

# Stress and Anxiety Management



smile:)MK

[www.milton-keynes.gov.uk/smile](http://www.milton-keynes.gov.uk/smile)

If you suffer from mild to moderate depression, anxiety or sleep disorders then Smile:)MK may be able to help. By providing you with access to **free courses** we aim to support your mental wellbeing and help get you on the road to recovery.

This course will help you to develop techniques and methods for managing your stress and anxiety in a healthy, positive and effective way.

This course you help you to:

- ✓ boost confidence and self esteem
- ✓ develop healthy communication skills
- ✓ reduce stress and anxiety and maintain good mental health
- ✓ build resilience by identifying healthy coping mechanisms
- ✓ explore unhealthy coping mechanisms and why they don't work
- ✓ reduce likelihood of absence from work or social activities

**Dates:** Tuesday 21<sup>st</sup> February – 21<sup>st</sup> March 2017

**Times:** 1pm to 2.30 pm

**Venue:** Adult Education, CLMK Rivers Centre, Humber Way, Bletchley, MK3 7PH

## Any concerns?

If you feel a bit nervous, don't worry – everyone feels like this at first! It's a really supportive environment and your tutor will soon put you at ease.

For more information or to book a place please contact Adult Education on 01908 556700 or email [Jane.sharp@milton-keynes.gov.uk](mailto:Jane.sharp@milton-keynes.gov.uk)