

## Stress Control 2014

Stress Control is a course running over six consecutive weeks in the evenings (6.30-8.00pm). 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.

Stress Control is an evening 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 commence throughout 2010 and the courses will be led by experienced facilitators.

As stress is so common, there may be between 50 – 100 people at each session. Feel free if you want to bring someone with you. They can give you a bit of support and 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

As a part of the Stress Control classes, there are booklets to read before or as soon as the course starts. These 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

All Stress Control courses are held in the city centre at Central United Reformed (map on reverse – blue circle), from 6:30 – 8:00 pm.

Please call **0114 22 64380** to book yourself on a course or for more information.

### Course 34

Session 1	Tuesday 7 <sup>th</sup> January 2014
Session 2	Tuesday 14 <sup>th</sup> January 2014
Session 3	Tuesday 21 <sup>st</sup> January 2014
Session 4	Tuesday 28 <sup>th</sup> January 2014
Session 5	Tuesday 4 <sup>th</sup> February 2014
Session 6	Tuesday 11 <sup>th</sup> February 2014

### Course 35

Session 1	Tuesday 18 <sup>th</sup> February 2014
Session 2	Tuesday 25 <sup>th</sup> February 2014
Session 3	Tuesday 4 <sup>th</sup> March 2014
Session 4	Tuesday 11 <sup>th</sup> March 2014
Session 5	Tuesday 18 <sup>th</sup> March 2014
Session 6	Tuesday 25 <sup>th</sup> March 2014

### Course 36

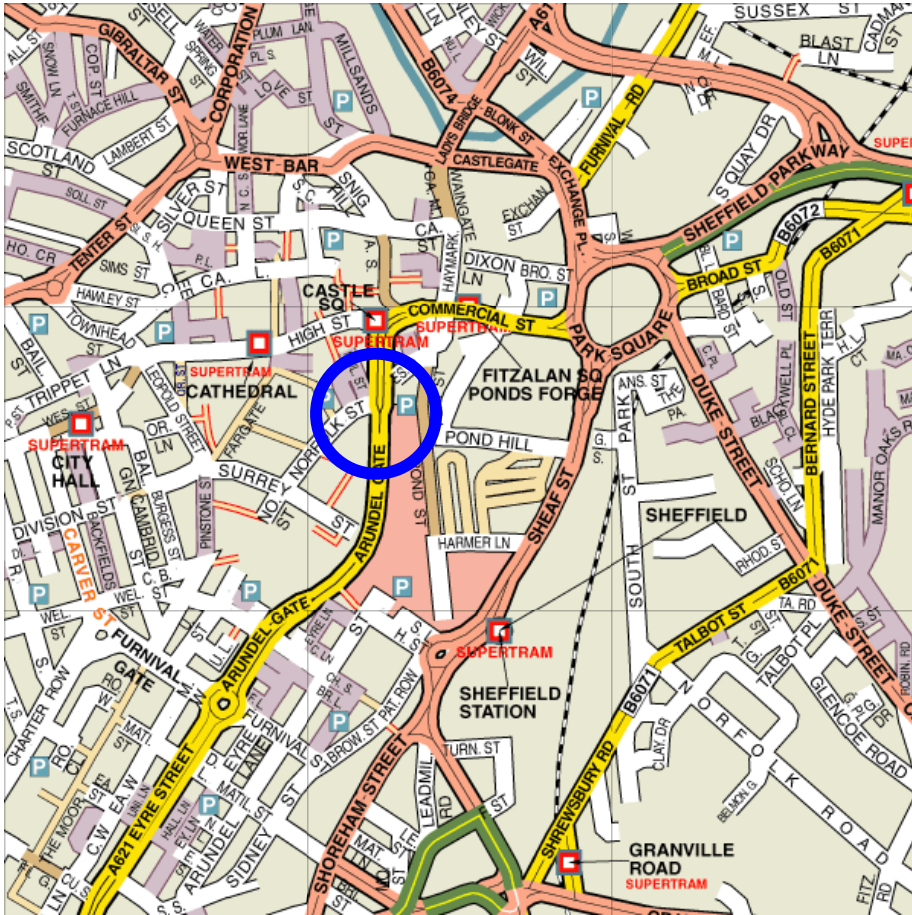
Session 1	Tuesday 1 <sup>st</sup> April 2014
Session 2	Tuesday 8 <sup>th</sup> April 2014
Session 3	Tuesday 15 <sup>th</sup> April 2014
Session 4	Tuesday 22 <sup>nd</sup> April 2014
Session 5	Tuesday 29 <sup>th</sup> April 2014
Session 6	Tuesday 6 <sup>th</sup> May 2014

### Course 37

Session 1	Tuesday 13 <sup>th</sup> May 2014
Session 2	Tuesday 20 <sup>th</sup> May 2014
Session 3	Tuesday 27 <sup>th</sup> May 2014
Session 4	Tuesday 3 <sup>rd</sup> June 2014
Session 5	Tuesday 10 <sup>th</sup> June 2014
Session 6	Tuesday 17 <sup>th</sup> June 2014

### Course 38

Session 1	Tuesday 24 <sup>th</sup> June 2014
Session 2	Tuesday 1 <sup>st</sup> July 2014
Session 3	Tuesday 8 <sup>th</sup> July 2014
Session 4	Tuesday 15 <sup>th</sup> July 2014
Session 5	Tuesday 22 <sup>nd</sup> July 2014
Session 6	Tuesday 29 <sup>th</sup> July 2014



**Course 39**

- Session 1 Tuesday 2<sup>nd</sup> September 2014
- Session 2 Tuesday 9<sup>th</sup> September 2014
- Session 3 Tuesday 16<sup>th</sup> September 2014
- Session 4 Tuesday 23<sup>rd</sup> September 2014
- Session 5 Tuesday 30<sup>th</sup> September 2014
- Session 6 Tuesday 7<sup>th</sup> October 2014

**Course 40**

- Session 1 Tuesday 28<sup>th</sup> October 2014
- Session 2 Tuesday 4<sup>th</sup> November 2014
- Session 3 Tuesday 11<sup>th</sup> November 2014
- Session 4 Tuesday 18<sup>th</sup> November 2014
- Session 5 Tuesday 25<sup>th</sup> November 2014
- Session 6 Tuesday 2<sup>nd</sup> December 2014

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