

Stress Control

- Stress Control is a six session NHS class
- It is for people who want to learn some ways to control common problems such as anxiety, depression, panic, poor sleep, burnout, loss of confidence or low self-esteem (in other words, 'stress')
- You do not talk about your problems in the course (not many people want to talk in front of others) and there is no writing to be done in the class
- Feel free to bring someone with you, either for a bit of support, because it would help get them on the same wavelength or if you think they could also benefit from the class.
- There are booklets, relaxation and CDs that are given out at the class
- The class will teach you to 'become your own therapist' so you must work hard at practising the things you learn in each session

Sessions

WEEK 1: Understanding Stress Control

- find out what stress is and what it is not, the main signs,
- the vicious circles that keep it alive and how Stress Control works.
- a video of people talking about how stress affects them.

WEEK 2: Controlling Your Body

- get down to tackling stress in this session.
- learn how your body signs feed stress.
- look at why we get stressed and how the body reacts to it.
- learn three skills - breathing retraining, exercise and progressive relaxation and look at caffeine. There is a relaxation CD to take away

WEEK 3: Controlling Your Thoughts

- learn how your thinking feeds stress
- ways to 'think your way out of stress' – first of all by 'building the foundation– 'Wait a minute'.
- learn 'The Big 5 Challenges' and,
- learn a way to nip stress in the bud – 'Breaking stress up'.
- pick up a copy of our Stress DVD.

WEEK 4 : Controlling Your Actions

- This session looks at how the way we act feeds stress.
- learn ways to face your fears and a great skill called 'Problem Solving'
- look at why some people, who seem to be doing all the right things, still don't get over their stress.
- how to overcome this ('Getting out of the Safety Zone'). These skills are really useful for building up self-confidence.

WEEK 5: Controlling Your Panic, Using Your Breathing To Control Stress, Prevention Skills and Medication

- Panicky feelings are part and parcel of stress.
- using your breathing to calm your body and, hence, your mind
- look at some great ways to prevent stress
- at tablets used for stress and, if you feel these may help you, how to get the best out of them.

WEEK 6: Controlling Your Sleep, Wellbeing and Controlling Your Future

- Poor sleep is often a result of stress.
- It also keeps stress going as you don't recharge your batteries.
- look at skills to help you get a good night's sleep.
- Wellbeing starts the final set of skills as we look at ways of staying on top of stress.

The next course will be:

Venue: Kilmallie Community Centre Times: 6pm to 7.30pm

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

Common Questions about the Course

Will I have to talk in front of other people?

No; Stress Control is not a group therapy.

Stress Control is a class - all the seats face the front. The person teaching the course will stand at the front and teach you all about stress and how to tackle it. Your job is to pick up the new skills, to go off and work at what you have learned. You come back the next week, learn the next step until, after the six weeks, you will be in a good position to tackle your stress.

What if I meet someone I know?

You may do. Stress is a very common problem and hundreds of people do the course each year in Britain. Everyone is in the same boat. As we don't discuss personal problems, you don't get to know much about why others are coming.

Will there be others on the course like me?

Stress affects people from all walks of life. Although no two people will have exactly the same problems, you will all have a lot in common. You will find it hard to relax, you will worry a great deal, you will have lost confidence and a sense of control. You may well be depressed by this. Life will just be a lot harder to cope with.

Can I bring someone with me?

Yes. Bring them for a bit of support or for them to learn about stress. They may be under a lot of stress as well so they might be helped. They can also learn about the best ways to help you. The two of you can then fight it together.

What if I'm not better at the end of the course?

Stress Control is a training not a therapy course. This means that you will learn many new skills over the next few weeks but it is in the months after that the hard work takes place to master these skills.

What if I panic or make a fool of myself?

How often do you think you are going to make a fool of yourself and how often do you? It is a common fear but the course is very down to earth. You will be in control. If you have a pattern of panic in busy places, work out ways to cope with this - bring someone with you, sit at the back at the door for the first few sessions. Feel free to wander out at any time and get a breath of fresh air.

What if I'm not clever enough to understand it?

Stress Control is straight-forward but there can be a problem with concentration. This is common with stress. You will be given handouts to read at your leisure to reinforce what is covered in the classes.