

Courses you can host in your area, for your staff teams and networks
Calming Measures

A JABADAO Wellbeing course

Calming Measures

2 day course for those working with adults experiencing anxiety

For: activity organisers, carers, community and practice nurses, midwives, occupational therapists, physiotherapists, support workers

Anxiety has profound effects across all aspects of our lives - the way we move, rest, think or act. It may limit or influence our choices or, at times, totally overwhelm. This course takes a fresh look at a range of simple techniques for helping the people you work with to develop greater physical and emotional ease – breathing new life into methods you may already be using (especially relaxation techniques) and offering some new activities. With theoretical underpinning. (NB: Not designed for those working with people who have dementia)

To discuss hosting the Calming Measures course for people in your area contact

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JABADAO is the national advisory agency that helps people think radically about the role of physicality in child development, education and lifelong wellbeing

JABADAO

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