

# Stress Management Course

## A Free 4 Session Course

This 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.

**Course dates:** Monday 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> September and 4<sup>th</sup> October  
10am – 12.30 (including break, refreshments included)

**Venue:** Turning Point, Bristol Right Steps, Canning House, 38 Victoria Street, Bristol BS1 6BY

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