



# 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 to be held at  
Room H001, Telford College, 350 West Granton Road,  
Edinburgh, EH51QE

**Date:** Tuesday 3rd May 2011 – Tuesday 7th June 2011

**Time:** 6.30pm – 8pm

**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