

stresscontrol

Face your fears; be more active; watch what you drink

The Course

'Stress Control' is a six session evening 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.

Attendance

Each session deals with a separate aspect of stress but as they all link together, it is important that you attend all six sessions. Each step is one piece of the jigsaw. Only by putting all the steps together will you get the full picture.

A fighting spirit

The course (and all the information you have been given) will teach you about stress and will give you the weapons to fight it. 'Stress Control' will show you how to go about tackling stress but, at the end of the day, it will take a lot of hard work on your part. It will be well worth it in the end.

The future

The aim of the course is to teach you new skills that can fight stress. Make sure you keep all the handouts you get so that, in the future, you can use the information to keep a grip on your stress. You will also be given various forms and a relaxation CD/tape when you attend the course.



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•No discussion of personal problems

•Each week teaches you new skill

•These skills are all pieces of the jigsaw

The six sessions of the Course

Session 1: Learning about stress

In this session, we will look at the causes of stress and what keeps it going. We will look at the way it affects your thoughts, actions and body, explode the myths about stress. We will look at why stress affects people in different ways.

Session 2: Controlling your body

In this session, you will learn how to use relaxation. You will get a CD/tape to keep to let you practise at home. We also look at how exercise can help stress.

Session 3: Controlling your thoughts - Cognitive therapy

You will learn how stress affects your thinking and how your thinking then affects your thoughts. You will learn how to use your mind to control stress along with ways of nipping stress in the bud. We will look at ways of getting this under control.

Session 4: Controlling your actions - Behaviour therapy

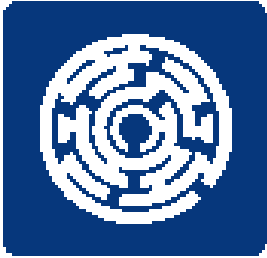
You will learn ways of facing up to stress along with a very useful skill called 'Problem Solving'. These skills are then combined with what you learned in session 3 to create a powerful skill ('Cognitive-Behaviour therapy')

Session 5: Controlling panic

Learning about panic attacks and how to deal with them will be useful even for those who don't have panic as these work well with all kinds of stress. A video shows you how to do this.

Session 6: Controlling sleeping problems and controlling the future

In this session we will look at common sleep problems. Then we look at how to sleep better. This lets you recharge your batteries. This helps you fight stress. Finally, we will pull everything together and look at how to cope with the future.



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Venue

***FDYS Enniscorthy Community Project
Island Road
Enniscorthy***

Date

***6 Week Programme
Wednesday evenings
7 – 8.30 pm***

Starting Wednesday 4th November

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The six sessions of the Course

Session 1: Learning about stress

Session 2: Controlling your body

**Session 3: Controlling your thoughts -
Cognitive therapy**

**Session 4: Controlling your actions -
Behaviour therapy**

Session 5: Controlling panic

**Session 6: Controlling sleeping problems
and controlling the future**

How do I sign up?

If you would like to sign up to Stress Control, please contact Janine O’Gorman (HSE Wexford) on the following voicemail:

Phone: 0874599349

Leave both your **name and mobile number**. And you will receive **text confirmation** of your place on the course, along with attendance details.

Registration Closing Date: Monday 26th October