

# STRESS CONTROL



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 or for further information **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.**

<b>CLYDESDALE</b>	<b>Carlisle Leisure Centre</b> , 135 Carnwath Road, Carlisle ML8 4EA Tues 2 <sup>nd</sup> April – 7 <sup>th</sup> May 2019, 6:00pm – 7:30pm
<b>AIRDRIE</b>	<b>Airdrie Town Hall</b> , Stirling Street, Airdrie ML6 0AS Wed 17 <sup>th</sup> April – 22 <sup>nd</sup> May 2019, 6:00pm – 7:30pm
<b>CUMBERNAULD</b>	<b>New College Lanarkshire, Cumbernauld Campus</b> , Town Centre, Cumbernauld G67 1HU Wed 17 <sup>th</sup> April – 22 <sup>nd</sup> May 2019, 6:00pm – 7:30pm
<b>HAMILTON</b>	<b>Whitehill Neighbourhood Centre</b> , 9 Hunter Road, Whitehill, Hamilton ML3 0LH Wed 17 <sup>th</sup> April – 22 <sup>nd</sup> May 2019, 3:00pm – 4:30pm
<b>MOTHERWELL</b>	<b>Motherwell – Hope United Church</b> , 98 Orbiston Street, Motherwell ML1 1PX Wed 17 <sup>th</sup> April – 22 <sup>nd</sup> May 2019, 1:00pm – 2:30pm
<b>RUTHERGLEN</b>	<b>Rutherglen Town Hall</b> , 139 Main Street, Rutherglen G73 2JJ Wed 17 <sup>th</sup> April – 22 <sup>nd</sup> May 2019, 1:30pm – 3:00pm
<b>EAST KILBRIDE</b>	<b>Hairmyres Hospital</b> Lecture Theatre, Eaglesham Road, East Kilbride G75 8RG Thurs 2 <sup>nd</sup> May – 6 <sup>th</sup> June 2019, 6:00pm – 7:30pm
<b>COATBRIDGE</b>	<b>New College Lanarkshire</b> , (Main Hall), Kildonan Street, Coatbridge ML5 3LS Tues 21 <sup>st</sup> May – 25 <sup>th</sup> June 2019, 6:00pm – 7:30pm
<b>WISHAW</b>	<b>Wishaw Library</b> , The Houldsworth Centre, Kenilworth Avenue, Wishaw ML2 7LP Tues 21 <sup>st</sup> May – 25 <sup>th</sup> June 2019, 5:30pm – 7:00pm