

# Take control with Stress Control



What is stress?

Monday 11<sup>th</sup> May and  
Tuesday 12<sup>th</sup> May  
2pm and 8.30pm



Controlling your body

Thursday 14<sup>th</sup> May and  
Friday 15<sup>th</sup> May  
2pm and 8.30pm



Controlling your thoughts

Monday 18<sup>th</sup> May and  
Tuesday 19<sup>th</sup> May  
2pm and 8.30pm



Controlling your actions

Thursday 21<sup>st</sup> May and  
Friday 22<sup>nd</sup> May  
2pm and 8.30pm



Controlling panicky feelings  
Getting a good night's sleep

Monday 25<sup>th</sup> May  
Tuesday 26<sup>th</sup> May  
2pm and 8.30pm



Boosting your wellbeing  
Controlling your future

Thursday 28<sup>th</sup> May  
Friday 29<sup>th</sup> May  
2pm and 8.30pm



stresscontrol<sup>TM</sup>

Face your fears; be more active; boost your wellbeing

Everything you need can be found, free-of-charge, at [www.stresscontrol.org](http://www.stresscontrol.org)