

## **Stress Control Courses 2016**

### **What is Stress Control?**

Stress Control is a course running over six consecutive weeks either on Tuesday evenings or Monday afternoons. If you want to learn better ways to handle common problems such as anxiety, depression, low self-confidence, poor sleep and panic attacks then come along to the Stress Control classes.

### **What can I expect?**

Stress Control is a class – **not** a group therapy – so you do not have to talk about your problems in front of others. You just sit back and learn some of the ways to control stress. This approach was devised by Dr. Jim White from Glasgow and is now used across the world. Regular Stress Control classes in Sheffield will be run throughout the year and the courses will be led by experienced facilitators.

As stress is so common, there may be between 50 – 100 people attending at each session so it's important to book your place in advance. If you would like to bring someone along with you to the course then please feel free. They can give you a bit of support and it also gets that person on the same wavelength.

### **What happens in each of the sessions?**

**Session 1:** Information about stress

**Session 2:** Control your body: relaxation, exercise

**Session 3:** Control your thoughts: learn to think your way out of stress

**Session 4:** Control your actions: boost self confidence

**Session 5:** Control panic

**Session 6:** Control sleep problems; control your future

### **What do I need to bring with me?**

There is a workbook that you will be given at the first session of the course that will have all the information you need throughout the course but you may want to bring a pen to make any notes. The workbook will tell you:

- All about stress
- How to measure stress
- How to work out how and why stress is affecting you
- Self-help ideas to tackle stress

### **Where are the courses held?**

All the Stress Control courses are held in the city centre at either Central United Reformed Church or Quaker Meeting House depending on which course you choose. A map for the venue will be sent to you as part of your booking confirmation.

### **When is the next available course?**

Dates of the courses we are running this year can be found on the reverse.

### **How do I book a place?**

Places are limited and courses can fill up quickly so don't delay in securing your place, please call 0114 22 64380 to book yourself on a course or for more information.

**Stress Control Dates for 2016****Evening Courses**

Our evening courses are held on Tuesday evenings between 6.30pm and 8.00pm at Central United Reformed Church, 60 Norfolk Street, Sheffield S1 2JB.

We are running the following 7 blocks of evening courses. It's necessary to book your free place in advance – please call 0114 22 64380

	<b>Course 1</b>	<b>Course 2</b>	<b>Course 3</b>	<b>Course 4</b>
Session One	19/01/2016	01/03/2016	12/04/2016	31/05/2016
Session Two	26/01/2016	08/03/2016	19/04/2016	07/06/2016
Session Three	02/02/2016	15/03/2016	26/04/2016	14/06/2016
Session Four	09/02/2016	22/03/2016	03/05/2016	21/06/2016
Session Five	16/02/2016	29/03/2016	10/05/2016	28/06/2016
Session Six	23/02/2016	05/04/2016	17/05/2016	05/07/2016

	<b>Course 5</b>	<b>Course 6</b>	<b>Course 7</b>
Session One	26/07/2016	06/09/2016	25/10/2016
Session Two	02/08/2016	13/09/2016	01/11/2016
Session Three	09/08/2016	20/09/2016	08/11/2016
Session Four	16/08/2016	27/09/2016	15/11/2016
Session Five	23/08/2016	04/10/2016	22/11/2016
Session Six	30/08/2016	11/10/2016	29/11/2016

**Daytime Courses**

Our daytime courses are held on Monday afternoons between 1.30pm and 3.00pm at Quaker Meeting House, 10 St James Street, Sheffield S1 2EW

We are running the following 4 blocks of daytime courses. It's necessary to book your free place in advance – please call 0114 22 64380

	<b>Course A</b>	<b>Course B</b>	<b>Course C</b>	<b>Course D</b>
Session One	15/02/2016	20/06/2016	05/09/2016	07/11/2016
Session Two	22/02/2016	27/06/2016	12/09/2016	14/11/2016
Session Three	29/02/2016	04/07/2016	19/09/2016	21/11/2016
Session Four	07/03/2016	11/07/2016	26/09/2016	28/11/2016
Session Five	14/03/2016	18/07/2016	03/10/2016	05/12/2016
Session Six	21/03/2016	25/07/2016	10/10/2016	12/12/2016