

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

Alternatively just go along to the class of your choice.

CLYDESDALE

Lanark Memorial Hall, St. Leonard Street, Lanark ML11 7AB
Tuesday, 1st October – 5th November 2019, 6:00pm – 7:30pm

CUMBERNAULD

New College Lanarkshire, Cumbernauld Campus, Town Centre, Cumbernauld G67 1HU
Wed 2nd October – 13th November 2019, 6:00pm – 7:30pm

***Please note that there will be no class on 16th October as the College is closed for the October week.**

MOTHERWELL

Motherwell – Hope United Church, 98 Orbiston Street, Motherwell ML1 1PX
Wed 6th November – 11th December 2019, 1:00pm – 2:30pm

AIRDRIE

Airdrie Town Hall, Stirling Street, Airdrie ML6 0AS
Wed 13th November – 18th December 2019, 6:00pm – 7:30pm