



# Stress Relief for the Whole Family.

control  
stress\*  
easy

**Fly a plane with your brain.  
Learn to be focused and relaxed.**

Understand your brainwaves with neurofeedback technology.



Our program designed for kids **with or without diagnosis** will support issues such as:

- Reduce Anxiety 
- Manage Panic Attacks 
- Improve your Focus 
- Support Behaviour 

The benefits of our methods are endless and can support not only the child but the whole family!

- \* Increase attention and concentration
- \* Improve sleep quality and memory
- \* Reduce symptoms of anxiety
- \* Increase physical and mental strength
- \* Non-invasive and fun
- \* Regain emotional control
- \* Beneficial for treatment resistant depression
- \* Increase positive behaviours
- \* Learn skills to sit still and stay focused
- \* Improve handwriting and fine motor skills

**Control Stress Easy** strives to provide you with the Mental Toolkit you need to create healthy responses to stress. This will give you the power to re-train your brain to have optimal focus!

**Dr Timothy Fennell**  
0487 791 007  
www.controlstresseasy.com  
customerservice@controlstresseasy.com  
**We are a mobile service based in Perth and Peel region, Western Australia.**

Follow us on Social Media for helpful tips!   

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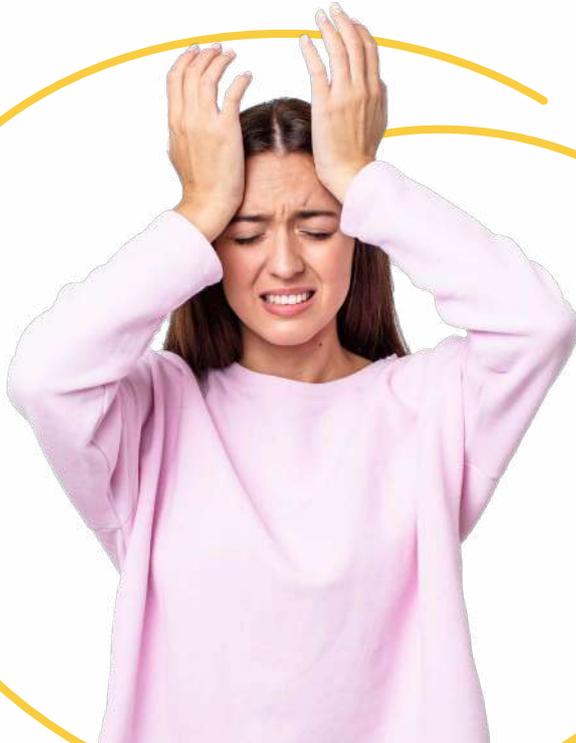
## Stressed or Overwhelmed?



**Stress Reduction  
for the whole family  
that is fun and  
non-invasive.**

Our program specialises  
in Autism and ADHD  
and is designed to **help  
people of all ages and  
their families.**

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Become mentally and physically stronger. Our program is proven to help you focus on the task at hand.

**Fly a plane with your brain when you are focused yet relaxed. It is fun for the whole family to learn.**

We provide you with mind and body exercises that help both your physical and mental capacity.

Be happy and positive to help you to control your thoughts.

Learn to control your breathing, heart rate and your brain waves.

It will help you and your family at home, at school or when playing sports.

**We are a mobile service**

based in Perth and Peel region, Western Australia

**ndis**

WE ARE AN **NDIS**  
REGISTERED PROVIDER!

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