

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

Alternatively just go along to the class of your choice.

RUTHERGLEN	Rutherglen Town Hall , 139 Main Street, Rutherglen G73 2JJ Tues 9 th Jan – 13 th Feb 2018, 6:00pm – 7:30pm
CUMBERNAULD	New College Lanarkshire, Cumbernauld Campus , Town Centre, Cumbernauld G67 1HU Wed 10 th Jan – 14 th Feb 2018, 2:00pm – 3:30pm
BELLSHILL	Bellshill Cultural Centre , John Street, Bellshill ML4 1RL Wed 17 th Jan – 21 st Feb 2018, 1:00pm – 2:30pm
WISHAW	Volunteer Centre , 9-11 Kenilworth Avenue, Wishaw ML2 7LP Mon 22 nd Jan – 26 th Feb 2018, 10:00am – 11:30am
EAST KILBRIDE	Hairmyres Hospital Lecture Theatre, Eaglesham Road, East Kilbride G75 8RG Thurs 8 th Feb – 22 nd March 2018, 6:00pm – 7:30pm *NO CLASS ON 22ND FEBRUARY*
CLYDESDALE	Carlisle Leisure Centre , 135 Carnwath Road, Carlisle ML8 4EA Tues 20 th Feb – 27 th Mar 2018, 6:00pm – 7:30pm
COATBRIDGE	New College Lanarkshire, 101 Park Street , Kildonan Street, Coatbridge ML5 3LS (adjacent to Coatbridge College) Tues 20 th Feb – 27 th Mar 2018, 6:00pm – 7:30pm