

# The Health in Mind service is provided in partnership by:

## Sussex Partnership NHS Foundation Trust

Sussex Partnership NHS Foundation Trust provides specialist mental health, substance misuse and learning disability services across Sussex.

[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

## Turning Point

Turning Point is an independent social care organisation providing services in the UK across mental health, learning disability, substance misuse and employment.

[www.turning-point.co.uk](http://www.turning-point.co.uk)

**Health in Mind services are free for the residents of East Sussex.**

**Health in Mind is part of the Improving Access to Psychological Therapies Programme (IAPT).**

IAPT is a country wide government initiative to improve access to Talking Therapies.

## To sign up to the Stress Control Course please:

Visit our website:

[www.healthinmind.org.uk](http://www.healthinmind.org.uk)



Or

Email:

[spnt.healthinmind@nhs.net](mailto:spnt.healthinmind@nhs.net)

Or

Telephone:

**0300 00 30 130**

Lines open Monday to Friday, 9.00am to 5.00pm

If you require this document in another format such as large print, audio or other community languages please contact: 0300 00 30 130



Finding it hard to think positively?

Feeling stressed?

Not performing your best at work?

Wishing things could be different?

Lacking motivation?

# Are you OK?

Strained relationships?

Life feeling hard?

Feeling under pressure?

Less time for things you enjoy?

Have a lot on your plate?

## Stress Control

We all have stress in our lives from time to time. Sometimes it can feel like it is getting on top of us. Stress can build up because of difficulties at work, money worries, ill-health, problems in the family or other challenging life events.

### About this Course

'Stress Control' was devised by Dr Jim White, a Consultant Clinical Psychologist. This course will provide you with useful tools to manage the symptoms of stress such as worry, anxiety, sleeplessness, low mood and low self-confidence.

### How is the Course Organised and What Will I Learn?

'Stress Control' is a six session course. Each session lasts for 90 minutes (including a break) and deals with one or two aspects of stress. Attending all of the sessions will provide you with a good understanding of stress and how to tackle it. The number of participants varies between five and twenty-five and these free courses are held at various locations and at different times. These courses are very popular and we receive excellent feedback.

**"I genuinely cannot put into words how much this has turned my life around."**

### Session 1: What Is Stress?

You will find out what stress is, the main signs of stress, the vicious cycles that keep it alive and how Stress Control works.

### Session 2: Controlling Your Body

We look at the impact of stress on our bodies and the physical symptoms we might notice. You will learn breathing and relaxation techniques, and how our lifestyle can affect stress levels.

### Session 3: Controlling Your Thoughts

You will learn how your thinking feeds stress. We will teach you to 'think your way out of stress' and strategies to 'nip stress in the bud'.

### Session 4: Controlling Your Actions

What we do and what we avoid doing, can contribute to our stress. In this session, we look at why it's important to get out of our 'comfort zone' and start facing our fears. You will learn a helpful skill called 'Problem Solving'. This session is all about building self-confidence.

### Session 5: Controlling Panicky Feelings and Getting a Good Night's Sleep

Sometimes when we are stressed we get panicky feelings. We talk about why this

happens and how to use your breathing to calm body and mind. Poor sleep is often the result of stress and can also feed stress as we can't recharge our batteries. We cover techniques you can use to help you get a good night's sleep.

### Session 6: Wellbeing

The final session covers wellbeing and how to stay on top of stress in the future. We look at what we can put in place so we are more resilient to stress and we can feel good in ourselves as well as part of our families and communities.

**"The easy to follow, bite sized presentation was helpful. I could apply it to my own lifestyle and build up my understanding of stress and how I can learn to cope better."**

### Questionnaires and Feedback

People are asked to fill in questionnaires about anxiety and low mood at each session. This enables us to both give you feedback about your progress and evaluate the course. We also welcome any comments or suggestions you might like to share about the course.