

STRESS CONTROL



What?

Stress Control classes will help you develop practical skills and techniques to manage common challenges of modern life, such as stress, anxiety, and low confidence, which can significantly impact your wellbeing.

How?

The course consists of six, weekly 90-minute sessions. Since there's no need to share personal issues, you can simply sit back, listen, and learn helpful stress control techniques.

You are welcome to drop by and bring someone along for support. These classes are suitable for 16-year-olds and over.

Some of the issues covered during the sessions are:

- Learning about stress
- Regulating your body
- Working on your thoughts
- Managing your actions
- Controlling panic & sleep problems
- Wellbeing & shaping the future

Where?

NEW MAY 2025 DATES

CARLUKE	Carlisle Lifestyles Centre, Carnwath Road, ML8 4DF Tuesday, 6th of May 2025 until Tuesday, 10th of June 2025 6:30pm – 8pm
CAMBUSLANG	Cambuslang Institute, 37 Greenlees Road, G72 8JE Wednesday, 7th May 2025 until Wednesday, 11th June 2025 6:30pm - 8pm
BELLSHILL	Orbiston Neighbourhood Centre, Busby Road, ML4 2BW Thursday, 8th May 2025 until Thursday, 12th June 10:30am-12pm *daytime class*
AIRDRIE	Springfield Community Facility, Forrest Street, ML6 7BA Thursday, 8th May 2025 until Thursday, 12th June 6:30pm - 8pm

There is no need to register, but if you would like to register, or for further information, please call **01698 752626** or email **stresscontrol@lanarkshire.scot.nhs.uk**

Can't attend any of the above? More dates coming soon!