



Berkshire Healthcare **NHS**
NHS Foundation Trust



Do you want to learn to control your stress more effectively?

- Free Stress Control workshops
- Adults of all ages welcome
- Run over four weeks
- Delivered by NHS Talking Therapies staff

Four sessions starting	Venue	Time
Monday 21st January 2013	Highfield Preparatory School, 2 West Road, Maidenhead SL6 1PD	6.30pm - 8.00pm
Tuesday 5th February 2013	Bracknell Forest Homes, Berkshire Court, Western Road, Bracknell RG12 1RE	6.30pm - 8.00pm
Monday 4th March 2013	The Centre, Farnham Road, Slough SL1 4UT	6.30pm - 8.00pm
Wednesday 17th April 2013	Jubilee Suite, Dedworth Green Middle School, Smith's Lane, Dedworth, Windsor SL4 5PE	6.30pm - 8.00pm
Tuesday 30th April 2013	Bracknell Forest Homes, Berkshire Court, Western Road, Bracknell RG12 1RE	6.30pm - 8.00pm
Monday 3rd June 2013	The Centre, Farnham Road, Slough SL1 4UT	6.30pm - 8.00pm

Please visit www.talkingtherapies.berkshire.nhs.uk for further details including maps of venues and details of car parking availability.

To book your place telephone **0118 976 9120** (answering machine)
online: www.talkingtherapies.berkshire.nhs.uk
or e-mail stresscontrol@berkshire.nhs.uk



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What is Stress Control?



Stress control has been developed to help a large number of people who complain of stress and are keen to learn how to tackle their problems themselves. The aim of the course is to teach you new skills that can fight stress.

Each session deals with a separate aspect of stress but as they all link together, it is crucial you attend all four sessions. Each step is only one piece of the jigsaw. Only by putting all the steps together will you get the full picture.

Topics Covered

Session 1	INTRODUCTION, BREATHING AND RELAXATION
Session 2	CONTROLLING YOUR BODY AND ACTIONS
Session 3	CONTROLLING YOUR THOUGHTS AND YOUR SLEEP
Session 4	CONTROLLING YOUR FUTURE

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