



## 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](mailto: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.