

**Group A**

Your 'Healthy Mind' clinic offers yoga to combat stress.

Hatha yoga is good for this as it:

- is a flowing, slow, gentle form of yoga involving stretching and breathing exercises
- decreases stress and tension
- increases strength, balance and flexibility
- lowers blood pressure and cortisol levels (a stress hormone responsible for weight gain)
- helps you concentrate on the present due to emphasis on breathing
- is suitable for young and old

Remember to mention:

- what Hatha yoga is and its benefits
- the clinic and the facilities
- the staff
- any special packages or promotions on offer at the moment
- end with an Oomph!

Remember to use:

- persuasive language and 'power words'



**Group B**

Your 'Healthy Mind' clinic offers mindfulness to combat stress.

Mindfulness is good for this as it:

- is a method of meditation that helps you to pay attention to what's happening and become aware of
- what you're thinking and doing
- allows you to pay attention to the present moment
- slows down 'brain chatter' and helps you focus on the present
- helps you recognise and step away from habitual responses to problems
- helps you see situations more clearly
- is taught through specific meditation practices, e.g. sitting meditation, walking meditation and
- body awareness

Remember to mention:

- what mindfulness is and its benefits
- the clinic and the facilities
- the staff
- any special packages or promotions on offer at the moment
- end with an Oomph!

Remember to use:

- persuasive language and 'power words'



### Group C

Your 'Healthy Mind' clinic offers cognitive behavioural therapy (CBT) to combat stress.

CBT is good for this as it:

- is based on the idea that our thoughts cause feelings and behaviours, not people or situations
- teaches the benefits of feeling calm when confronted with difficulties – the problem exists whether we feel upset about it or not
- asks us to question our responses to stressful situations
- is short term
- is highly specific and well researched

Remember to mention:

- what CBT is and its benefits
- the clinic and the facilities
- the staff
- any special packages or promotions on offer at the moment
- end with an Oomph!

Remember to use:

- persuasive language and 'power words'



**Group D**

Your 'Healthy Mind' clinic offers massage therapy to combat stress.

Massage therapy is good for this as it:

- improves circulation and increases energy and vitality
- can improve mood and can help you sleep better
- is used for specific reasons, e.g. pain relief, stress reduction, relaxing muscles
- can combat high blood pressure and fatigue
- is an ancient technique (3,000 years) and there are over 80 styles of massage
- is suitable for all ages

Remember to mention:

- what massage therapy is and its benefits
- the clinic and the facilities
- the staff
- any special packages or promotions on offer at the moment
- end with an Oomph!

Remember to use:

- persuasive language and 'power words'

