

**Stress Control**

**A 5-week stress management programme**

Belfast Health and Social Care Trust are

offering **FREE** Stress Control Classes

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| Ulster Museum  Botanic Gardens,  Belfast  BT9 5AB |
| Wednesday  12.30pm – 1.30pm |
| 21st February – 21st March 2018 |

For find out more on Stress Control Classes across N. Ireland follow us

on [www.facebook.com/pages/Stress-Control-NI/1408626045945313](http://www.facebook.com/pages/Stress-Control-NI/1408626045945313)

To find out more and register your interest in the course

please contact Audrey at the CBT Service,

Woodstock Lodge on (028) 9504 2689.

There is no need to book a place. Just turn up on the night.

**What is Stress Control?**

* Stress Control was devised by Dr. Jim White in Glasgow and is now used widely around the world.
* The class runs once a week for 5 weeks and teaches skills and techniques for managing stress.
* Topics covered include: an overview of what stress is, controlling your body, controlling your thoughts, controlling your actions, getting a good night’s sleep and planning for the future.
* Stress Control is a class not ‘group therapy’ – you do not have to talk about personal difficulties in front of others.
* You are encouraged to attend all six sessions to get the most benefit.
* Stress Control classes are free.
* Come along by yourself or feel free to bring a friend or family member with you.

**Stress Control Venue**

Check out the Stress Control Venues at [www.maps.google.com](http://www.maps.google.com)

**The Ulster Museum is located next to Botanic Gardens on the Stranmillis Road. The Classes will be held in the Lecture Theatre at the venue. Entrance is via the Stranmillis Road.**