

TAKE CONTROL WITH STRESS CONTROL

NOVEMBER: Commencing Monday 2nd November

	What is Stress?	Monday 02/11/2020 2pm and 8:30pm
	Controlling your Body	Thursday 05/11/2020 2pm and 8:30pm
	Controlling your Thoughts	Monday 09/11/2020 2pm and 8:30pm
	Controlling your Actions	Thursday 12/11/2020 2pm and 8:30pm
	Controlling Panicky Feelings and Getting a Good Night's Sleep	Monday 16/11/2020 2pm and 8:30pm
	Controlling your Future	Thursday 19/11/2020 2pm and 8:30pm

