

What is stress management?

'Stress Management' is a six-session course. It is designed to help people who feel stressed to learn how to tackle their problems themselves.

How will it help me?

The aim of the course is to teach you more about stress and provide you with new skills that can help you manage your stress.

Who runs the course?

Your course will be run by two members of the Leicester Open

Mind team. All of the Open Mind team are trained and experienced in treating stress, as well as low mood and worry.

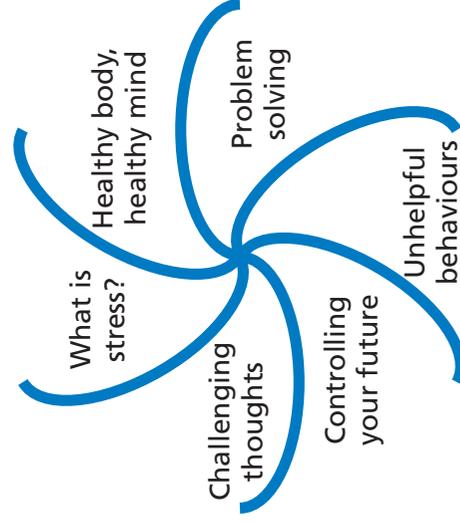
Does it work?

The course uses tried and tested techniques which successfully reduce stress. These techniques come from a type of therapy called Cognitive Behavioural Therapy (CBT). CBT looks at the way we think about things, the things we do and how we feel. You will learn more about this throughout the course.

Six signs of stress:

- Restlessness
- Difficulty concentrating
- Poor sleep
- Worrying
- Poor appetite
- Feeling tense

Six ways of managing stress



How long does it take?

The course will run once a week for six weeks. Each session will last for one and a half hours, with a tea break. During each session you will learn new ways to manage your stress levels.

How can I monitor my progress?

At every session during the tea break there will be an opportunity to review your progress.

Do I need to bring anything with me?

No. You don't need to bring anything with you, although it may be helpful if you bring a pen and a folder in which to put each session's booklets.

Common worries

One of the sessions doesn't sound relevant to me. Should I still come?

Each session deals with a separate aspect of stress but as they all link together, it is important that you attend all six sessions.

Will I have to talk in front of other people?

No. 'Stress Management' is not a group therapy. It is just a case of listening and taking in the information given throughout the course.

Will there be others on the course like me?

Stress affects people from all walks of life. Although no two people will have exactly the same problem, you will all have a lot in common. All the people on the course know how awful stress feels.

Can I bring someone with me?

Yes, you may bring one person with you for support, if you feel that it would help.

What do I do now?

If you are interested in attending the course, either complete the self-referral form attached or call the service on the numbers on the front of this leaflet. **All our venues are accessible to wheelchairs. If you need an interpreter to be present, please let us know at the time of booking.** We look forward to seeing you on our next course.