose of this program is to provide you with the coping skills you need for these troubled and changing times

You will have the opportunity to gain a greater awareness of yourself and learn effective stress reduction skills.

By implementing the tools presented in this program you will notice positive changes in your life where your thinking and actions will align with your core values to help you create the life you want for yourself and your family.

Coping Skills for These Troubled and Changing Times is your opportunity to create a compelling future for yourself and achieve excellence

BENEFITS OF THE PROGRAM

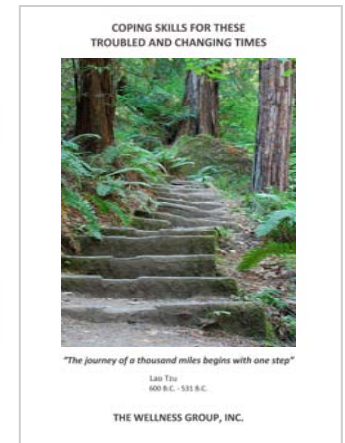
By using the ***Coping Skills Program*** some of the important things you will learn include:

- How to assess your Immediate and Long Term Reactions to stress
- The Three Core Negative Beliefs that can prevent you from moving forward
- The 15 Key Coping Skills that will enable you to reduce fear, anxiety, and stress
- How to set Goals and create an effective personalized Action Plan
- How to clear out your self-destructive thoughts and behaviors and get a good night's sleep
- How to start each day with clarity, peace of mind and energy

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COPING SKILLS FOR THESE TROUBLED AND CHANGING TIMES PROGRAM



Are these troubled economic times causing you stress?

Are you feeling overwhelmed? Anxious? Irritable?

Do you have trouble sleeping? Headaches?
Muscle Tension?

Do you have trouble making decisions and
implementing an action plan?

If you answered "yes" to any of these questions, then this unique stress reduction program is for you!

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Stress can have a negative impact on our physical and emotional well-being. If you are feeling overwhelmed and stressed out you are not alone. Recent surveys have shown an increase in stress related illnesses and doctor visits in the past year due to economic and financial concerns.

As you work on improving your financial situation you can decrease or eliminate your stress related symptoms by practicing the techniques presented in this program.

The program consists of a workbook and two CDs. The workbook uses stress assessments, exercises, and coping techniques to teach you how to manage your stress, control your fear, and reframe your thinking.

The first CD includes a series of affirmations and how to get started. **The second CD** includes two (2) guided relaxations. The one for the morning is designed to give you clarity and peace of mind and to energize you as you start your day. The one for the evening is especially designed to promote feelings of deep relaxation, well being, clear out your self-destructive thoughts and behaviors and to soothe you to sleep.

You will feel more in control of your life and this will allow you build a more happy, healthy and secure future.

*“When a crisis occurs,
people react differently
and there are
different emotional stages
that we all go through
from denial, shock, anger,
blame and grief to
acceptance and action.*

*We must first deal with
the stress overload
and then we can
rebuild our coping capacity
and regain clarity and
self-confidence.”*



*“The journey of a thousand miles
begins with one step”*

— Tao Tzu 600 B.C. - 531 B.C.

COPING SKILLS FOR THESE TROUBLED AND CHANGING TIMES PROGRAM

ORDER FORM

You may order online at www.wellnessgroup.net
or mail a check or money order with this form

Please print clearly

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone Number: _____

Coping Skills Program	Quantity	Price
(includes 2 CDs and Workbook)	_____	\$24.95 each S&H 5.50 each

Total Amount Enclosed \$ _____

Delivery in up to 2 weeks after receipt of order

Please make check or money order payable to the **Wellness Group, Inc.** (sorry no cash) and send this completed form to:

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