

# 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 for further information please call **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.**

## MOTHERWELL

**Motherwell – Hope United Church**, 98 Orbiston Street, Motherwell ML1 1PX  
Wed 24<sup>th</sup> October – 28<sup>th</sup> November 2018, 1:00pm – 2:30pm

## WISHAW

**Volunteer Centre**, 9-11 Kenilworth Avenue, Wishaw ML2 7LP  
Mon 22<sup>nd</sup> October – 26<sup>th</sup> November 2018, 10:00am – 11:30am

## COATBRIDGE

**New College Lanarkshire**, (Main Hall), Kildonan Street, Coatbridge ML5 3LS  
Tues 30<sup>th</sup> October – 4<sup>th</sup> December 2018, 6:00pm – 7:30pm

## CLYDESDALE

**Carlisle Leisure Centre**, 135 Carnwath Road, Carlisle ML8 4EA  
Wed 7<sup>th</sup> November – 12<sup>th</sup> December 2018, 6:00pm – 7:30pm