

Worried? Feeling low? Poor sleep? Tense?

NEW Stress Control West Lothian

Six weekly classes to help you cope better with stress in your life

This is a free course open to members of the public who feel they might benefit from stress management. The course will use the 'Stress Control' materials, which use proven psychological techniques to help manage stress better.

- Six weekly 90 minute sessions (with 10 minute break)
- Participants will not be required to ask questions or share information during sessions
- This is not a therapy group - instead material is taught using lecture style presentations
- Stress control booklets will be distributed at each session and individuals will be encouraged to make use of course materials between sessions
- Participants may be accompanied by family members or friends.

The six sessions

- Introduction and information about stress
- Controlling your body
- Controlling your thoughts
- Controlling your actions
- Controlling your panic
- Controlling your sleep; drawing it all together.

To reserve a place

Phone **Health in Mind** on **0131 243 0106**
or email: contactus@health-in-mind.org.uk

Next courses

DAY Class: Regal Community Theatre,
24-34 North Bridge Street, Bathgate, West Lothian, EH48 4PS.
on **Wednesdays** from **5th October - 9th November (10.30am - 12.00 noon)**
Visit: www.bathgateregal.org.uk

EVENING Class: James Young High School,
Quentin Rise, Livingston, West Lothian, EH54 6NE.
on **Tuesdays** from **4th October - 8th November (6.30pm - 8.00pm)**
Visit: www.jamesyoung.hs.org.uk

Directions to venues can be found on our website

Visit: www.nhslothian.scot.nhs.uk/stresscontrol

