

STRESS CONTROL COURSE



Life getting on top of you?



Feeling Sad?

Easily Irritable?

Self Esteem Low?



Feeling Panicky?

Trouble Sleeping?

Health Concerns?

Drug Problems?

Worrying too much?

Drinking too much?

Self Confidence taken a knock?

Everyone experiences stress at times. Stress is that feeling of being under pressure. It is very common as many of life's demands can cause stress.

NHS Highland is running a free six week Stress Control Course.

It is designed for anyone who wants to learn some great and effective ways to control stress and common problems such as anxiety, low mood, panic, poor sleep, burnout, loss of confidence or low self-esteem. If you would like to speak to someone about the Stress Control Course or to book your free place, please call the Fort William Health Centre on 01397 709830. Or, if you want, simply turn up for the first session and why not bring a friend or partner along and learn these great and effective techniques together?

You get lots of free helpful materials to take home including a CD, guides to help with stress and lots of handouts.

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Wednesday 25 th May	Wednesday 1 st June	Wednesday 8 th June	Wednesday 15 th June	Wednesday 22 nd June	Wednesday 29 th June