

# STRESS CONTROL

FREE

Stress Control classes will help us develop skills and techniques to manage common issues caused by modern day living such as stress, anxiety or low confidence, which can affect well-being.

The classes are delivered in local community facilities and consist of six sessions lasting 90 minutes each. We will not need to speak about our issues during the class. Just sit back and listen about helpful stress control techniques\*. Feel free to bring someone along with you for support.

\* **Some of the issues covered during the sessions are:**

- Learning about stress
- Controlling your body
- Controlling your thoughts
- Controlling your actions
- Controlling panic & sleep problems
- Wellbeing & controlling the future

To find your nearest class and book a free place phone **0300 303 0447**  
or email: [stresscontrol@lanarkshire.scot.nhs.uk](mailto:stresscontrol@lanarkshire.scot.nhs.uk)

**Alternatively just go along to the class of your choice.**

**COATBRIDGE** **New College Lanarkshire, Coatbridge Campus**, Kildonan Street, Coatbridge ML5 3LS  
Tues 7<sup>th</sup> Nov – 12<sup>th</sup> Dec 2017, 6:00pm – 7:30pm

**CLYDESDALE** **Carluk Leisure Centre**, 135 Carnwath Road, Carluk ML8 4EA  
Wed 8<sup>th</sup> Nov – 13<sup>th</sup> Dec 2017, 6:00pm – 7:30pm

**HAMILTON** **University of the West Of Scotland Campus**, Almada Street, Hamilton ML3 0JB  
Wed 8<sup>th</sup> Nov – 13<sup>th</sup> Dec 2017, 2:30pm – 4:00pm

**WISHAW** **Volunteer Centre**, 9-11 Kenilworth Avenue, Wishaw ML2 7LP  
Mon 9<sup>th</sup> Oct – 13<sup>th</sup> Nov 2017, 10:00am – 11:30am