

**Free Sessions**  
to teach you how  
to manage your  
stress better

# Step on Stress

Learn to manage your stress

- 3 talks about stress
- each session is about an hour long
- they run once a week for 3 weeks
- open to anyone over 16 years of age
- you will be given booklets to help you

If you want to learn better ways to deal with common problems like anxiety, low self-confidence, poor sleep and panic then book on to **Step on Stress**.

**Step on Stress** is not group therapy or one-to-one support. You do not talk about your problems in front of others.

Just sit back and learn some great ways to **Step on Stress**.

To book online:

<https://bookwhen.com/fvstress>

To find out more email:

[fv.hpstress@nhs.scot](mailto:fv.hpstress@nhs.scot)



**STEP ON STRESS**