



GLASGOW ANXIETY & DEPRESSION
COUNSELLING SERVICE

STRESS MANAGEMENT THERAPY/COACHING

What is Stress Management Therapy/Coaching?

If you feel stressed out by modern life, you're not alone! Stress has major health consequences and diminishes our ability to enjoy life. Stress Management Therapy is ideally suited to helping you cope with and reduce stress. You will develop strategies and techniques that will help you to take control of the stress in your life.

You will learn to both manage and reduce stress so you can achieve improved psychological, emotional and physical health, as well as an improved quality of life. Some of the basic key principles of Stress Management Therapy are:

- Your therapist will assist you in learning and developing new skills and techniques that you can use at any time in your life and across many situations to both manage, and reduce, stress.
- It can help you to: learn proven relaxation techniques; adopt healthy ways to reduce and cope with stress; develop assertiveness, maintain boundaries and learn to say no; become aware of your unhealthy stress management techniques; and much more!
- Stress Management Therapy is generally time-limited (up to 10-12 sessions), structured, solution-focused, goal-oriented and involves learning and developing practical solutions and techniques to managing stress.
- The length of therapy depends on each individual client, therapeutic goals set and types of problems or issues addressed.
- Therapy is private and confidential. Your therapist will explain working agreements, confidentiality, cancellations and so on with you at your initial Assessment Appointment.