



STRESSED? ANXIOUS? DEPRESSED?

WANT TO LEARN HOW TO CONTROL YOUR STRESS?

Stress Control is a psycho-education course, based upon Cognitive-Behavioural Therapy (CBT), that teaches about stress and how we can learn to control it. The course runs over five weekly sessions and looks at the causes and effects of anxiety and depression, as well as introducing some strategies and techniques for coping with these problems.

Topics Covered

What is stress?
Controlling anxiety/panic
Balancing your thoughts
Changing unhelpful behaviour
Improving Sleep and
Controlling your future

The Quaker Meeting House
 Bean Street, Hull, HU3 2PR
 - Wednesdays 6pm—7.30pm -

- **7 August 2013**
- **14 August 2013**
- **21 August 2013**
- **28 August 2013**
- **4 September 2013**

- **Bring a friend**
- **Refreshments provided**
- **Parking Available on site and on street**

For more information please contact:
 Tel: 01482 335627 or
 email: ppws@chcphull.nhs.uk