



FREE

LANARKSHIRE
STRESS
CONTROL
CLASSES

At times, we can all feel stressed, anxious, worried or afraid. Stress Control classes can help with managing the stress we may be experiencing.

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Stress Control Classes

Stress Control is a six session class. Each session lasts for 90 minutes. *Stress Control* was devised by Jim White, a clinical psychologist in Glasgow, to help the large number of people who complained of stress and who were keen to learn how to tackle their problems themselves.

Each session deals with a separate aspect of stress but as they all link together, it is important to attend as many of the sessions as possible. Each step is one piece of the jigsaw. Only by putting all the steps together will you get the full picture. The aim of the course is to teach you new skills that can fight stress. The following topics are covered on the course:

- Learning about stress
- Controlling your body
- Controlling your thoughts
- Controlling your actions
- Controlling panic and sleep problems
- Wellbeing and controlling the future

Classes will be running throughout Lanarkshire throughout the year so you will find a class near you.

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 course, 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.

To book a place on the *Stress Control* Class:

phone 0300 303 0447 or

email stresscontrol@lanarkshire.scot.nhs.uk