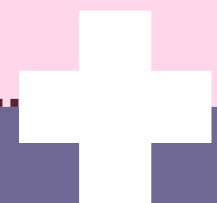


STRESS MANAGEMENT

Objective

Find expert stress management counseling in Dubai with tailored solutions for anxiety, depression, and overall well-being.



WHAT IS STRESS?

Stress is a physical and emotional reaction to perceived demands or pressures.

Types of Stress:

Acute Stress

Occurs over a short period and is usually related to specific situations.

Chronic Stress

Lasts over a long period and can affect overall health.





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CAUSES OF STRESS

Internal Factors

Negative thoughts, anxiety, low self-esteem.

External Factors

Work problems, interpersonal relationships, major life changes.





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Physical

Sleep problems, digestive issues, headaches, increased risk of heart disease.

Mental

Depression, anxiety, difficulty concentrating.

Emotional

Irritability, sensitivity, feeling overwhelmed.

IMPACT OF STRESS ON HEALTH



STRESS MANAGEMENT STRATEGIES - IDENTIFICATION AND ACCEPTANCE

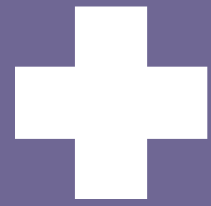
Identify Causes

Recognize the sources of stress and try to understand the feelings associated with them.

Acceptance

Accept that stress is part of life and focus on how to handle it.





RELAXATION AND BREATHING TECHNIQUES



Meditation

Spend time meditating daily to calm the mind.

Deep Breathing

Practice deep breathing exercises to reduce physical and mental tension.



HEALTHY LIFESTYLE

Regular Exercise

Regular physical activity can reduce stress and improve mood.

Balanced Diet

Consume nutritious foods to support physical and mental health.

Adequate Sleep

Ensure quality sleep for body and mind recovery.

Talk with Close Ones

Discuss your feelings with friends or family.

Join to Our Communities

Find support groups or social activities that you enjoy.

Professional Consultation

Don't hesitate to seek help from our a psychologist or counselor if needed.



SOCIAL SUPPORT AND COMMUNICATION

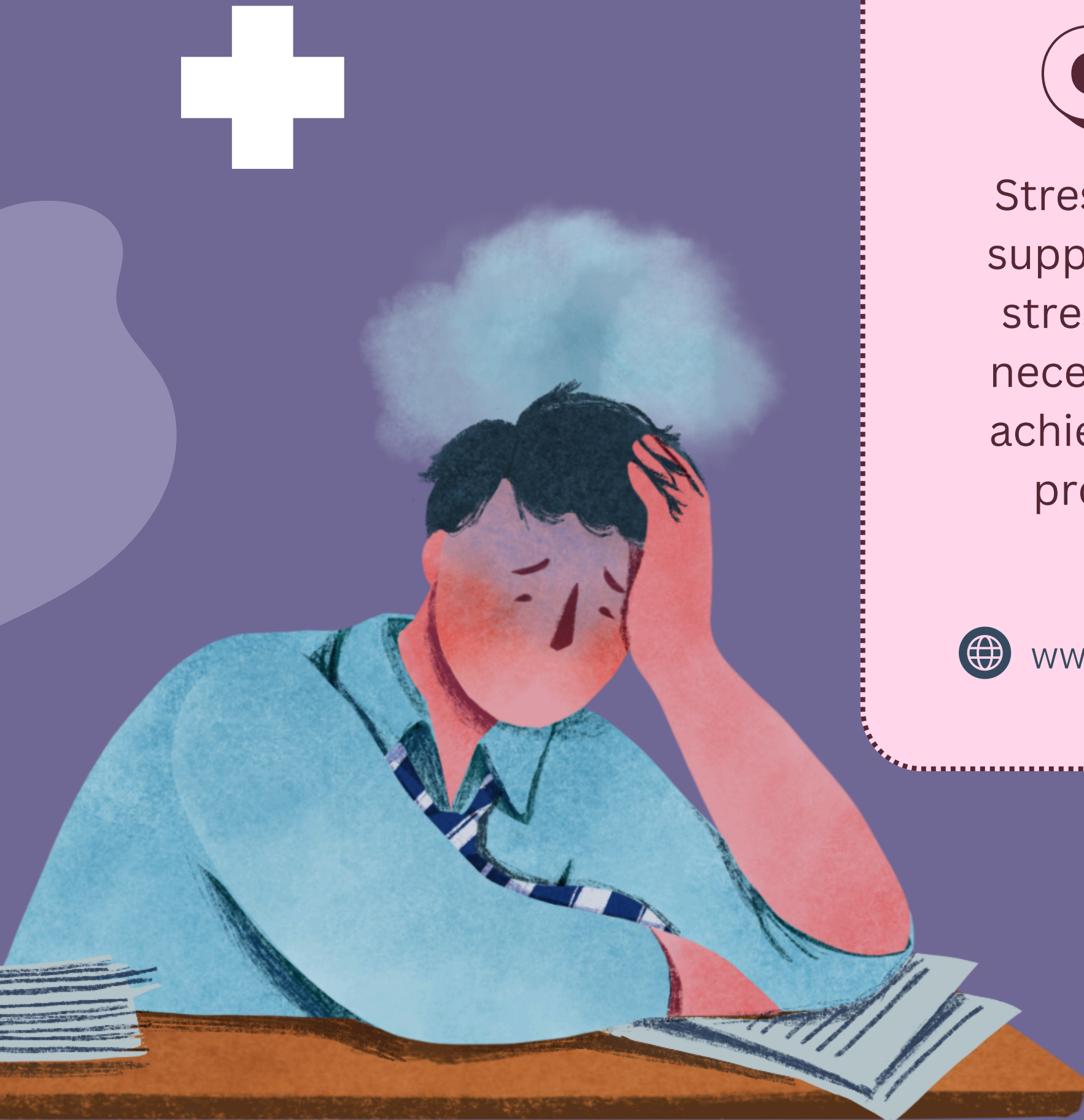


CONCLUSION

Stress is an unavoidable part of life, but with the right support, individuals can manage it effectively. Seeking stress management counseling in Dubai provides the necessary tools to build resilience, regain control, and achieve mental well-being. At Harmony Centre, expert professionals are dedicated to helping individuals navigate stress and lead fulfilling lives.

 www.harmony-mentalhealth.com

 [+971 \(52\) 8773268](tel:+971528773268)



Our Dedicated Professionals

Nationality: USA

Languages Spoken: English

Years of Experience: Over 40 years

Educational Qualifications

Ph.D. – August 1991

Counseling Psychology Program (APA) Accredited

University of Nebraska-Lincoln

Master of Arts: Education – June 1975

Counseling and Student Personnel Services

California State University, Bakersfield (CSUB)

Bachelor of Arts: Sociology – December 1973

California State University, Bakersfield

Minor Education

Clear Standard Secondary Teaching Credential

Credentials and Associations

•UAE Licensed Psychologist

•Community Development Authority, Dubai, UAE

•CDA PL-0001107

•Middle East Psychological Association (MEPA)

Areas of Expertise

•Stress Management

•Anger Management

•Trauma and PTSD

•Grief and Loss

•Anxiety

•Depression

•Self-Esteem-Self Confidence Enhancement

•Elderly Issues

•Life transitions and personal growth

•Pre-Marriage and Marital Therapy

•Conflict-Resolution

•Career Difficulties

•Educational Success Strategies

Core Competencies

•Individual therapy

•Pre-marriage and marriage therapy

•Group therapy

•Workshops and seminars



DR. KHALEEL HINKSTON
Counseling Psychologist



Harmony Centre
For Child & Adolescent Mental Health

THANK
YOU

