

Living Well with Stress

Pre-recorded Course Information

Everyone can feel stressed from time to time. It can result from difficulties at work, money worries, ill-health, and problems within the family or other challenging life events. This can cause us to worry and feel anxious, become less active or to experience unhelpful thoughts.

About this course

The 'Living Well with Stress' course aims to help you better understand the difficult emotions you might be experiencing and learn clinically proven Cognitive Behavioural Therapy (CBT) techniques to overcome common symptoms of stress.

How is the course organised and what will I learn?

'Living Well With Stress' is a five session online course, with new material provided each week. Each session will be available via a video link looking at different tools and techniques to help you manage stress. The videos are accompanied by a booklet, which contains interactive exercises that work alongside the content of the sessions. Watching and interacting with each of the sessions will provide you with a good understanding of stress and how to manage it. You will get more from the course if you practice the techniques between sessions.

This course is conducted completely online and clinicians are unable to offer individual support. If you feel you need to speak to someone directly, please use the crisis numbers and helplines listed below.

What will I learn?

Session 1: Welcome to the Course

- How what we do and think affects how we feel.
- How stress affects the body.
- Skills around relaxation, goal setting, lifestyle changes and improving sleep.

Session 2: Managing our Mood

- What low mood is and how it affects our behaviour.
- What actions you can take to improve motivation and boost mood.
- How to overcome common barriers to activity and exercise.

Session 3: Managing Thoughts

- How stress can affect our thinking.
- How to identify unhelpful thinking styles and challenge unhelpful thoughts.
- How to manage unhelpful thoughts, using the STOPP Technique.

Session 4: Managing Worry

- How to identify different types of worries and how to manage them effectively.
- The relationship between worry and tolerating uncertainty.
- Skills to refocus your attention using 'Worry Time' and 'Problem Solving' techniques.

Session 5: Facing your Fears and Bringing it all Together

- How the role of avoidance and reassurance keeps anxiety going.
- Techniques to help you to face your fears and regain confidence.
- How to develop a future management plan and prepare for possible barriers to your progress.

Questionnaires and Feedback

You will be asked to fill in a short questionnaire about anxiety and low mood before each session. This enables us to both give you feedback about your progress and evaluate the course. We also welcome any comments or suggestions you might like to share about the course.

Crisis Support

If you are in crisis or need immediate support:

Samaritans: 116 123 or text "**shout**" to **85258**

For support and information:

Sussex Mental Healthline: 0300 5000 101 open 24 hours a day, 7 days a week.

For more advice on coping with suicidal thoughts:

<https://www.nhs.uk/conditions/suicide/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/helping-yourself-now/>

If you have concerns that you may have symptoms in line with risk of COVID-19, please phone 111.