

Managing Stress in North Ayrshire

Feedback

So far the comments we have received from service users have been very positive.

Below are some of the comments we have received.

'For the first time in years, I have slept through the night.'

'This is a vital service. This helped me to cope during a very difficult time and going off work due to stress. I will also cope much better in the future.'

'I do not react to my neighbours now, they do not bother me so much. I know ways and techniques to stop this. It has helped.'

If you need any more information, please phone our Home Security Co-ordinator on 01294 314692.

This document is available in other formats, such as Braille, on audio tape, in large type and other languages if you ask us.

本文件也可應要求，製作成其他語文或特大字體版本，也可製作成錄音帶。

ਇਹ ਦਸਤਾਵੇਜ਼ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਵਿਚ ਅਤੇ ਆਡੀਓ ਟੇਪ 'ਤੇ ਰਿਕਾਰਡ ਹੋਇਆ ਵੀ ਮੰਗ ਕੇ ਲਿਆ ਜਾ ਸਕਦਾ ਹੈ।

درخواست پر یہ دستاویز دیگر زبانوں میں، بڑے حروف کی چھپائی اور سننے والے ذرائع پر بھی میسر ہے۔

Na życzenie klienta, informacje te mogą być udostępnione w innych językach oraz formatach.

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Hous 08-10/0023



Managing stress in North Ayrshire

This is an initiative to help people to manage stress if they live in North Ayrshire and are suffering from antisocial behaviour. The Three Towns Healthy Living Centre provides the service and has already provided it to more than 1000 people.

What is stress?

Stress is normal and even necessary for a healthy life.

It is tension created by outside issues and pressures, and our reactions and feelings about our circumstances. It is only when we feel that we cannot deal or cope with something, that stress has a negative effect on our lives. Stress affects anybody, whatever their age or where they live.

Symptoms

Symptoms of stress include:

- a short temper;
- struggling to cope;
- not being able to sleep;
- smoking or drinking more;
- not being able to concentrate;
- tension in your body;
- headaches;
- panic attacks; and
- feeling guilty when you are relaxing.

Treatment

There are many ways to deal with the causes or symptoms of stress. Treatments may include:

- aromatherapy;
- reflexology;
- massage;
- exercise advice;
- diet advice; and
- relaxation techniques.

These treatments are delivered by qualified therapists. Appointments are available during the day and in the evening.

Being referred

You can be referred for treatment by:

- North Ayrshire Council Home Security Project;
- North Ayrshire Council Antisocial Behaviour Investigation Team;
- North Ayrshire Council Community Wardens; and
- Victim Support.