



Step on Stress

Experiencing stress or anxiety?

Finding it hard to switch off?

Struggling to manage your emotions?



Learn to manage your
stress at our free class

Fife Health
& Social Care
Partnership



About the course

This course is aimed at adults 18+ and runs over three weeks. Each session lasts roughly 1½ hours with a short break in the middle. The course works best if you attend all three sessions.

The course content includes:

- Introduction to stress and general wellbeing
- Managing unhelpful physical reactions
- Managing unhelpful thinking styles

This course will provide you with ways to reduce stress, anxiety and panic. It is based on the principles of Cognitive Behavioural Therapy (CBT), which has proven to be effective in helping people manage stress and anxiety.

You will NOT be expected to discuss your personal problems. This is an informational course not a group therapy session.



Is the course suitable for you

Do you:

- Feel stressed or anxious most of the time?
- Find it difficult to relax?
- Struggle to cope with difficult situations?

Or catch yourself thinking:



Information on how to book our courses is available online at:
[accesstherapiesfife.scot.nhs.uk](https://www.accesstherapiesfife.scot.nhs.uk)

Contact details

Email: **fife.atfife@nhs.scot**

Telephone: **01383 565427**

Leave a message on the answer machine and we will get back to you.

or write to us at:

Access Therapies Admin Team

Psychology Service

Lynebank Hospital

Halbeath Road

Dunfermline

KY11 4UW