

Stress Control

A FREE 6-week Stress management Programme

A FREE STRESS CONTROL PROGRAMME

BALLYMENA

Wednesday Evenings

6:30pm-8:00pm

Adair Arms Ballymena

14th November-

19th December 2018

(see overleaf for details of the course and directions to the venues)

If you are currently suffering from stress, know someone who is or just want to be better equipped, then this is the course for you!



If you would like to register your interest or have any questions please

What is Stress Control?

contact (028) 9441 5787 or email stress.control@northerntrust.hscni.net

- Stress Control was devised by Dr. Jim White in Glasgow and is now used widely around the world.
- The class runs once a week for 6 weeks and teaches skills and techniques for managing stress.
- Topics covered include: an overview of what stress is, controlling your body, controlling your thoughts, controlling your actions, getting a good night's sleep and planning for the future.
- Stress Control is a class not 'group therapy' – you do not have to talk about personal difficulties in front of others.
- You are encouraged to attend all 6 sessions to get the most benefit.
- Stress Control classes are free.
- Come along by yourself or feel free to bring a friend or family member with you.

Stress Control Venue

Adair Arms Ballymena
Ballymoney Road
Ballymena
BT43 5BS

