

Stress LESS



Could you benefit from learning techniques to manage stress, worry and sleep?

Our free NHS sessions can help you do just that!



Facilitated by our qualified therapists our **Stress Less videos** will share tips and techniques to help you improve:

- Stress in your body
- Stressful thoughts and worries
- Sleep difficulties

Available for those aged 17+ registered with a GP in Berkshire

Sign up today and begin watching the sessions in the comfort of your own home.

To find out more and sign up to the Stress Less programme:



talkingtherapies.berkshirehealthcare.nhs.uk



0300 365 2000 and quote 'Stress Less'