

 FREE

# STRESS CONTROL

Stress Control classes will help you develop practical skills and techniques to manage common challenges of modern life, such as stress, anxiety, low mood, and low confidence.

The course consists of **six, weekly 90-minute sessions**. Since there's no need to share personal issues, you can simply sit back, listen, and learn helpful stress control techniques. There is **no referral required**, so you are welcome to drop by and bring someone along for support. These classes are suitable for **16-year-olds and over who live or work in Lanarkshire**.

Some of the issues covered during the sessions are:

- Learning about stress
- Managing your actions
- Regulating your body
- Controlling panic & sleep problems
- Working on your thoughts
- Wellbeing & shaping the future

## UPCOMING STRESS CONTROL COURSE IN CLYDESDALE

Sessions will run weekly from  
**Wednesday 18<sup>th</sup> March – Wednesday 22<sup>nd</sup> April**  
**6:30pm – 8:00pm at Abington Old Schoolhouse**  
**70 Carlisle Road, ML12 6SD**

To register your interest in attending or for further information, please call  
**01698 752626** or email **[stresscontrol@lanarkshire.scot.nhs.uk](mailto:stresscontrol@lanarkshire.scot.nhs.uk)**