



Stress control

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

Then come to a series of six free classes to listen and learn more.

- Delivered by NHS Lothian staff
- Open to adults of all ages

Classes will be held regularly throughout the year at different locations around the city. Daytime and evening courses are available.

To find out more or book your place contact:
Information Resource Centre, Health in Mind
Telephone: 0131 243 0106 • 10am – 4pm
(answering machine service available)

Topics covered:

Session 1	- Introduction
Session 2	- Controlling your body
Session 3	- Controlling your thoughts
Session 4	- Controlling your actions
Session 5	- Controlling your panic
Session 6	- Controlling your sleep / conclusion