

NEWS RELEASE

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STRESS BUSTING RESOLUTIONS FOR ST AUSTELL!

People in St Austell are being encouraged to make a New Year's resolution that could make a life-long difference to their well-being.

Outlook South West, provider of NHS funded Stress Buster courses, is asking local people to tackle stress head-on in 2011 by attending a series of free presentations starting on Monday 10 January.

The popular educational course, which offers people the chance to learn practical tips and techniques for managing stress, will run from Penrice Community College, starting at 6:30pm.

Emily Howe, the psychological wellbeing practitioner who will facilitate St Austell Stress Buster said: "It is a five session course and people just simply turn up and form part of the audience. It is not group therapy and nobody is expected to talk. We will look at what stress is, how the body reacts to it, how it affects thoughts, feelings and actions, as well as practical strategies for coping with it more effectively."

The Stress Buster programme operates across the county and courses are usually made up of anywhere between 20 to 80 attendees. It is free to attend but there is also an option to buy a course handbook and CD for £5.

Emily added: "Given that around 1 in 5 people throughout the course of their lifetime will experience difficulties relating to stress, such as anxiety and depression, it's not surprising

that we see lots of different people and of all ages attending our Stress Buster classes. Making the effort to come along is the perfect New Year's resolution and a great way to get a fresh perspective on such a common difficulty."

No booking is required for the course but for further information contact Outlook South West on 01208 871906 or visit www.outlooksw.co.uk.

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Photo Caption: Stress Buster is a free educational course running in towns across Cornwall.

Media Enquiries:

Any media enquiries for additional information, interviews or photos etc should be directed to Outlook South West communications officer, Adam McPherson on 01208 871414 mobile: 07970 538967 email: adammcpherson@outlooksw.co.uk.

Notes to Editors:

Outlook South West (OSW) provides independent psychological services throughout Cornwall and the Isles of Scilly. Established in 1998, OSW offers a range of services including; primary care mental health services, medico-legal assessments and reports, private psychological therapy and counselling.

Outlook South West is also contracted to deliver the Government's Improving Access to Psychological Therapies (IAPT) initiative for each of the 70 GP practices in Cornwall and the Isles of Scilly.

Services are delivered using both rooms and facilities provided by GP practices, as well as a number of OSW locality bases situated throughout Cornwall. Employing around 90 psychological therapists throughout the county, OSW has locality bases in: Launceston, Liskeard, Wadebridge, Redruth, Falmouth, Truro, Newquay, St Austell, Bodmin and Penzance.