Stress Management Courses
- helping those who feel stressed, to tackle their own problems

Monday - Friday (9.00am - 5.00pm)
0116 295 2151

Open Mind Service

The Open Mind Service is delivered by Leicestershire Partnership NHS Trust, in partnership with Akwaaba Ayeh, Adhar and Fit For Work

Email: feedback@leicspart.nhs.uk
Website: www.leicspart.nhs.uk

Leafllet No. 280 - Edition 2

Adult Mental Health Services

Date implemented: December 2013
Reviewed March 2014
Leaflet No. 280 - Edition 2

0116 295 2151

Leicestershire Partnership
NHS Trust
Adult Mental Health Services
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.

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.

What is stress?

<table>
<thead>
<tr>
<th>Six signs of stress</th>
<th>Six ways of managing stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restlessness</td>
<td>Problem solving</td>
</tr>
<tr>
<td>Difficulty concentrating</td>
<td>Controlling your future</td>
</tr>
<tr>
<td>Poor sleep</td>
<td>Unhelpful behaviours</td>
</tr>
<tr>
<td>Worrying</td>
<td>Challenging thoughts</td>
</tr>
<tr>
<td>Poor appetite</td>
<td>Healthy body, healthy mind</td>
</tr>
<tr>
<td>Feeling tense</td>
<td></td>
</tr>
</tbody>
</table>

How 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.