

STEP ON STRESS

Experiencing stress or anxiety?

Finding it hard to switch off?

Struggling to manage your emotions?

Learn to manage your stress at our free class

About:

The Step on Stress Course

The course is run by the NHS Fife Psychology Department. This course is aimed at adults 18+ and runs over three weeks. Each session lasts roughly 1½ hours with a short break in the middle. The course works best if you attend all three sessions. The course content includes:

- Introduction to Stress and General Wellbeing
- Managing Unhelpful Physical Reactions
- Managing Unhelpful Thinking Styles

This course will provide you with ways to reduce stress, anxiety and panic. It is based on the principles of Cognitive Behavioural Therapy (CBT), which has proven to be effective in helping people manage stress and anxiety.

You will NOT be expected to discuss your personal problems. This is an informational course not a group therapy session.



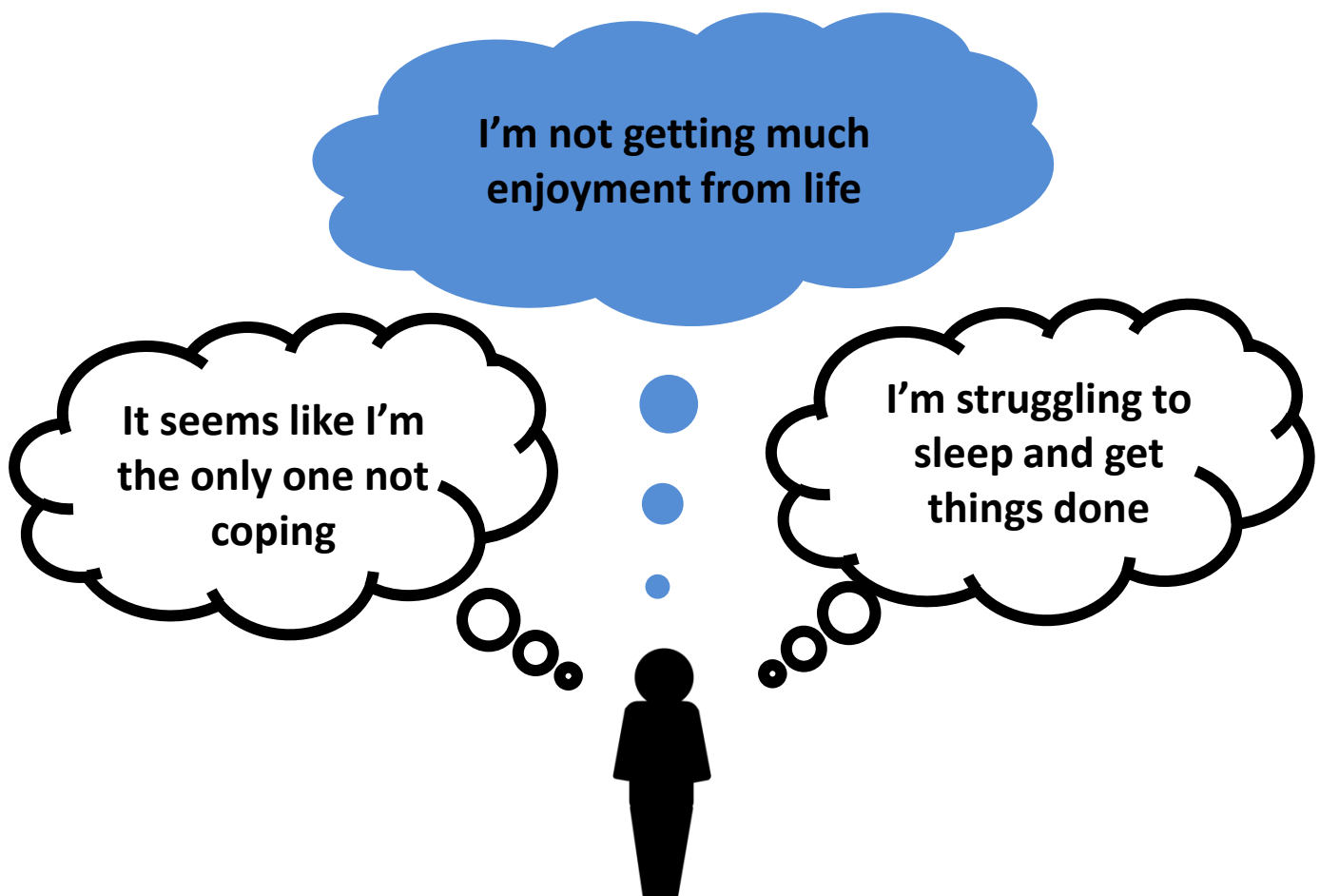
Feel free to bring someone along to support you

Is the Step on Stress course for me?

Do you:

- Feel stressed or anxious most of the time?
- Find it difficult to relax?
- Struggle to cope with difficult situations?

Or catch yourself thinking:



Then the Step on Stress course could be for you!

Contact Us

Information on how to book is available on

www.accesstherapiesfife.scot.nhs.uk

You can also email, call or write to us and we will get back to you:

Fife-uhb.atfife@nhs.net

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(please leave a message)

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