

“I felt the information helped because it was so practical. There was nothing airy-fairy about the techniques and the reason for using them”

“I don’t let things build up inside me now. If I have a problem, I do something about it before it gets a chance to grow and take over”



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Innovation in
Psychological
Services

stress buster

effective ways to control stress



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What is it? It's a 5 session course (about 90 minutes per week) with a focus on stress, understanding its effects on the way we think, feel and behave and learning ways to tackle it. **Who is it for?** If you find yourself often feeling anxious, low, stressy, panicky, or worried then this course is designed for you.

The course may have been recommended to you, or you may have heard about it and want to find out more. **What can I expect?** This is an educational class, NOT group therapy. You won't be asked about personal problems or be expected to speak. You will be taught about stress and ways to help yourself. Much like adult education classes, this course aims to develop your knowledge and skills. There will be information for you to take home and new ideas for you to try each week.

Will it help me? It has been running for many years in the UK so is 'tried and tested'. Research shows most people find it very helpful and the more effort you put in, the more benefit you get. **Where, when and whom?** Courses are run regularly throughout the year at various venues in Cornwall. The tutors are experienced professionals with Outlook South West.

Does it cost anything? Although the course is free to attend, there is also a useful and supportive handbook and CD which costs just £5.00. **Can I bring someone with me?**

Yes – they may enjoy it too.

What is Stress?

Stress is one of the most common problems people go to see their GP about. About 1 in 4 people experience these problems at some point in their lives.

Some common signs of stress

- Worry
- Tiredness
- Panic attacks
- Feeling on edge
- Anger and irritability
- Inability to switch off
- Feeling like the worst may happen
- Tearful
- Drinking too much
- Feeling overwhelmed
- Poor sleep

I am interested – what do I do now?

You do not need to book a place – just turn up.

If you have not already had information about your local course from your Outlook South West therapist or GP Practice, you can find out about your nearest course by checking our website...



www.outlooksw.co.uk or



Phone us on (01208) 871906