

FREQUENTLY ASKED QUESTIONS ABOUT THE COURSE

How do I register for the course?

E-mail CorkBeatsStress@hse.ie or call 086-7871016 and leave your name, postal address and telephone number

Will I have to talk in front of other people?

NO. 'Stress Control' is *not* a group therapy. Not many people in this country would be happy to talk about their problems in front of others!

YOU WILL NOT BE ASKED TO TALK

**IN FACT, PEOPLE WILL BE INFORMED THAT YOU CANNOT TALK
ABOUT PROBLEMS!**

'Stress Control' is an evening class - all the seats face the front. The person teaching the course will stand at the front and teach you about stress and how to tackle it. Your job is to pick up the new skills and to go off and work at what you have learned. You come back the next week and learn the next step until, after the six weeks, you will be in a good position to tackle your stress.

Will I have to write things on the course?

NO. This course does not require you to write anything.

What if I meet someone I know?

You might do! Stress is a very common problem. Everyone is in the same boat. As we don't discuss personal problems, you don't get to know why others are coming. A few years ago, two sisters met on the course. They were both shocked at first. Then they saw how silly it was that they were both going through this alone when they could have been helping each other.

Will there be others on the course like me?

Stress is normal; it affects everybody at some stage regardless of who you are. Although no two people will have exactly the same problems, you will all have a lot in common. Everybody who is stressed finds it hard to relax, they will worry a great deal, they will have lost confidence and a sense of control. They may well feel annoyed or down about this. Life will just be a lot harder to cope with. All the people on the course know how awful stress feels.

Can I bring someone with me?

Yes. The important thing is that they are registered because numbers for the course are limited. They may be under a lot of stress as well so they might be helped. They can also learn about the best ways to help you. The two of you can then fight it together.

What if I'm not better at the end of the course?

'Stress Control' is a training not a therapy course. This means that you will learn many new skills over the next few weeks but it is in the months after that the hard work takes place to master these skills. Like learning any new skills, it takes time and practice. So work hard and be patient.

What if I panic or make a fool of myself?

How often do you think you are going to make a fool of yourself and how often do you? It is a common fear but the course is very down to earth. You will be in control. If you have a pattern of panic in busy places, work out ways to cope with this. For example, sit at the back by the door for the first few sessions. Feel free to wander out at any time and get a breath of fresh air.

What if I'm not clever enough to understand it?

'Stress Control' is straight-forward but there can be a problem with concentration. This is common with stress. That is why you get handouts. Read through them at your own pace. It can help to read through, e.g. the section on panic the day after the panic class. This can help you remember what was said in the class.

WHAT DOES THE COURSE COVER?

Session 1: Learning about stress

In this session, we will look at the causes of stress and what keeps it going. We will look at the way it affects your thoughts, actions and body and we explode the myths about stress. We will look at why stress affects people in different ways.

Session 2: Controlling your body

In this session, you will learn how to use relaxation. We also look at how exercise can help stress.

Session 3: Controlling your thoughts - Cognitive therapy

You will learn how stress affects your thinking and how your thinking then affects your feelings and what you do or don't do (actions). You will learn how to use your mind to control stress along with ways of nipping stress in the bud.

Session 4: Controlling your actions - Behaviour therapy

You will learn ways of facing up to stress along with a very useful skill called 'Problem Solving'. These skills are then combined with what you learned in Session 3 to create a powerful skill, which we know from our work and from research into the course, is very effective in learning to keep stress levels under control.

Session 5: Controlling panic

Learning about panic and how to deal with panic will be useful even for those who don't have panic as these tips work well with all kinds of stress.

Session 6: Controlling sleeping problems and controlling the future

In this session we will look at common sleep problems. Then we look at how to sleep better. This lets you recharge your batteries. This helps you fight stress. Finally, we will pull everything together and look at how to cope with the future.

FURTHER QUESTIONS

If you have a question that was not addressed here or require further information, please email CorkBeatsStress@hse.ie or call 086-7871016.