

STRESS CONTROL

Do you recognise these signs in yourself or someone close to you?

- **Worry**
- **Tiredness**
- **Poor sleep**
- **Feeling worthless**
- **Panic attacks**
- **Feeling on edge**
- **Being tearful**
- **Feeling irritable**

Then come to a series of **six free classes** to listen and learn more.



Classes to be held at
**East Neighbourhood Office/
Craigmillar Library**
101 Niddrie Mains Road, EH16 4DS
Tues 21/10/2014 – Tues 25/11/2014
6.15pm – 7.45pm

- ▶ All classes are delivered by nhs lothian staff and are open to adults of all ages.
- ▶ Delivered in a lecture format so you will not be asked to speak in front of a group.

Topics covered:

- Session 1 – What is stress and how does it affect us?**
- Session 2 – Recognise and control the effects of stress on our body**
- Session 3 – Challenging stressful thoughts**
- Session 4 – Managing stress by controlling our actions**
- Session 5 – Controlling panic**
- Session 6 – Controlling sleep**

Don't feel you just have to go on struggling with stress yourself!
Learn proven techniques to manage stress and improve sleep.

To find out more about Stress Control or book your place contact:
Health in Mind • Tel: 0131 225 8508 • 10am – 4pm
Email: contactus@health-in-mind.org.uk