

Take control with Stress Control



What is stress?

Monday 11th May and
Tuesday 12th May
2pm and 8.30pm



Controlling your body

Thursday 14th May and
Friday 15th May
2pm and 8.30pm



Controlling your thoughts

Monday 18th May and
Tuesday 19th May
2pm and 8.30pm



Controlling your actions

Thursday 21st May and
Friday 22nd May
2pm and 8.30pm



Controlling panicky feelings
Getting a good night's sleep

Monday 25th May
Tuesday 26th May
2pm and 8.30pm



Boosting your wellbeing
Controlling your future

Thursday 28th May
Friday 29th May
2pm and 8.30pm



stresscontrolTM
Face your fears; be more active; boost your wellbeing

Everything you need can be found at www.stresscontrol.org