



Thank you for taking part in this workshop.

We have compiled some useful resources to support you to implement the practices in your daily life and your professional career.

Sophrology toolkit

The QR code below gives you access to a document describing Sophrology practices for daily life :



Audio recordings

The QR code below gives you access to the recording of the practice that we have guided you through today (and more!). You can now use these techniques quickly and on the go! Don't forget, some of these only take a couple of minutes and can make a big difference in your day-to-day life to manage your stress and return to balance.



We wish you every success in your studies, your placements and your future career as a social worker!

If you would like to know more about Sophrology or have any questions, feel free to contact us using our contact details below.

We are passionate about sharing effective body-mind practices to benefit other social workers' well-being and career. Help us spread the word!

Marion & Beryl

Contact details:

marion.m.rees@gmail.com or www.linkedin.com/in/marionmrees/

beryl.h.palmer@gmail.com or www.linkedin.com/in/berylpalmer/

