

## Physiotherapist Shows How Shaking Can Transform Covid Stress and Anxiety

### FOR IMMEDIATE RELEASE

Melbourne, Victoria-

As Australia prepares for life after lockdown, physiotherapist Richmond Heath is offering a free online course that literally helps you shake off your stress and anxiety.

Australia as a nation has never been more anxious – and the figures are increasing – 5.5 million of us suffer.\*

Richmond champions a system known as TRE – tension and trauma release exercises. It's used by 5 million people worldwide, from front line workers, to those who just want to take control of their own anxiety.

It was living with High Functioning Anxiety that led Richmond to TRE and in addition to his own story he has several case studies he can share.

- “People love it because it's simple & easy. Once they learn it they can use it on their own for the rest of their life” says Richmond.

He's so convinced by the system, he teaches the technique full time and now produces resources to help others. And he's finding demand is higher than ever, especially given the difficulty in getting appointments with psychiatrists and psychologists at the moment.

- “We simply don't have the resources to provide one on one mental health support when tens of thousands of people all need access to it at the same time -this technique doesn't replace our existing treatment approaches but instead helps to support & enhance them”

TRE is trauma-informed with peer reviewed research emerging - it's quick and easy to learn and can be life-changing – it certainly was for Richmond.

- “In a situation like the current Covid Pandemic we are in, we simply can't wait another 10 years for the science to catch up before we make this process available” says Richmond

The free online course 'Shaking Off Covid Stress & Anxiety' is available at [www.trecourse.com](http://www.trecourse.com)

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Case studies available.

Richmond is available for interview and there's a potential immersive experience for a journalist who wants to give it a go!

Two minute background video here: <https://vimeo.com/429129042>

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\* <http://www.roymorgan.com/findings/8566-australian-mental-health-conditions-covid-19-pandemic-november-2020-202011090621>