

STRESS CONTROL

FREE

Stress Control classes will help us develop skills and techniques to manage common issues caused by modern day living such as stress, anxiety or low confidence, which can affect well-being.

The classes are delivered in local community facilities and consist of six sessions lasting 90 minutes each. We will not need to speak about our issues during the class. Just sit back and listen about helpful stress control techniques*. Feel free to bring someone along with you for support.

* **Some of the issues covered during the sessions are:**

- Learning about stress
- Controlling your body
- Controlling your thoughts
- Controlling your actions
- Controlling panic & sleep problems
- Wellbeing & controlling the future

To find your nearest class and book a free place phone **0300 303 0447** or email: stresscontrol@lanarkshire.scot.nhs.uk

Alternatively just go along to the class of your choice.

<p><u>WISHAW</u> Motherwell College 1 Enterprise Way Motherwell ML1 2TX</p> <p>Mon 11th Jan- 15th Feb 6:00pm – 7:30pm</p>	<p><u>RUTHERGLEN</u> Rutherglen Town Hall 139 Main Street Rutherglen G73 2JJ</p> <p>Tues 12th Jan – 16th Feb 6:00pm – 7:30pm</p>	<p><u>CUMBERNAULD</u> Cumbernauld College Town Centre Cumbernauld G67 1HU</p> <p>Wed 13th Jan – 17th Feb 2:00pm – 3:30pm</p>	<p><u>COATBRIDGE</u> Coatbridge College Kildonan Street Coatbridge ML5 3LS</p> <p>Tues 19th Jan- 23rd Feb 1:00pm- 2:30pm</p>	<p><u>MOTHERWELL</u> Hope United Church 98 Orbiston Street Motherwell ML1 1PX</p> <p>Wed 20th Jan – 24th Feb 1:00pm – 2:30pm</p>
<p><u>HAMILTON</u> University of the West of Scotland, Almada Street Hamilton ML3 OJB</p> <p>Wed 28th Jan- 3rd Mar 2:30pm – 4:00pm</p>	<p><u>EAST KILBRIDE</u> Lecture Theatre Hairmyres Hospital Eaglesham Road East Kilbride G75 8RG</p> <p>Thurs 4th Feb – 10th Mar 6:00pm – 7:30pm</p>	<p><u>CLYDESDALE</u> Carlukle Leisure Centre Carnwath Road Carlukle ML8 4EA</p> <p>Wed 3rd Feb- 9th Mar 6pm- 7.30pm</p>	<p><u>AIRDRIE</u> Wellwynd Business Centre, 35 Wellwynd, Airdrie ML6 0BN</p> <p>Thu 25th Feb – 31th Mar 6:00pm – 7:30pm</p>	