



Stress Control Information

The Stress Control course is designed to help you:

- Understand how stress, anxiety and low mood affect us.
- Learn about the ways that thoughts, feelings and behaviours link to create vicious circles and how to break them.
- Practice stress reducing techniques in your life and learn how to become your own therapist.
- Learn how to tackle problems which may accompany stress, such as panic and poor sleep.

About the course:

- The course runs at the same time every week for 6 weeks, lasting no more than 2 hours each session.
- Stress Control is based on Cognitive Behavioural Therapy and is presented by two speakers using a visual presentation.
- You are not expected to talk at the sessions (although you are welcome to ask questions at the end of each session or in the break).
- You are welcome to bring a friend or family member with you.
- The number of people who come to each Stress Control course can range from fewer than 20 to more than 70.
- Courses are currently running in Swansea, Neath, Port Talbot and Bridgend.
- The course is completely free of charge, including a booklet and CD.
- Booking is not required - you can simply turn up at the first session.
- You are welcome to attend different sessions at different venues if the dates are not suitable for you. You can also attend the course as many times as you like.

What is covered in the sessions?

Session 1: "What is stress?" and "Getting started on controlling stress"

Session 2: "Controlling your body"

Session 3: "Controlling your thoughts"

Session 4: "Controlling your actions"

Session 5: "Controlling your panic" and "Medication"

Session 6: "Controlling your sleep" and "Controlling your future"

To get the most out of the course, we recommend that you attend all six sessions.

Come and be part of the audience - We look forward to seeing you!

If you require more information, call or text **07967 612 246** or email living.lifewell@wales.nhs.uk . If nobody is available to answer the phone, please leave a message with your name and contact details and we will get back to you as soon as possible.