

Stress Management Course

(Understanding and Working with Thoughts, Feelings and Behaviours)

The aim of the course is to teach you about ways of coping with stressful situations and how to reduce the feelings of anxiety, depression and anger that problem in life produce. It also aims to reduce stress-related illness. The course will teach relaxation and ways of controlling unhelpful thoughts as well as encouraging a holistic approach to healthy lifestyles.

It is a taught course and no-one will be forced to talk about their own problems, although there will be discussion times and an opportunity to learn from others in the group. The course is free of charge, but tea and coffee will be available for a small donation.

The course runs for five weeks. Sessions are two hours per week.

Trowbridge At the Community Hospital, Adcroft St, Trowbridge, BA14 8PH.
Starting **Tuesday 15th January 2008** from **6pm-8pm**

OR

Westbury At the Community Hospital, The Butts, Westbury, BA13 3EL
Starting **Monday 21st January 2008** from **10am-12pm**

If you would like to attend this course, please fill in the slip below and return it to us.

If you return your flyer, but then find you can't attend, please let us know by calling 0845 6039448

WE WILL GIVE YOU A PLACE ON THE COURSE WHEN WE RECEIVE YOUR SLIP
DUE TO ADMIN COSTS, WE **WILL NOT** CONTACT YOU TO CONFIRM YOUR PLACE. PLEASE
JUST COME ALONG.

Please let us know if you require disabled access and facilities before the start of the course.

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Send this slip to: Primary Care Mental Health Course Info, Westbury Hospital, The Butts, Westbury, BA13 3EL

I would like to attend the **Stress Management Course** on from
Held at**Hospital**

Full Name.....**DOB**.....

Address.....

.....**Postcode**.....

Tel. No.....**G.P. & Surgery**.....

Referred by/How did you hear about this course?.....