

Stress Management Course

Frequently asked questions

What is the Stress Management Course?

It is a free course designed to equip you with strategies to help you cope with stress that you, or someone close to you, may be experiencing as a result of becoming unemployed during the recession.

This daytime course is delivered across 4 sessions, each lasting two hours.

Although it is called a 'course', there are no assignments or exams.

You are not even expected to say anything if you prefer not to!

Who is it for?

If you have lost your job as a result of the recession, or think you may lose your job, then this course is for you. We also welcome you if you have been affected because someone in your household has been made redundant.

How will it be useful to me?

We hope that there is something for everyone.

The programme includes:

- ways to regain a sense of direction and motivation
- ways to encourage helpful thoughts and behaviours
- ways to improve self esteem

The course is run by facilitators from Rightsteps in collaboration with Bristol Mind. Rightsteps (Bristol) is part of Turning Point, the UK's leading social care organisation. Turning Point helps people to build a better life by putting the individual at the heart of its work.

Stress Management Course

A free 4 session course

Develop skills to help manage stress caused by unemployment during the recession.

Venues and dates

The Pierian Centre

Thursday 5th, 12th, 19th, 26th November 2009

10.30am — 12.30pm (including break, refreshments provided)

Windmill Hill City Farm

Tuesday 12th, 19th, 26th January & 2nd February 2010

10.30am — 12.30pm (including break, refreshments provided)

Easton Business Centre

Monday 22nd February & 1st, 8th, 15th March 2010

10.30am — 12.30pm (including break, refreshments provided)

Lawrence Weston Community Centre

Friday 16th, 23rd, 30th April & 7th May 2010

10.30am — 12.30pm (including break, refreshments provided)

Rightsteps, Turning Point in central Bristol

Wednesday 9th, 16th, 23rd, 30th June 2010

10.30am — 12.30pm (including break, refreshments provided)

Rightsteps, Turning Point in central Bristol

Monday 13th, 20th, 27th September & 4th October 2010

10.30am — 12.30pm (including break, refreshments provided)

Interested?

Book a place by calling the 'looking after yourself in tough times' project on **07791 753 766** (leave your details on the answer machine and we will get back to you) or email lookingafteryourself@bristolmind.org.uk