

# Stress Control

## A FREE 6-week Stress management Programme

### A FREE STRESS CONTROL PROGRAMME

**Magherafelt**

**Tuesday Evenings**

**@6.30pm**

**Meadowbank Sports Arena**

**4<sup>th</sup> February – 10<sup>th</sup> March 2020**

*(see overleaf for details of the course and directions to the venues)*

**If you are currently suffering from stress, know someone who is or just want to be better equipped, then this is the course for you!**



**If you would like to register your interest or have any questions please email [stress.control@northerntrust.hscni.net](mailto:stress.control@northerntrust.hscni.net)**

# 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 6 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 6 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.
- Classes will last between 1.5-2 hours.

## Stress Control Venue

### Meadowbank Sports Arena

**Ballyronan Road  
Magerafelt  
BT45 6EH**

