

## Why do people get stressed?

Any type of mental pressure can cause stress. It can be brought on by a single event, a build-up of several small things or pressure you put on yourself. Some common causes of stress include:

- ▶ Money problems
- ▶ Work worries
- ▶ Relationships
- ▶ Death of a loved one
- ▶ Family problems
- ▶ Exams

*Sometimes, there are no clear causes of stress.*

## How do I know if I'm stressed?

Not everyone who feels stressed will feel the same. Each person reacts differently to stress and feels different things. Symptoms and difficulties may include any of the following:

- ▶ Anxiety
- ▶ Panic
- ▶ Tension
- ▶ Sweating
- ▶ Breathlessness
- ▶ Dizziness
- ▶ Feeling irritable
- ▶ Finding you are avoiding certain situations
- ▶ Feeling something dreadful is going to happen
- ▶ Unable to relax
- ▶ Feeling stressed
- ▶ Sleep difficulties
- ▶ Unable to concentrate
- ▶ Having worrying thoughts
- ▶ Stomach churning
- ▶ Heart pounding

## How to book a place on the stress course

Just call our friendly staff on 01484 343700 to find out about dates and venues near you. You can also email us at [IAPT.admin@swyt.nhs.uk](mailto:IAPT.admin@swyt.nhs.uk)

## How to access the IAPT service

Just speak to your GP and ask for IAPT; they'll put you in touch with us. We will then work with you to explore the problems you are facing and identify how best to deal with them.

### Confidentiality

We believe in respecting and maintaining your confidentiality. We will not share personal information about you unless we have your permission or if the health, safety or welfare of yourself or someone else is at serious risk.

### Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about our service.

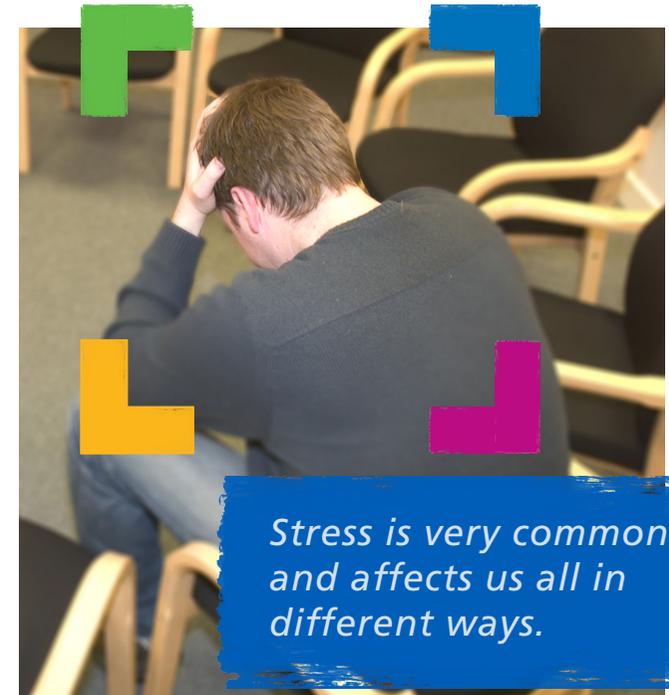
Please speak to a member of staff or contact our Customer Services team on 0800 587 2108. If you would like help understanding this information, please also contact us on this number.



[www.askforIAPT.co.uk](http://www.askforIAPT.co.uk)

Job no 0175 Mar 17

# Are you feeling stressed?



*Stress is very common and affects us all in different ways.*

A **free stress control course**, run by the local NHS, is designed to help you learn new skills to cope.

*Read on to find out more.*

With **all of us** in mind.

## What is stress?

Stress is the feeling of being under too much mental or emotional pressure. Pressure turns into stress when you feel unable to cope. Many of life's demands can cause stress, especially work, relationships and money problems, and when you feel stressed, it can affect everything you do.

## Is it normal to feel stressed?

People have different ways of reacting to stress, so a situation that feels stressful to one person may in fact be motivating to another. But it is very normal to feel stressed - in fact mental health issues, including stress, are the reason for one in five visits to a GP.

## What is the stress control course?

The course is for anyone who may be feeling the effects of stress. It will help you learn new skills to manage symptoms more confidently.

## Who can come to the course?

Anyone aged 18 and above who is registered with a GP in the Kirklees area. You do not need a referral from a doctor or health professional.

## Why is the NHS running this course?

This special course is part of ongoing work in Kirklees where we are Improving Access to Psychological Therapies, this is known as IAPT and gives you quick and easy access to help and support.

## What is the course about?

The course is delivered by professionals from the IAPT team and takes place over six sessions which look at:

- ▶ Information about stress
- ▶ Controlling your body: relaxation, exercise
- ▶ Controlling your thoughts: learn to think your way out of stress
- ▶ Controlling your actions: boost self confidence
- ▶ Controlling panic
- ▶ Controlling sleep problems; controlling your future

## Will I get any written materials?

Yes, the course comes with free written information which is yours to keep and covers a variety of topics, including self-help ideas.

## Where and when do the courses take place?

The course is held for six weeks and lasts for around two hours, with a short break in the middle. We try to hold the course at local venues across Kirklees, so it is easy for you to get to. The courses are usually held in the evening to fit around work and family commitments. Call us to find out about courses near you.

## So, is this a therapy group?

No, it is an educational course that you will take part in alongside other people.

## Will I be expected to share any personal information or how I am feeling?

No. You will never be asked to speak about your problems in front of others; instead you can just sit back and learn some of the ways to control stress.

## Can I bring someone with me?

Yes, you are very welcome to take someone with you to provide support, this could be a friend or family member.

## How do I book a place?

Just call our friendly staff on 01484 343700 to find out about dates and venues near you. You can also email us at [IAPT.admin@swyt.nhs.uk](mailto:IAPT.admin@swyt.nhs.uk)

## Do you need more support?

If you feel like you need more support than the stress control course can provide, don't worry, there are different types of help available in Kirklees. Many people experience problems with their psychological (mental) wellbeing at some point in their lives. Problems are easily developed. Problems like mild depression, anxiety, panicking, nervousness, isolation and loss of sleep make it difficult for us to cope with life's daily demands. 1 in 4 of us will feel like this, but you do not need to try and cope on your own. All you need to do is speak to your GP about the help available.

ask for  
**IAPT**