

Mastering Resilience for Everyday Stress



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*“Because your well-being is the
very essence of your being.”*



Feeling overwhelmed in the face of stress is a natural response, but it doesn't have to define our experience. By challenging limiting beliefs, taking empowered action, and cultivating resilience, we can break free from our slavery to stress and embrace the day to be filled with hope and possibility. You are capable of overcoming whatever challenges life throws your way.

More Information

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Workshop:

**Conquer Stress,
Build Resilience.
Your Path to a
Balanced Life
Starts Here!**

**Expert Guidance to
Help You Stress Less
and Achieve More**



Loss of Motivation

Feeling Overwhelmed

Feeling overwhelmed by stress is a common experience, and it can often seem like there's no way out.

Self Doubt

Irritable

Feeling Hopeless

The perceived inability to change our circumstances can intensify our stress levels.

Headaches

Procastinating

Feeling Stuck

Feeling stuck from stress diminishes our power, hindering productivity and well-being.

Insomnia



Stress Management & Resilience Building Workshop

Unveiling the Power of Small Changes

It's time to take action to regain a sense of control. Whether it's setting boundaries, seeking support, or making small changes to our daily routines, each step we take towards proactively problem-solving our overwhelming stress empowers us to break free from the cycle of stress and finally feel the full potential of joy in our day again.

Inquire now about how your team can benefit from a

Stress Management & Resilience

Building Workshop

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Empowered to Create the Calm, Conquer Stress, Embrace Resilience.

By understanding the root causes of our stress and implementing practical strategies, we can regain control of our lives.

We do this by challenging our limiting beliefs about stress, those that keep us feeling stuck, while reframing our thoughts and exploring new perspectives, we can begin to see real & practical possibilities.

Gain insights into the factors that influence how stress is perceived and interpreted.

Learn practical exercises and techniques to cultivate present-moment awareness, reduce reactivity, and promote a calmer response to stressors in daily life.

Acquire actionable strategies for building resilience and adapting to stressors with greater flexibility and effectiveness.

Workshop Objectives

Empower Yourself with Resilience Skills for Everyday Challenges

